



2023 ULTRA U20/Sr/Masters Throws Festival #1

(Sunday, April 16th, 2023)

Individual Events

(Guaranteed: 6 Throws per Event)

Hammer/Shot Put/Discus/Javelin/Weight/Super Weight

PLUS

Throws Triathlon
(Shot Put/Discus/Javelin)

PLUS

Throws Pentathlon
(Hammer/Shot Put/Discus/Javelin/Weight)

Date: Sunday, April 16th, 2023

Where: **McLeod Athletic Park, Langley, BC**

Who: BC Athletics & Athletics Canada registered athletes (ages 18 and up)

Cost: **1st event = \$15, 2nd event = \$12, 3rd event and more = \$10 each**

Throws Pentathlon and Throws Triathlon are for Master athletes only (35 and older)

Throws Triathlon (also must be registered for Shot Put, Discus & Javelin)

Throws Pentathlon (also must be registered for Hammer, Shot Put, Discus, Javelin & Weight)

Note: Registration is by trackie.reg **Registration closes Thursday, April 13th, 2023 @ 8 pm**

Hosted by: **Ultra Throw Club**

NOTE: The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon and the Throws Pentathlon. Where an individual is registered for both the Throws Triathlon and the Throws Pentathlon, the first 3 attempts are scored for the Pentathlon and the last 3 attempts are scored for the Triathlon.

We run a floating schedule; events may run ahead of schedule and athletes should be prepared to compete in their next event 45 minutes ahead of the scheduled start time.

Organizers will supply implements

Selection to Flight 1 or 2 will be done after entries are closed. Flight lists will be available on Ultra Throw website (ultrathrow.com) on Friday, April 14th, 2019. **No day of meet entries allowed.**

Event Schedule (Participants will be divided up into the two flights – all individual events will be included in these flights – so if all you are doing is the discus and you are in flight 1, event time is 11:45 am.)

NOTE: If registration is less than 12 for an event, we will run only one flight.

TIME	FLIGHT 1	FLIGHT 2	INDIVIDUAL EVENT
8:00 am	Hammer		
9:15 am	Shot Put	Hammer	
10:30 am	Discus	Shot Put	
11:45 am	Lunch Break	Lunch Break	
1:00 pm	Javelin	Discus	
1:30 pm	Weight Throw	Javelin	
2:45 pm		Weight Throw	
4:00 pm			Super Weight

Questions can be directed to:

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