

BRIGHTON AND HOVE OPEN THROWS COMPETITION

March 22nd Open event timetable.

- 10.00 shot putt under 13/15/17's women
- 10.00 javelin under 13/15/17 boys
- 10.00 discus under 20/senior/veterans men
- 11.30 shot putt under 13/15/17 men
- 11.30 javelin under 20/senior/veterans women
- 12.00 discus under 13/15/17 women
- 13.00 shot putt under 20/senior/ veterans men
- 13.30 discus under 13/15/17 men
- 14.30 shot putt under 20/senior/veterans women
- 14.30 javelin under 13/15/17 women
- 15.30 discus under 20/senior/veteran women
- 16.00 javelin under 20/senior/veteran men

All athletes will be given a minimum of 4 throws: more will be given if numbers and time permit.

Entry fee £6 per event: Entry via online link at the B& H website.

Online guarantees a place, on the day entry allowed but if numbers are too high then we will have to restrict this.

Contact Bob Willows on 07763891501 or email a.willows@sky.com