



THROWS FEST

Under UK Athletics Rules

SATURDAY 29 SEPTEMBER 2018

TIMETABLE

WARM UP	START	EVENT	CATEGORY
10.45	11.00	HAMMER (P)	MALE & FEMALE: 35 YRS +
10.45	11.00	SHOT PUT	MALE & FEMALE: ALL AGE GROUPS
11.45	12.00	SHOT PUT (P)	MALE & FEMALE: 35 YRS +
11.45	12.00	DISCUS	MALE & FEMALE: ALL AGE GROUPS
13.00	13.15	DISCUS (P)	MALE & FEMALE: 35 YRS +
13.00	13.15	JAVELIN	MALE & FEMALE: ALL AGE GROUPS
14.15	14.30	JAVELIN (P)	MALE & FEMALE: 35 YRS +
14.15	14.30	HAMMER	MALE & FEMALE: ALL AGE GROUPS
15.30	15.45	WEIGHT THROW (P)	MALE & FEMALE: 35 YRS +

(P) = Pentathlon (3 trials for each event)

For other individual events, in order to keep to the timetable, competitors will get 4 trials. The number of competitors on the day may allow for additional trials (up to a maximum of 6) and the Field Referee will make a decision before each event.

ONLINE ENTRIES AVAILABLE UNTIL 28 SEPTEMBER: [CLICK HERE](#)

£3.50 per event Under 20 and Lower Age Groups

£4.50 per event Senior and Masters

ENTRIES ACCEPTED ON THE DAY

£4.50 per event Under 20 and Lower Age Groups

£5.50 per event Senior and Masters

For further information contact:

Steve Bosley on 0208 687 0386 / 07721 555 688

stevebosley1@aol.com

www.hernehillharriers.org