



THROWS FEST

Under UK Athletics Rules

SUNDAY 29 SEPTEMBER 2019

TIMETABLE

WARM UP FROM	START	EVENT	AGE CATEGORY
10.25	10.45	SHOT PUT	MALE & FEMALE: ALL AGE GROUPS
10.30	10.45	HAMMER (P)	MALE & FEMALE: 35 YRS +
11.25	11.45	DISCUS	MALE & FEMALE: ALL AGE GROUPS
11.30	11.45	SHOT PUT (P)	MALE & FEMALE: 35 YRS +
12.25	12.45	JAVELIN	MALE & FEMALE: ALL AGE GROUPS
12.30	12.45	DISCUS (P)	MALE & FEMALE: 35 YRS +
13.45	14.05	HAMMER	MALE & FEMALE: ALL AGE GROUPS
13.50	14.05	JAVELIN (P)	MALE & FEMALE: 35 YRS +
15.15	15.30	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](#)

or <https://entries.opentrack.run/org/hhh/>

£4.00 per event Under 20 and Lower Age Groups

£5.00 per event Senior and Masters

ENTRIES ACCEPTED ON THE DAY

£5.00 per event Under 20 and Lower Age Groups

£6.00 per event Senior and Masters

For further information contact:

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www.hernehillharriers.org