

GloHealth

Spring Throws Competition

TIME	EVENT	GENDER	WEIGHT
11.00am	HAMMER	MEN	7.26kg
	HAMMER	MEN	6.00kg
	HAMMER	MEN	5.00kg
	HAMMER	MEN	4.00kg
	HAMMER	WOMEN	4.00kg
	HAMMER	WOMEN	3.00kg
Check in Closes: Hammer 10.15am			
2.30pm	DISCUS	MEN	2.00kg
	DISCUS	MEN	1.75kg
	DISCUS	MEN	1.50kg
	DISCUS	MEN	1.00kg
	DISCUS	WOMEN	1.00kg
Check in Closes : Discus 1.30pm			
12.45pm	JAVELIN	WOMEN	500g
	JAVELIN	WOMEN	600g
	JAVELIN	MEN	600g
	JAVELIN	MEN	700g
	JAVELIN	MEN	800g
Check in Closes: Javelin: 11.45am			

1. U16 Minimum Age
2. Events will be grouped by weight appropriate to age category
3. 4 Throws Per Athlete
4. Entry €5 per event

Athlone I.T
Sunday 29th March 2015
ATHLETICSIRELAND.IE

