



National Spring Throws Competition
Sunday 7th April 2019
AIT, ATHLONE
11.00am

1. U16 Minimum Age
- 2 Athletes must be 18 years of age in the year of competition to Throw Senior Men's Hammer & Discus Weight
3. Events will be grouped by Weight appropriate to Age Category
4. 4 Throws per Athlete
5. Entry € 5 per event

Check in Closes for Hammer : 10.00
 Check in Closes for Javelin : 11.45
 Check in Closes for Discus : 13.30

Weigh in Closes : 10.30
 Weigh in Closes : 12.15
 Weigh in Closes : 14.00

TIME	EVENT	GENDER	WEIGHT
11.00	Hammer	Men	7.26kg
	Hammer	Men	6.00kg
	Hammer	Men	5.00kg
	Hammer	Men	4.00kg
	Hammer	Women	4.00kg
	Hammer	Women	3.00kg
12.45	Javelin	Women	500gr
	Javelin	Women	600gr
	Javelin	Men	600gr
	Javelin	Men	700gr
	Javelin	Men	800gr
14.30	Discus	Men	2.00kg
	Discus	Men	1.75kg
	Discus	Men	1.50kg
	Discus	Men	1.00kg
	Discus	Women	1.00kg