



Spring Throws Competition
Morton Stadium, Santry
April 9th 2016
11.00am

1. **U16 Minimum Age**
2. **Athletes must be 18 years of age to Throw Senior Hammer and 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 10.30
 - Check IN Closes for Javelin 12.15
 - Check IN Closes for Discus 14.00



Time	Event	Gender	Weight	
11.00				
Outfield	Hammer	Men	7.26kg	
	Hammer	Men	6.00kg	
	Hammer	Men	5.00kg	
	Hammer	Men	4.00kg	
	Hammer	Women	4.00kg	
	Hammer	Women	3.00kg	
14.30				
Infield	Discus	Men	2.00kg	
	Discus	Men	1.75kg	
	Discus	Men	1.50kg	
	Discus	Men	1.00kg	
	Discus	Women	1.00kg	
12.00	Javelin	Women	500gr	
Infield				
	Javelin	Women	600gr	
	Javelin	Men	600gr	
	Javelin	Men	700gr	
	Javelin	Men	800gr	