



National Spring Throws Competition

Sunday 8th April 2018

Templemore

11.00am

1. U16 Minimum Age
2. Athletes must be 18 years of age to Throw Senior Men's 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 : 10.00

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	<i>Hammer</i>	<i>Men</i>	<i>7.26kg</i>
	<i>Hammer</i>	<i>Men</i>	<i>6.00kg</i>
	<i>Hammer</i>	<i>Men</i>	<i>5.00kg</i>
	<i>Hammer</i>	<i>Men</i>	<i>4.00kg</i>
	<i>Hammer</i>	<i>Women</i>	<i>4.00kg</i>
	<i>Hammer</i>	<i>Women</i>	<i>3.00kg</i>
12.45	<i>Javelin</i>	<i>Women</i>	<i>500gr</i>
	<i>Javelin</i>	<i>Women</i>	<i>600gr</i>
	<i>Javelin</i>	<i>Men</i>	<i>600gr</i>
	<i>Javelin</i>	<i>Men</i>	<i>700gr</i>
	<i>Javelin</i>	<i>Men</i>	<i>800gr</i>
14.30	<i>Discus</i>	<i>Men</i>	<i>2.00kg</i>
	<i>Discus</i>	<i>Men</i>	<i>1.75kg</i>
	<i>Discus</i>	<i>Men</i>	<i>1.50kg</i>
	<i>Discus</i>	<i>Men</i>	<i>1.00kg</i>
	<i>Discus</i>	<i>Women</i>	<i>1.00kg</i>