



**National Spring Throws
 Competition**
Sunday 19th of March
Tullamore , Offaly
10:30am

123.ie

1. U16 Minimum Age for Competition
2. Athletes must be 18 years of age in the year of competition 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, 2 further throws may be given where athletes are near a standard.
5. Entry €10 per Event

Checkin / Weighin closes 60min before event time

TIME	EVENT	GENDER	WEIGHT
10:30	Hammer	Men	7.26kg
11:30	Hammer	Men	6kg
	Hammer	Men	5kg
	Hammer	Men	4kg
12:40	Hammer	Women	4kg
	Hammer	Women	3kg
	Hammer	Women	2kg
12:45	Javelin	Men	800gr
	Javelin	Men	700gr
14:00	Javelin	Men	600gr
	Javelin	Men	500gr
	Javelin	Men	400gr
14:50	Javelin	Women	600gr
	Javelin	Women	500gr
	Javelin	Women	400gr
14:10	Discus	Men	2kg
	Discus	Men	1.75kg
15:00	Discus	Men	1.5kg
	Discus	Men	1kg
16:10	Discus	Women	1kg
	Discus	Women	.75kg



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