



# 2024 ULTRA Club Championships

## Club members only

(Sunday, September 15th, 2024)

### Individual Events

#### ALL AGE GROUPS

Hammer/Shot Put/Discus/Javelin

#### Masters Only

Weight/Super Weight

#### PLUS

Throws Triathlon

(Shot Put/Discus/Javelin)

#### PLUS

Throws Pentathlon

(Hammer/Shot Put/Discus/Javelin/Weight)

Date: Sunday, September 15<sup>th</sup>, 2024

Where: **McLeod Athletic Park, Langley, BC**

Who: Current Ultra Club members (all ages)

Cost: No Charge - **Club Members are free**

**Throws Pentathlon and Throws Triathlon are for Master athletes only (35 and older)**

**Throws Triathlon (also must be registered for Shot Put, Discus & Javelin)**

**Throws Pentathlon (also must be registered for Hammer, Shot Put, Discus, Javelin & Weight)**

**Note:** Registration is limited to Ultra Throw Club members in good standing

Hosted by: **Ultra Throw Club – Registration is through Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com)**

**Registration deadline is September 8<sup>th</sup> by 8:00 pm PST**

**NOTE: The first 3 attempts in each event are the ones used to determine the scores in the Throws Triathlon and the Throws Pentathlon. Where an individual is registered for both the Throws Triathlon and the Throws Pentathlon, the first 3 attempts are scored for the Pentathlon and the last 3 attempts are scored for the Triathlon.**

We run a floating schedule; events may run ahead of schedule and athletes should be prepared to compete in their next event 45 minutes ahead of the scheduled start time.

**Organizers will supply implements**

### **Event Schedule - only one flight with a max of 14 participants each event**

| TIME     | TP & TT      | INDIVIDUAL EVENT |
|----------|--------------|------------------|
| 8:00 am  | Hammer       |                  |
| 9:30 am  | Shot Put     |                  |
| 11:00 am | Discus       |                  |
| 12:30 pm | Lunch Break  |                  |
| 1:00 pm  | Javelin      |                  |
| 1:30 pm  | Weight Throw |                  |
| 3:00 pm  |              | Super Weight     |
|          |              |                  |

Questions can be directed to:

Dave McDonald at [ultrathrow@gmail.com](mailto:ultrathrow@gmail.com)