



CALTAF ATHLETIC ASSOCIATION
CALTAF Throws Fest Series

Purpose: To provide para and able body athletes the opportunity to compete in late season meets.

To provide Masters and other interested athletes with an opportunity to compete in the Throws Pentathlon.

Meet #1

Date: August 27, 2022

Meet #2

Date: September 24, 2022

Location: Glenmore Athletic Park (5300 19 Street SW). There are concrete shot put, discus, and hammer circles and rubberized javelin runway. Change rooms and bathrooms should be available.

Open events may be run with throws pent depending on entry numbers. Throws pent competitors receive 3 throws per event. Open competitors receive 6. Final schedule will be released after registration closes. Rolling schedule for Throws Pentathlon. Start time for the next event will be given after the completion of each event.

Saturday, August 27		
Saturday, September 24		
10:00	Throws Pentathlon – Men’s/Women’s	
	Hammer/Shot/Disc/Jav/Weight	
11:15	Seated Shot Put – Men’s/Women’s	
	Following throws pent shot	
12:30 LUNCH BREAK	Following throws pent discus	
13:00	Seated Javelin – Men’s/Women’s	
	Following throws pent javelin	
13:40	Discus – Men's/Women's/Para	

14:40	Shot Put – Men’s Women’s Para	
15:15	Hammer – Men’s/Women’s	

Events Available: Throws Pentathlon, Seated Javelin, Seated Shot, Shot (Para/Able body), Javelin (Para/Able body), Discus (Para/Able body), Hammer (Able body). Age Groups - U16 (born 2008-2007) to Masters (born 1987 and earlier).

Entries

Entries will be available on Trackie. Athletes are encouraged to compete only in Throws Pent or individual events as Throws Pent and individual events may run together on the final schedule.

All athletes must be registered members of their Provincial Sports Organization.

Entry Fees

\$40 for the throws pentathlon.

\$20 for individual events.

Event Specifications:

Events	Gender	Para	U16	U18	Open
Shot Put	W / M	3kg/4kg/3 kg	3kg./ 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W / / M		3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	600g/800g	500g/700g	600g/800g	600g/800g
Discus	W/M	1kg/1kg	1kg/1.5kg	1kg/1.75kg	1kg/2kg
Weight	W/M		7.26kg	7.26kg/9.07kg	9.07kg/15.88kg

Weigh In Procedure

Weigh in will be held starting 1 hour before the start of the throws pentathlon and will be available throughout the day.