

**CHINOOK and PRONGHORN TRACK AND FIELD CLUBS INVITE YOU TO THE  
Pronghorn Chinook Throws Gala 2023**

ON

**Friday, Saturday and Sunday, May 19-21, 2023**

AT

**THE UNIVERSITY OF LETHBRIDGE**

Sanctioned by Athletics Alberta and Athletics Canada

**LOCATION AND FACILITY:**

University of Lethbridge Community Stadium, 4401 University Dr - Lethbridge. Track: Six lanes, 400-metre track Concrete shot put, discus, and hammer circles. Change rooms available.

**ENTRIES:**

The entry deadline will be Friday, May. 12 at 16:00. Late entries, if allowed will be charged double.

Please send entries to [Chinooktf@gmail.com](mailto:Chinooktf@gmail.com) E-transfers to this address for entries.

**ENTRY FEES:**

\$60.00 Entry fee - allows for entry into as many events as wished. There will be no entry fee charge for athletes who are scratched from the meet by Monday, May 15<sup>th</sup>. Please make cheque payable to: **CHINOOK TRACK AND FIELD.**

E-transfers to [Chinooktf@gmail.com](mailto:Chinooktf@gmail.com)

Please send entries to:     E-mail:     Chinooktf@gmail.com  
  Mail:         Chinook Track and Field  
  Box 21047 140 Columbia Blvd  
  Lethbridge, AB. T1K 6X4

**AGE CATEGORIES:**

U18 - 2006/07; U20- 2004/05; Open - 2003 and earlier.

Anyone below the youth age category (2008 or younger) wishing to compete may do so but will be required to use the older age class implements

**EVENTS OFFERED:**

**\*\*\*Shot Put, Hammer, Discus , Javelin**

**NOTE:**

**EVENTS SPECIFICATIONS:**

Events	Gender	U16	U18	U20	Open
Shot Put	W / M	N/A	3kg./ 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W / / M	N/A	3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	N/A	500g/700g	600g/800g	600g/800g
Discus	W/M	N/A	1kg/1.5kg	1kg/1.75kg	1kg/2kg

## **Tentative Schedule:**

**final schedule will be sent out on Wednesday May 14<sup>th</sup>**

Friday May 19

3:00 pm Shot Put A – Two Circles Men and Women

4:00 pm Discus A

5:30 pm Hammer A Women

7:00 pm Hammer A Men

Saturday May 20

9:00 a.m. Hammer B Men

10:30 a.m. Hammer B Women

12:00 p.m. Shot Put B – two circles Men and Women

1:00 p.m. Javelin A

2:00 p.m. Discus B

3:30 p.m. Shot Put C – two circles Men and Women

4:30 p.m. Discus C

6:00 p.m. Hammer C – Women

7:00 p.m. Hammer C – Men

–Hammer, Shot and Discus C for women and men will be partially invited/ranked events and MAY be limited to 8 entries. If this event is limited to 8 entries for both men and women, then half of those entries will be by invite/ranking and the other half will come from the Hammer, Shot and Discus B events by place of finish. These will be run as open events only with senior weight implements being used.

Sunday May 21

10:00 a.m. Shot Put D – Two Circles Men and Women

11:00 a.m. Javelin B

12:30 a.m. Discus D

2:00 p.m. Hammer D – Women

3:00 p.m. Hammer D – Men

