

**CHINOOK and PRONGHORN TRACK AND FIELD CLUBS INVITE YOU TO THE
Pronghorn Chinook Throws Gala 2024**

ON

Friday, Saturday and Sunday, May 17-19, 2024

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. 10 at 16:00. Late entries, if allowed will be charged double.

Please send entries to Chinooktf@gmail.com E-transfers to this address for entries.

ENTRY FEES:

\$65.00 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 13th. Please make cheque payable to: **CHINOOK TRACK AND FIELD.**

E-transfers to 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:

U16 – 2009/10; U18 - 2007/08; U20- 2005/06; Open - 2004 and earlier.

EVENTS OFFERED:

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

NOTE:

EVENTS SPECIFICATIONS:

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

Tentative Schedule:

final schedule will be sent out on Wednesday May 15th

Athletes may enter any or all events other than the Hammer C.

*Hammer 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 B event by place of finish. These will be run as open events only with senior weight implements being used.

Friday May 17

3:00 pm Shot Put A – Two Circles Men and Women (all age groups)

4:00 pm Discus A (all age groups)

6:00 pm Hammer A Women (all age groups)

7:00 pm Hammer A Men (all age groups)

Saturday May 18

9:00 a.m. Hammer B Men (all age groups)

10:30 a.m. Hammer B Women (all age groups)

12:00 p.m. Shot Put B – two circles Men and Women (all age groups)

1:00 p.m. Javelin A (all age groups)

2:00 p.m. Discus B (all age groups)

5:00 p.m. Hammer C – Women *

6:30 p.m. Hammer C – Men*

Sunday May 19

10:00 a.m. Shot Put C – Two Circles Men and Women (all age groups)

11:00 a.m. Javelin B (all age groups)

12:30 a.m. Discus C (all age groups)

2:00 p.m. Hammer D – Women (all age groups)

3:00 p.m. Hammer D – Men (all age groups)

"The annual throwers' and supporters' dinner is on again. For most of the past 9 years, we have met at Moxie's in the backroom at 9 pm on the Friday evening to break bread. This gives us a chance to bring the whole throwing community together in an informal setting. That room has seating for 32 and we have been bumping up close to that in the last couple of years. Please email Ralph Troschke at troschke@outlook.com or text 780-777-4484 if you wish to be included. First come first seated. Look forward to seeing you there."

