



Tipperary AAI Throws



**Throws Festival in Templemore Track on Saturday
the 18th of March 2017 commencing at 9:30am**



Shot Putt

Ladies and Men
Registration and Warmup
At 9:30am
Competition at 10:00am



Discus

Ladies and Men
Registration and Warmup
At 10:00am
Competition at 10:30am

1 Mile Race & 400m Sprint commencing at 12:30pm



Hammer

Ladies and Men
Registration and Warmup
At 12:30pm
Competition at 1:00pm



Javelin

Ladies and Men
Registration and Warmup
At 2:00pm
Competition at 2:30pm

Entry Fee: €5 Per Event.

Entries will be accepted on the day of competition.

Open to Junior (U/17) and Senior athletes. 6 Throws in all events.

Athletes must be 18 years of age to Throw Senior Shot, Hammer and Discus Weight.

Please bring your own implements, limited equipment will be available on the day.

Coaches, Parents and Mentors may be asked to assist in the running of the competitions.

Refreshments will be available in the Clubhouse.

For further information visit www.tipperaryathletics.com or contact **Anthony Carolan** at **085 8633743**

This event is AAI Permit Approved Approved IAAF weighing & measuring equipment will be used