



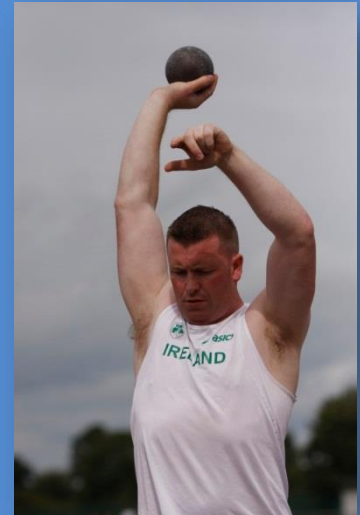
Tipperary AAI Throws

**Tipperary Throws Festival in Templemore Track on
Easter Monday, the 2nd April 2018 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 & 400m Sprint race 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 2:30pm
Competition at 3:00pm

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 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 Tricia Blackburn at 086 3115116
This event is AAI Permit Approved. Approved IAAF weighing & measuring equipment will be used.