

## September 9<sup>th</sup> Throws Fest Draft Final Schedule (August 31)

### **Weigh-In Starts at 8:30am**

*Seated/Para Ambulatory Javelin 9:00am*

Weight 9:00am

*Long Jump 10:00am*

Shot Put 10:30am

*Invite/Overflow Discus 11:00am (limit 6)*

Hammer 12:00pm

*Seated Shot Put 12:00pm*

*LUNCH BREAK GROUP 1 12:30-1:00pm*

LUNCH BREAK GROUP 2 1:00-1:30pm

*Invite Shot Put 1:15pm (limit 6)*

Javelin 1:30pm

*Seated Discus 2:15pm*

Discus 3:20pm