

September 23rd and 24th Throws Fest Final Schedule

September 23rd

8:30am Implements weigh-in and throughout day as needed

9:00am start Throws Pentathlon

9:00am Hammer

10:05am Shot Put

10:40am Discus

11:45pm Javelin

12:40pm Weight

1:10-1:40pm LUNCH BREAK

2:00pm Elite Javelin

3:00pm Elite Discus #1

September 24th

9:00am Implements weigh-in and throughout day as needed

9:30am Weight

10:00am Seated Javelin

10:30am Shot Put

11:00am Elite Discus #2

12:00pm Hammer

12:00pm Seated Shot Put

12:30-1:00pm LUNCH BREAK GROUP #2

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

1:30pm Javelin

2:15pm Seated Discus

3:20pm Discus