

15TH AUSTRALIAN MASTERS ATHLETICS WINTER THROWING
CHAMPIONSHIPS

WHEN: Oct 2-4th 2010

WHERE: Masson St throwing ground, Masson St, Turner, ACT

CONTACT: Ray Green 02 4975 1750 or email Sharon sgi24279@bigpond.net.au
or Jayne Hardy 0421 610 053

CONDUCTED BY: ACT Veterans Athletic Club Inc.

ELIGIBILITY: Athletes registered with a Masters/Veterans Club.

PROGRAM:

Saturday Oct 2nd – 10 am start- Hammer, Shot, Discus, Javelin, Weight throw

Sunday Oct 3rd – 9.30 am start – Throws Pentathlon, Barbeque 7pm

Monday Oct 4th – 9am start – Heavy Weight Pentathlon, 56lb & 100lb Super Heavy
Weight Throws.

In the Heavy Weight Pentathlon competitors throw their normal weight, two weights
lighter and two weights heavier. Three throws of each weight, and points are scored like
the throws pentathlon.

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ENTRIES CLOSE Saturday 25TH SEPTEMBER 2010

NO LATE ENTRIES WILL BE ACCEPTED.

ENTRY FORM:

Name..... M / F

Address.....

Phone.....Email.....

Age Group..... Birth date..... Masters/Veterans Club.....

FEES:

Throws Pentathlon	\$6
Hammer	\$3
Discus	\$3
Javelin	\$3
Shot Put	\$3
Heavy Weight	\$3
Championship Administration Fee:	\$10	\$10
Heavy Weight Pentathlon	\$6
56 lb Super Heavy Weight	\$3
100lb Super Heavy Weight	\$3
Barbeque per person	\$15
T-Shirt (please circle size) 3XL, XXL, XL, L, M	\$20
Sloppy Joes (circle size) 3XL, 2XL, XL, L, M	\$30
TOTAL: (include admin fee)	

Make cheques payable to ACT Veterans Athletic Club

SEND TO: Ray Green, 119 Donnelly Rd, Arcadia Vale, NSW, 2283