

WHAT?

AMA Winter Throws Championships

WHEN?

1st, 2nd, 3rd October

WHERE?

Queensland State Athletics Centre, Brisbane

WHO? Those aged 30 years or older

Saturday: Throws Pentathlon, 56 lb and 100 lb

Sunday: Individual Events (hammer, shot, discus, javelin, weight) and weight for distance

Monday: Heavy Weight Pentathlon, Super Weight

This is the 26th AMA Winter Throws Championships. After a Covid interruption with a missed year, followed by a combined local/virtual competition the championships are back on schedule.

This is a competition that is very serious but very social, for the very good through to the very and for regular participants and the raw beginners. This is competition to hand out advice and receive it. This is the weekend to enjoy being a thrower and be the main event without those other track and field events stealing the limelight.

Online entries will open mid August. Go to the AMA or QMA websites for the entry link. BUT please note that **entries MUST CLOSE on Wednesday 14th September.**

If you have any questions then contact Lajos at lj.hammer@bigpond.com