



# 2024 AMA INDOOR THROWS CHAMPIONSHIPS

**SAT 20-SUN 21 JULY**  
**ARGENTILLE EQUESTRIAN CENTRE**  
**283 WILDERNESS RD, LOVEDALE NSW**

**Experience Throwing in an indoor setting**, not affected by weather, and a good winter training alternative. An opportunity to throw in a completely different setting from usual, make it a weekend getaway in an exquisite equestrian setting, located amongst the vineyards of the beautiful Hunter Valley.

Always loads of fun and a great social event, and this year we are adding on a **Saturday evening BBQ dinner/wine and oils tasting**.

Posting an indoor result may go to our masters world rankings and records (for 30+), plus some shiny brand new National Medals. We run 6 throws events - shot put, weight throw, super weight throw, 56lb, 100lb and Heavy Weight Pentathlon, and we'll be adding in some fun events to the 2024 schedule!

## Who can enter?

- **NSW Masters members**
- **ANSW Clubs Members**
- **Other state/territory association members**

## PROPOSED SCHEDULE:

**Sat 20:** Shot Put - Weight Throw - Super Weight Throw  
Social BBQ

**Sun 21:** Heavy Weight Pentathlon - 56lb - 100lb

**REGISTRATION:** will open on **Wednesday 1st May**.

## KEEP UPDATED ON ALL THE NEWS:

To keep in touch with all the event information, join our **AUSTRALIAN INDOOR THROWING FB page**, just search for:

[MASTERS INDOOR THROWING](#) group

