



**Second Ulster Spring Throws Festival, Finn Valley Centre, Stranorlar, Co Donegal Sunday March 24<sup>th</sup> 2018 commencing at 9.30 a.m.**



**SHOT PUTT Registration 9.30a.m. Competition 10.00 a.m.**

**DISCUS Registration 10.30 a.m. Competition 11.00a.m.**

**HAMMER registration 12.30 p.m. Competition 1.00p.m.**

**Javelin Registration 2.30pm Competition 3.00 p.m.**

**All competitions open to U/14, U/16, U/18, U/20, Senior and Masters male and female Athletes**

**Athletes must be over 18 years to throw senior implements**

**ATHLETES MAY BRING THEIR OWN IMPLEMENTS BUT THESE MUST BE WEIGHED AND CERTIFIED BEFORE THE COMPETITION**

**Entry Fee €5 per event. Entries will be accepted on the day**

