



Ulster Winter Throws Festival, Finn Valley Centre, Stranorlar, Co Donegal Sunday October 20th 2019 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.

Weight for Distance Registration 4.00pm Competition 4.30 (Seniors and Masters only)

All times are approximate

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 weight for distance is confined to senior and Master athletes

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