



Tipperary AAI Throws



**Throws Festival in Templemore Track on Saturday
the 2nd of March 2019 commencing at 9:30am**



Shot Putt

Ladies and Men
Registration and Warmup
At 9:30am
Competition at 10:00am

Discus

Ladies and Men
Registration and Warmup
At 10:00am
Competition at 10:30am

Mile & 400m Sprint race
commencing at 12:30pm

Hammer

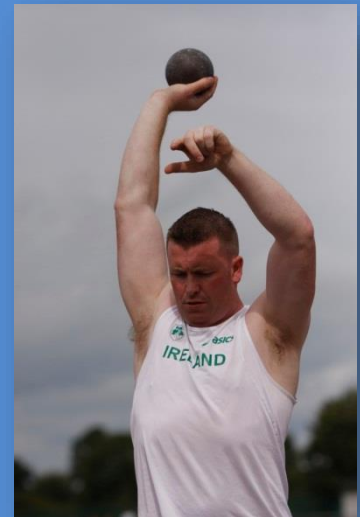
Ladies and Men
Registration and Warmup
At 1.00pm
Competition at 1:30pm

Javelin – Juvenile

Girls & Boys U14 – U/19
Registration and Warmup
At 12.30pm
Competition at 1:00pm

Javelin – Senior & Master

Ladies and Men
Registration and Warmup
At 2:30pm
Competition at 3:00pm



Entry Fee: €5 Per Event

Entries will be accepted on the day of competition.

Open to Junior (U/17) and Senior athletes except Javelin which is U/14+. 6 Throws in all events.
Athletes must be 18 years of age to Throw Senior Hammer and Discus Weight

Please bring your own implements, limited equipment will be available on the day.
Coaches, Parents and Mentors may be asked to assist in the running of the competitions.
Refreshments will be available in the clubhouse.

For further information visit www.tipperaryathletics.com or contact Aisling Hoey at aislinghoey@eircom.net.
This event is AAI Permit Approved. Approved IAAF weighing & measuring equipment will be used.