



SS ATHLETICS THROWS FEST

★
4 THROWS EVENTS • 6 THROWS EACH!

HAMMER



SHOT PUT



DISCUS



JAVELIN



THROWS COMPETITIONS FOR ALL AGES
OPEN TO U12 – MASTERS

PRE-ENTRY ONLY
NO ON-THE-DAY ENTRIES



VENUE

Southend Leisure & Tennis Centre

Garon Park, Eastern Avenue, Southend-on-Sea, SS2 4FA



UKA LICENSED COMPETITION
UNDER UKA RULES

PROVISIONAL TIMETABLE

10:00AM – 12:00PM	HAMMER
12:00PM – 2:00PM	SHOT PUT
2:00PM – 4:00PM	DISCUS
4:00PM – 6:00PM	JAVELIN

TIMES ARE PROVISIONAL AND MAY BE
SUBJECT TO CHANGE DEPENDING ON ENTRIES.

ENTRY INFORMATION

£12 PER EVENT

ENTER NOW!

THROWS ENTRY LINK

[http://www.race-results.co.uk/onlineentries/
user/login.php?raceid=6139](http://www.race-results.co.uk/onlineentries/user/login.php?raceid=6139)



NOTES

All entrants shall be deemed to have made themselves familiar with, and agreed to be bound by, the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of athletics, for 12 months from the date of entering the event, whether or not the entrant is a citizen of, or resident in, the UK.



THROWS WILL BE CONDUCTED
UNDER UKA RULES OF COMPETITION.



ENTRIES WILL CLOSE
1 WEEK BEFORE EVENT OR
WHEN ENTRIES ARE FULL.



NO REFUNDS
UNLESS EVENT IS
CANCELLED AND
CANNOT BE POSTPONED.



CONTACT

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