

TEMPLEMORE THROWS FESTIVAL

FEATURING - MASTERS THROWS PENTATHLON

6th & 7th August 2022

Templemore Athletic Club



Under AAI Rules

Online Entry only (entry.athleticsireland.ie)

€8 per event / €25 Masters Throws Pentathlon



Prizes include Throws implements for Male/Female Senior winners of Hammer, Shot, Discus and Javelin

Timetable of Events

Check In: 9:30 – 15:30 (Both days)

Saturday 6th August

Sunday 7th August

MASTERS ATHLETES		SENIOR AND JUVENILE ATHLETES	
10.15	Men's Hammer / Women's Shot Put	10.15	Men Senior + Juvenile Hammer / Women Senior + Juvenile Shot Put
11.15	Race – Ladies 100m	11.15	Race – Men's 5km
11.30	Women's Hammer / Men's Shot Put	11.45	Women Senior + Juvenile Hammer / Men Senior + Juvenile Shot Put
12.15	Race – Men's 100m	12.15	Race – Ladies 3km
12.45	Men's Discus / Women's WFD	13.15	Men Senior + Juvenile Discus / Women Senior + Junior WFD
14.00	Women's Discus / Men's WFD	14.30	Women Senior + Juvenile Discus / Men Senior + Junior WFD
15.15	Men's Javelin / Women's Weight Throw	15.45	Men Senior + Juvenile Javelin
16.30	Women's Javelin / Men's Weight Throw	16.45	Women Senior + Juvenile Javelin

- Afternoon Events may be brought forward by 30 minutes (max) on both days
- All implements must be weighed in
- Throws Pentathlon Prize Money 1st €70, 2nd €50, 3rd €30
- Points calculated using the Ultra CE Calculator which is age calibrated
- Medals for 1st, 2nd and 3rd place finishers in each race
- Juveniles, Seniors and Masters athletes are permitted to enter all races
- Men and Women Junior (U20) WFD Athletes must be aged 16 and upwards to throw
- 2 warm-ups and 4 throws for all events (first 3 throws count for Masters Throws Pentathlon)

Age Categories: U14, U16, U18, U20, Senior, Master Men 35-49,50-59,60-69,70-79,80+, Master Women 35-49,50-59,60-74,75+