

SCHEDULE THROWERS CLUB MEET #3 - AUGUST 13, 2022 FINAL

ONTARIO THROWS PENTATHLON CHAMPIONSHIPS

TIME	WEST HAMMER	WEST SHOT	EAST DISCUS	EAST JAVELIN
9:30AM	HAMMER FL#1			
10:00 AM	THROWS PENT			
10:30 AM	HAMMER FL#2	SHOT FL#1		
11:00 AM	SINGLE	THROWS PENT		
11:30 AM		SHOT FL#2		
12:00 PM	DISCUS FL #1	SINGLE		
12:30 PM	THROWS PENT			
1:00 PM				JAVELIN FL#1
1:30 PM				THROWS PENT
2:00 PM	WEIGHT FL#1			JAVELIN FL#2
2:30 PM	THROWS PENT			SINGLE
3:00 PM			WEIGHT FL#2	
3:30 PM			SINGLE	
4:00 PM			DISCUS FL#2	
4:30 PM			SINGLE	

Events include:

TIMES ARE APPROXIMATE

- Throws Pentathlon (hammer, shot put, discus, javelin & weight throw - 3 throws)
- Throws Triathlon (shot put, discus & javelin - 3 throws)
- Single Events (hammer, shot put, discus, javelin & weight throw - 6 throws)
- Masters, Open and Junior



12-Aug-22