



**Ontario Throws Pentathlon Championships
and Meet #3
Terry Fox Stadium, Chinguacousy Park, Brampton
September 13, 2025
FINAL SCHEDULE**

Time	Hammer EDM Crew 1	Shot Crew 2	Shot Crew 2	Discus EDM Crew 1	Discus EDM Crew 1	Jav Crew 2	Jav EDM Crew 1	Weight Throw Crew 2	
9:30	Warm Up								
10:00	Flight 1 Masters (15)								
11:00	Flight 2 Individ (5)	Throws Pent+ Tri FL 1 (13)							
12:00			FL 2 (12)	Throws Pent+ Tri FL 1 (13)					
1:00					FL 2 (15)	Throws Pent + Tri FL 1 (13)			
2:00							FL 2 (11)	Throws Pent FL 1 + Individ (17)	