North East Throwing Festival Sunday 9th April 2017
@ Churchill playing fields, Monkseaton.
Start 11.30am.
Seeded to Top 10 throwers per age group per event
UKA Permit granted: OUT 17/124

Discus for U17, U20 and Senior/Vets – Starts 11.30am
Shot Putt for U13 & U15 – Starts 11.30am

Shot Putt for U17, U20 and Senior/Vets – Starts 1.00pm
Discus for U13 & U15 – Starts 1.00pm

Javelin all groups will start at 2.30 and run till 4.30pm

All to have 4 throws and from U17 upwards the top six recorded distances to have another two throws.

Please pre-register by no later than Friday 24th March so your distances can be validated via the Power of 10 web site and your number/seeding allocated. Pay on collection of numbers. £2 per event
Emailto:cschrissie@icloud.com or alex.lateral@btconnect.com

For full details and further enquiries please see our Facebook page
https://www.facebook.com/NEThrowingFestival/

North East Throws Festival Entry Standards

Age	Male	Female
Under 13		
Shot	6m	5m
Javelin	18m	15m
Discus	15m	12m
Under 15		
Shot	7m	6m
Javelin	20m	17m
Discus	18m	15m
Under 17		
Shot	9m	7m
Javelin	30m	20m
Discus	25m	20m
Under 20		
Shot	10m	8m
Javelin	30m	25m
Discus	30m	25m
Senior/Vets		
Shot	10m	8m
Javelin	30m	25m
Discus	30m	25m