



Throws meet June 19th 2010

Alhambra High School
150 E St.
Martinez CA 94553

Start times

Shot Put 10:30
Discus to follow shot

Hammer 2:00
Weight throw to follow hammer

Javelin 4:30

Meet fees

Members:

Registration (includes 1 st event)	\$10
Each additional event	\$ 5
Registration and all events	\$25

Non Members:

Registration	\$20
Each event	\$10

Membership - \$50 annually for adults, \$35 for juniors, high school and college.

The High School is visible on Alhambra Ave. Entrance to track is above the pool on F Street.

Participants must have current USATF membership. www.usatf.org/membership/
USATF membership applications available at meet.

Nor Cal Throwers meet will **not** host Super Weight at this facility.

Fees payable at meet. Please RSVP all entries to randy@norcalthrowers.org