

# 2009 NorCal Throws Championships

Sanctioned by USA Track and Field

Memorial Day, Monday May 25<sup>th</sup> – 10am start  
@ Modesto Junior College



This event is intended to provide an opportunity for high school aged competitors to throw the hammer, against age group competition, in preparation for summer championship action. Competitions in the other throws will also be contested.

Athletes must be a valid member of USATF and should compete as a member of a recognized USATF Club or “unattached”. This is not a high school competition.

Order of events (Rolling order)

10am – Hammer – Intermediate/Young

Discus – Midget/Youth/Intermediate/Young

Shot Put – Bantam/ Midget/Youth/Intermediate/Young

Implements used for all throws will follow USATF age group rules. Hammers to be used are 4K for Girls and 12 pound for Boys.

Entry Fee is \$10 per competitor. Entries welcome the day of the meet, check-in for first event begins at 9:30am. Checks payable to: “Team Olympians”

There will be a small clinic for first time hammer throwers offered before the competition, FIRST TIMERS WELCOME!

Contact info/Directions:

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