

**4TH FREE STATE MASTERS ATHLETICS
THROWS PENTATHLON / THROWS (SINGLE EVENTS) / JUMPS COMPETITION
PELLIES PARK ATHLETICS FIELD, UFS, BLOEMFONTEIN
4 AUGUST 2018**

THROWS (SINGLE EVENTS)

JUMPS

08:00	Hammer	Open & Men
	Shot Put	Open & Women
09:00	Shot Put	Open & Men
	Greek Discus	Open & Women
09:30	Weight Throw	Open & Women
10:00	Discus	Open & Men
	Javelin	Open & Women
11:00	Javelin	Open & Men
	Hammer	Open & Women
12:00	Discus	Open & Women
12:30	Greek Discus	Open & Men
13:00	Weight Throw	Open & Men

08:00	Long Jump	Open & Men
09:00	Long Jump	Open & Women
10:00	Triple Jump	Open & Men
11:00	Triple Jump	Open & Women
12:00	High Jump	Open & Men
13:00	High Jump	Open & Women
14:00	Pole Vault	Open, Men & Women

THROWS PENTATHLON (3 ATTEMPTS PER EVENT)

WOMEN + OPEN

MEN + OPEN

13:30	Hammer
14:00	Shot Put
14:30	Discus
15:00	Javelin
15:30	Weight Throw

14:00	Hammer
14:30	Shot Put
15:00	Discus
15:30	Javelin
16:00	Weight Throw

THROWING IMPLEMENTS' SPECIFICATIONS

MEN

Age Group	Hammer	Shot	Discus	Javelin	Heavy Throw	Greek Discus
Under 16	4,00kg	4,00kg	1,00kg	600g	7,26kg	2,5kg
16-17	5,00kg	5,00kg	1,50kg	700g	9,08kg	3,75kg
18-19	6,00kg	6,00kg	1,75kg	800g	11,34kg	3,75kg
20-49	7,26kg	7,26kg	2,00kg	800g	15,88kg/35lb	5,0kg
50-59	6,00kg	6,00kg	1,50kg	700g	11,34kg/25lb	3,75kg
60-69	5,00kg	5,00kg	1,00kg	600g	9,08kg/20lb	3,75kg
70-79	4,00kg	4,00kg	1,00kg	500g	7,26kg/16lb	2,5kg
80+	3,00kg	3,00kg	1,00kg	400g	5,45kg/12lb	2,5kg

WOMEN

Age Group	Hammer	Shot	Discus	Javelin	Heavy Throw	Greek Discus
Under 16	3,00kg	3,00kg	1,00kg	500g	5,45kg	2,5kg
16-17	3,00kg	3,00kg	1,00kg	500g	7,26kg	2,5kg
18-49	4,00kg	4,00kg	1,00kg	600g	9,08kg/20lb	3,75kg
50-59	3,00kg	3,00kg	1,00kg	500g	7,26kg/16lb	2,5kg
60-74	3,00kg	3,00kg	1,00kg	500g	5,45kg/12lb	2,5kg
75+	2,00kg	2,00kg	0,75kg	400g	4,00kg/8,82lb	2,0kg

Sponsored by:



KONICA MINOLTA



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GENERAL INFORMATION:

1. Online entry is the preferred method of entry, because the payment is also done online with the entry. The link for online entries is <http://gkt.io/oggUOt>.
2. The program attempts to avoid clash of times etc. However, it can be changed to suit entries. Note that possible number of entries have been taken into account.
3. Directions to Pellies Park Athletics Field: When in Nelson Mandela Drive: enter UFS at robot in Kanseliers Street, turn right in Graduandi Avenue, turn left in Shimla Avenue. Parking area is before Shimla Avenue on the left. GPS coordinates are 29°6'53" S 26°11'16.8" E.
4. Temporary license numbers to be collected at the Officials Hall (**PLEASE BRING OWN PINS**). In all throwing events only one competition number (bib) is required, which shall be worn on the back.
5. Entries, as well as medals, are unlimited per athlete. Entries close on **29/7/2018**. **NO late entries, as well as entries without bank deposit slips will be accepted.** Should we receive an entry without the necessary bank deposit slip, **that entry will not be processed. No entries will be allowed on the day of competition!!**
6. Normal Free State medals will be awarded to first three athletes in each age group.
7. Participation will take place as prescribed by the rules laid down by SAMA, WMA, ASA and IAAF (where applicable).
8. **The onus is on the athlete to do the paperwork in the case of an SA record. Please take note that individual event records can be set during multi-events.**
9. **Athletes must wear their ASA numbers on the front and back as per ASA rules.** In events where there are more than 10 entries, the age groups will be split, i.e. If more than 10 entries in group Open - 49, then the group Open - 39 followed by 40-49. This will apply to all groups.

NB: *SUB JOUTH U/16 (14, 15 YRS); JOUTH U/18 (16, 17 YRS) AND JUNIORS U/20 (18, 19 YRS), AS WELL AS ATHLETES 20 - 29 YEARS (OPEN) WILL ALSO BE ALLOWED TO PARTICIPATE. MEDALS WILL ALSO BE AWARDED. PLEASE INDICATE AGE GROUP.*

ACCOMMODATION AVAILABLE AT:

Huis Magrietjie	Tel No: 051-522 4128
Wille Garden Flair Gastehuis	Tel No: 051-522 5861
Shalom Gastehuis	Tel No: 051-522 2137
Scholtzstraat Gastehuis	Tel No: 051-522 2611
Linga Longa Guesthouse	Tel No: 051-522 7713
21 On Coetzee Street Guesthouse	Tel No: 082-776-8932
Home Sprint Home self-catering	Cell No: 084-680-0161
Namib Guest House	Cell No: 076-012-6160