

BRIGHTON & HOVE AC

MOTHER’S DAY THROWSFEST OPEN

**Sunday 22nd March 2020**

**Withdean Stadium, Tongdean Lane, Brighton, BN1 5JD**

**Timetable**

|  |  |  |
| --- | --- | --- |
| 10.00 | Shot | under 13/15/17 women |
| 10.00 | Javelin | under 13/15/17 men |
| 10.00 | Discus | under 20/ senior/ veteran men |
| 11.30 | shot putt | under 13/15/17 men |
| 11.30 | Javelin | under 20/ senior/ veteran women |
| 12.00 | Discus | under 13/15/17 men |
| 13.00 | shot putt | under 20/ senior/ veteran men |
| 13.30 | Discus | under 13/15/17 women |
| 14.30 | shot putt | under 20/ senior/ veteran women |
| 14.30 | Javelin | under 13/15/17 women |
| 15.30 | Discus | under 20/ senior/ veteran women |
| 16.00 | Javelin | under 20/ senior/ veteran men |

**All athletes will be given a minimum of FOUR throws**

More will be given if entry numbers and time permit

* Pre-entry (on-line only) @ £6 per event until Wednesday 18th March
* Entry on the day @ £8 per event
* On Line entry link here [https://data.opentrack.run/x/2020/GBR/bhaac\_throws/](https://data.opentrack.run/x/2020/GBR/bhaac_throws/" \t "_blank)

Online pre-entry guarantees a place*.* On the day entry allowed but if numbers are too high entries will be restricted.

**For more information contact Bob Willows on 07763891501**

**or email** [**a.willows@sky.com**](mailto:a.willows@sky.com)

*Competition run under UKA Laws*