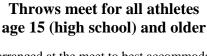
The 17th Annual Long & Strong **Throwers Classic**



Saturday, July 8, 2017

| Saturday, Sury 0, 2017 | | |
|-------------------------------------------------------|-------------------------------------------------|----------|
| At Biemesderfer Stadium, M | Aillersville University, Millersville, PA 1755 | 1 |
| COMPETITION SCHEDULE | Throws meet for all at | thl |
| Order of Events (beginning @ 10:00 am) | age 15 (high school) an | d d |
| 9:00 am Registration open | uge 15 (lingh sentor) un | u |
| 10:00 AM | Flights will be arranged at the meet to best ac | col |
| Javelin (single event javelin throwers, open runway | among events without disrupting the flow of | |
| thereafter) | awarded per 5-year age groups. | |
| Hammer & Discus | | |
| Hammer (Hammer cage) - Youngest to Oldest | | |
| Discus (adjoining Penn Manor HS) - Oldest to Youngest | | |
| 2. Shot (to follow Hammer & Discus) | | |
| (Under 50 (Oldest to Youngest) | | <u> </u> |
| (50-plus) (Youngest to Oldest) | 200 | |
| 3. Weight (to follow Shot) | TRACK & FIL | ι. ο |
| (Under 50 (Oldest to Youngest) | | |
| 50-plus) (Youngest to Oldest) | | |
| 4. SuperWeight (to follow Weight) | | |
| (Under 50), (Oldest to Youngest) | V | V |
| (50-plus), (Youngest to Oldest) | • | |
| ** Please bring your own implements. | LISATE sanctioned m | ~ ~ |
| | | |



ts will be arranged at the meet to best accommodate conflicts g events without disrupting the flow of the meet. Medals ded per 5-year age groups.



USATF sanctioned meet

First Event- \$15.00, all other events- \$5.00 each, additional \$10.00 for weight pentathlon score. The weight pentathlon will be contested out-of-sequence, with other events. Entries must be postmarked by 6/30/2017- last day to avoid late fee of \$10.00 per person. All entries must include phone number and e-mail address (if applicable). Must make one fair throw in the preliminary 3 throws to advance to the finals. Athletes may compete with any implement in the competition. Bring your own chairs and shade. **Ouestions?** Contact: Warren Taylor (717-368-5709/wststa79@embarqmail.com) or Glenn Thompson (717-512-6693/Thrower60@aol.com). Make checks payable to Long & Strong Throwers Club and mail to: LONG & STRONG THROWERS CLASSIC, c/o Warren Taylor, 315 Sylvan Retreat, Columbia, PA 17512

| CUT HERE | | |
|--------------------|--------------------|--|
| Personal Data: | Event Information: | |
| Name (print) | Shot Put Mark | |
| Phone | Hammer Mark | |
| Address | Discus Mark | |
| City/State/Zip | JavelinMark | |
| Gender (M/F) | WeightMark | |
| USATF # | SuperWt Mark | |
| Age as of 7/8/2017 | | |

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigned release and discharge the promoters, directors, the Long & Strong Throwers Club, USATF, Millersville University and Penn Manor HS, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above event on July 8, 2017. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or contributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in the above event., the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Long & Strong Throwers Classic.

Your Signature

Date