

# The 10<sup>th</sup> Annual Long & Strong Throwers Classic



**Saturday, July 10, 2010**

At Cocalico High School, South Fourth Street, Denver, PA 17517  
Throws meet for all athletes, age 19 and older

## COMPETITION SCHEDULE

**Order of Events (beginning @ 10:00 am)**

**9:00 am Registration open**

### **1. 10:00 AM**

**Javelin** (single event javelin throwers, open runway thereafter)

**Hammer & Discus**

Hammer (cornfield circle) - Youngest to Oldest

Discus (mid-field circle) - Oldest to Youngest

### **2. Shot (to follow Hammer & Discus)**

(cornfield circle - Under 50 (Oldest to Youngest)

(mid-field circle - 50-plus) (Youngest to Oldest)

### **3. Weight (to follow Shot)**

(cornfield circle - Under 50 (Oldest to Youngest)

(mid-field circle - 50-plus) (Youngest to Oldest)

### **4. SuperWeight (to follow Weight)**

(cornfield circle - Under 50), (Oldest to Youngest)

(mid-field circle - 50-plus), (Youngest to Oldest)



**USATF Sanctioned Meet**

## **DIRECTIONS:**

Take Route 222 South to the Denver-Reading Turnpike Exit. Take a right off the exit. At the traffic light, take a left onto Route 272 South. At the next traffic light (Sunoco on right) turn right onto West Church Street. Continue to the square in Denver and turn left at the traffic light onto South Fourth Street. At "Y" bear right, staying on South Fourth Street. The Denver Elementary School will be on your right. The Cocalico Middle School is situated directly behind the Denver Elementary School. Continue down the road past the stadium and the Cocalico High School will be on your right. The throwing area is located between the stadium and the Cocalico High School.

Groupings will be: age 19 to 49 and 50 and up. Flights will be arranged at the meet to best accommodate conflicts among events without disrupting the flow of the meet. Medals awarded per 5-year age groups.

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 7/03/10- 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. **Questions?** Contact: Glenn Thompson ([717-512-6693](tel:717-512-6693)/[Thrower60@aol.com](mailto:Thrower60@aol.com)) or Terry Shuman ([717-285-7943](tel:717-285-7943)/[TGShuman2@aol.com](mailto:TGShuman2@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

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### **Personal Data:**

Name (please print) \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Gender (M/F)\_\_\_ USATF # \_\_\_\_\_

Age as of 7/18/09 (MM/DD/YY) \_\_\_\_\_

### **Event Information:**

Shot Put \_\_\_\_\_ Mark \_\_\_\_\_

Hammer \_\_\_\_\_ Mark \_\_\_\_\_

Discus \_\_\_\_\_ Mark \_\_\_\_\_

Javelin \_\_\_\_\_ Mark \_\_\_\_\_

Weight \_\_\_\_\_ Mark \_\_\_\_\_

SuperWt \_\_\_\_\_ Mark \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

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, the Cocalico School District, 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 10, 2010.

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** \_\_\_\_\_