

The 15th Annual Long & Strong Throwers Classic

Saturday, July 9, 2016



At Biemesderfer Stadium, Millersville University, Millersville, PA 17551

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 (Hammer cage) - Youngest to Oldest

Discus (adjoining Penn Manor HS) - Oldest to Youngest

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

(Under 50 (Oldest to Youngest)

(50-plus) (Youngest to Oldest)

3. *Weight* (to follow Shot)

(Under 50 (Oldest to Youngest)

50-plus) (Youngest to Oldest)

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

(Under 50), (Oldest to Youngest)

(50-plus), (Youngest to Oldest)

**** Please bring your own implements.**

Throws meet for all athletes, age 19 and older

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.



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 7/1/2016- 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: Terry Shuman (717-285-7943/TGShuman2@aol.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

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Personal Data:

Name (print) _____

Phone _____

Address _____

City/State/Zip _____

Gender (M/F) _____

USATF # _____

Age as of 7/9/2016 _____

Event Information:

Shot Put _____ Mark _____

Hammer _____ Mark _____

Discus _____ Mark _____

Javelin _____ Mark _____

Weight _____ Mark _____

SuperWt _____ Mark _____

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 9, 2016. 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** _____