

NEWQUAY & PAR
ATHLETIC
CLUB

37th LAST DITCH THROWS MEETING

To be held at
THE PAR ATHLETIC TRACK
on
SATURDAY 18th SEPTEMBER 2021

Starting at 11.00am

XXXXXXXXXX

Age groups included are under, 13, 15 & 17 at 01/09/2021
(Years, 7/8, 9/10 & 11/12)
under 20 must be 19 or under during the *whole* of 2021,
Seniors are 20 at 31/12/21 & above

There will be 6 throws for all unless more than 6 compete in each age group
when 3 throws will be given & the top 6 have a further three

***THIS IS NOT A TROPHY MEETING BUT A CHANCE TO IMPROVE
YOUR SEASON OR PERSONAL BEST PERFORMANCES
WITHOUT OTHER EVENT DISTRACTIONS
(The last few years have seen a number of County Records broken)***

FEES ARE: £6.00 for the first event & £2.00 further events

***Entries to: Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN
no later than WEDNESDAY 15 SEPTEMBER 2021 with times for grading purposes
Entries only accepted when payment is received – NO ENTRIES/PAYMENTS ON THE DAY***

BACS details are: N&PAC A/c no. 23966461 sort 20-74-20 (Barclays) Put your name for reference & confirm payment, please (Cheques payable to Newquay & Par AC)

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

NEWQUAY & PAR ATHLETICS CLUB - ENTRY FORM
LAST DITCH THROWS COMPETITION
Sunday 18th September 2021

NAME CLUB.....

ADDRESS

E-MAIL ADDRESS

PHONE NUMBERDOB.....

Signed (by Parent or Carer if under 18)

Delete the following as necessary:

MALE / FEMALE

U13 / U15 / U17 / U20 / SENIOR
(Under 13, U15, U17 may only compete in 3 events)

SHOT / DISCUS / JAVELIN / HAMMER

P/b or s/b

IF ENTRIES WARRANT, EVENTS WILL BE MIXED & GRADED, PLEASE PROVIDE YOUR SEASON / PERSONAL BEST PERFORMANCE BELOW THE EVENT

Please send your completed entry form, with the fee of £6.00 for the first event and £2.00 for subsequent events to:

Entries to: Dave Varney, 38 Manor View, PAR CORNWALL PL24 2EN
no later than WEDNESDAY 25 AUGUST 2021 with times for grading purposes
Entries only accepted when payment is received – NO ENTRIES/PAYMENTS ON THE DAY

BACS details are: N&PAC A/c no. 23966461 sort 20-74-20 (Barclays) Put your name for reference & confirm payment, please (Cheques payable to Newquay & Par AC)

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

LAST DITCH THROWS
Sunday 18th September 2021

Timetable

6 throws each unless more than 6 in each age group when 3 throws will be given & best 6 have a further three

11.00	Sub 35m	Hammer
12.00	35m + Sub 8.50m (M&F)	Hammer Shot
1.15	30m+ (M&F)	Javelin
2.15	Sub 25m (M&F)	Discus
3.15	25m+ (M&F)	Discus
4.15	Sub 30m (M&F) 8.50m+ (M&F)	Javelin Shot

Times may vary depending on numbers competing