



## Woodford Green A.C with Essex Ladies

A Registered Community Amateur Sports Club 2007

114, 116B Woodford Green, Essex. President Sir David Major

# Throws Fest

## 14th March 2020

Under  
UKA Rules

### Timetable

Event start	Event	Group	# Latest Registration
11.00 am	Hammer	Elite Throwers Pool 1 Throwers over 40metres	10.15 am
11.30 am	Javelin	All Throwers	10.45 am
12.30 pm	Hammer	Pool 2 Throwers under 40metres	11.45 am
1.30 pm	Shot Put	All Throwers	12.45 pm
2.00 pm	Discus	All Throwers	1.15 pm

**Entry Fee is £8 Per Event**

Pre-Book by emailing [paul.cheal@sky.com](mailto:paul.cheal@sky.com) to Guarantee a place

# Event Registration & Payment Closes 45 minutes prior to event start

Pre-Booked Athletes must ALSO register 45 minutes prior to event start

We will endeavour to allow 6 throws per competitor depending on numbers

The Event is mixed Gender with a minimum age of 11

Please Check the website for Availability [www.wgcl.org.uk](http://www.wgcl.org.uk)

Meeting information updates and results will also be posted here:

EDM Measuring / Car Park / Refreshments Available

\*\*\* Woodford Green A.C. with Essex Ladies is not responsible for any loss, damage, accident or injury.

