



## 2022 Lake Erie Association Jump and Throws Championships Sunday, September 18, 2022

**Location:** The SPIRE Institute  
5201 Spire Cir, Geneva, OH 44041

**Time:** 10:00 am.

**Age Groups (M & F):** All ages welcome.

Jumpers and Throwers may only jump or throw in the events and weights listed for their age group. (e.g. 8 and under may only throw the 2kg Shot Put and the 300g Mini Javelin)

**Rules:** The competition will be conducted under the current USATF rules.

**Sanction:** This meet is sanctioned by Lake Erie Association of USA Track & Field.

**Awards:** Association medals presented to the top three places in each age division.

**Entry Fee for Jump and Throws:** \$10 per event until 9/3/22, then \$15 until 9/10/22 and then \$20 until 9/14/22.

**Entry Fee for Throws Pentathlon:** \$40 until 9/3/22, then \$45 till 9/10/22 and then \$50 till 9/14/22.

All athletes must have a current USATF membership card. Memberships must be purchased online at [www.usatf.org](http://www.usatf.org).

**Weigh in and Check In:** Begins at 9:00 am.

**Implements:** Please bring your own implements.

**Questions:** Contact Frank Martinek at [communications@lakeerie.usatf.org](mailto:communications@lakeerie.usatf.org) or (216) 789-8255.

**Online Registration:** Go to <https://www.simplyregister.net/register/?e=122291> and fill out the online registration, there is no onsite or mail in registration. Registration will open until September 14, 2022 at 11:59 pm.

Please do not wait till the last minute! All ages need to be verified by USATF's National Office. You will not be able to register without birthdate verification.

**THERE WILL BE NO REGISTRATION AFTER SEPTEMBER 14, 2022 AT 11:59 PM!**



### Jumping Events

<u>Male &amp; Female Ages</u>	<u>High Jump</u>	<u>Pole Vault</u>	<u>Long Jump</u>	<u>Triple Jump</u>
8 & Under	No	No	✓	No
9-10	✓	No	✓	No
11-12	✓	No	✓	No
13-75 +	✓	✓	✓	✓

### Throwing Events

<u>Male Ages</u>	<u>Shot</u>	<u>Discus</u>	<u>Hammer</u>	<u>Javelin</u>	<u>Weight</u>
8 & Under	2kg	-	-	300g (mini)	-
9-10	6lb	-	-	300g (mini)	-
11-12	6lb	1kg	-	450g (Aero)	-
13-14	4kg	1kg	-	600g	-
15-18	12lb	1.6kg	12lb	800g	-
19	6kg	1.75kg	6kg	800g	15.88kg (35#)
20-49	7.26kg (16#)	2kg	7.26kg (16#)	800g	15.88kg (35#)
50-59	6kg	1.5kg	6kg	700g	11.34kg (25#)
60-69	5kg	1kg	5kg	600g	9.08kg (20#)
70-79	4kg	1kg	4kg	500g	7.26kg (16#)
80 +	3kg	1kg	3kg	400g	5.45kg (12#)

<u>Female Ages</u>	<u>Shot</u>	<u>Discus</u>	<u>Hammer</u>	<u>Javelin</u>	<u>Weight</u>
8 & Under	2kg	-	-	300g (mini)	-
9-10	6lb	-	-	300g (mini)	-
11-12	6lb	1kg	-	450g (aero)	-
13-14	6lb	1kg	-	600g	-
15-18	4kg	1kg	4kg	600g	-
19-49	4kg	1kg	4kg	600g	9.08kg (20#)
50-59	3kg	1kg	3kg	500g	7.26kg (16#)
60-74	3kg	1kg	3kg	500g	5.45kg (12#)
75 +	2kg	0.75kg	2kg	400g	4 kg (8.8#)

### Throws Pentathlon

<u>Male &amp; Female Ages</u>	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>
19 – 80+	✓	✓	✓	✓	✓

**Note:** In order to qualify legally for a record in the Throws Pentathlon, you must throw the events in exactly this order: Hammer, Shot Put, Discus, Javelin, and Weight. Only your first three (3) throws will count. All athletes who participate in this competition may be subject to formal drug testing in accordance with USATF and World Athletics regulations. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and lose eligibility for future competitions.