



USATF LEA Jump & Throws Championships – September 18, 2022

MEET ORDER OF EVENTS

Weigh-in and Check-in start at 9:00 AM.

The following events start at 10:00 AM:

- High Jump
- Pole Vault
- Long Jump (4 Jumps)
- Hammer

Triple Jump (4 jumps) will start after the Long Jump is complete.

Shot will start after the Hammer is complete followed by Discus, then Javelin and concludes with Weight.

The Pentathlon must be contested in the following order: Hammer - Shot - Discus - Javelin - Weight.

All throwing events get three throws unless an athlete is registered in both the Pentathlon and the open event. In that case, a competitor shall have six throws and the first three throws will count as the Pentathlon.