



**2023 Lake Erie Association Jump and Throws Championships
Sunday, September 17, 2023**

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 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 the USA Track & Field

Awards: Association medals will be awarded to Lake Erie Association members only.

Entry Fee for Jump and Throws: \$10 per event until 9/3/2023, then \$15 until 9/10/2023, and then \$20 until 9/13/2023.

Entry Fee for Throws Pentathlon: \$40 until 9/3/2023; then \$45 until 9/10/2023, and then \$50 until 9/13/2023.

All athletes must have a current USATF membership card. Memberships must be purchased online at www.usatf.org.

Number of Attempts: Throws Pentathlon - 3 attempts. Open Throws/Jumps - 4 attempts

Weigh In & Check In: Begins at 8:00AM on September 17, 2023

Implements: Implements will not be provided. You must bring your own implements.

Questions: Contact Donald Porz at masters@lakeerie.usatf.org or call 216-315-0289.

Online Registration: Go to <https://www.simplyregister.net/register/?e=124495> and fill out the online registration, there is no onsite or mail in registration.

Entry Status - <https://www.simplyregister.net/status/?e=124495>

Registration will open on 7/9/2023 until 9/13/2023 at 11:59PM. Please do not wait until the last minute! All ages need to be verified by USATF's National Office and it may take a few days after a new membership is issued. You will not be able to register without birth date verification.

THERE WILL BE NO REGISTRATION AFTER SEPTEMBER 13, 2023 AT 11:59PM



LAKE ERIE

Jumping Events

<u>Male & 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	11.34kg (25#)
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	9.08kg (20#)
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	4kg (8.8#)

Throws Pentathlon

<u>Male & Female Ages</u>	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>
15-80+	✓	✓	✓	✓	✓

Note: In order to qualify legally for a record in the Throws Pentathlon, you must throw the events in this exact order - Hammer, Shot Put, Discus, Javelin and Weight. Only your first three (3) throws 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.