



2025 Lake Erie Association Throws Championships
Sunday September 14, 2025
SPIRE Academy, 5201 SPIRE Circle, Geneva, OH 44041

Event Information Age Groups (M & F): All Ages welcome. Throwers may only 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.
- Athletes may enter either the open throws or the throws pentathlon. You may not compete in both events.
- All athletes must have a current USATF membership card.
- Attempts: Throws Pentathlon - 3 attempts. Open Throws - 4 attempts
- Weigh In & Check In: Begins at 8:00AM on September 14, 2025
- House implements will be provided except for weight throw - bring your own.

Schedule

10:00 AM Start time - Rolling schedule: Except 30 minutes between Pentathlon Events

Pentathlon - 10:00 AM - 30 minute between events

Pentathlon Hammer (M&W)
Pentathlon Shot (M&W)
Pentathlon Discus (M&W)
Pentathlon Javelin (M&W)
Pentathlon Weight Throw (South Discus area) (M&W)

Open Events - Rolling Schedule

10:00 AM - Open Shot Put (Women followed by Men)

Open Discus (Women followed by Men)
Open Weight Throw (Women followed by Men)
Open Javelin (Women followed by Men)
Open Hammer (Women followed by Men)