



LAKE ERIE

2026 LAKE ERIE ASSOCIATION THROWS CHAMPIONSHIPS

SUNDAY, SEPTEMBER 13, 2026

MEET TIME	CHECK-IN	REGISTRATION CLOSES	LOCATION
10:00 AM	8:00 AM	SEPT. 10 • 11:59 PM	SPIRE Academy

MEET INFORMATION

Age Groups (M & F): All Ages welcome. Throwers may only throw in the events and with 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 current USATF rules.

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

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

Location: SPIRE Academy - 5201 Spire Circle, Geneva, OH 44041

ENTRY OPTIONS

Athletes may enter either the open throws or the throws pentathlon. You may not compete in both the throws pentathlon and individual events.

ENTRY	FEE THROUGH 9/10/2026
Open Throws	\$15 per event
Throws Pentathlon	\$50

USATF Membership: 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 - 4 attempts.

Weigh In & Check In: Begins at 8:00 AM on September 13, 2026.

Implements: Athletes must provide their own implements. USATF Lake Erie will not have implements available for general use at the meet. If you need to borrow a USATF Lake Erie implement, you must contact **Don Porz** (masters@lakeerie.usatf.org) **prior to the meet** and complete an Equipment Release Form. Don will arrange to have an Association implement available for your use. **Borrowed implements must be pre-arranged; implements will not be provided to athletes who have not made arrangements in advance.**

Questions: Contact Charlie Powell (cpowell@spireacademy.com)

ONLINE REGISTRATION

Go to "<https://www.simplyregister.net/register/?e=129833>" and fill out the online registration. There is no onsite or mail in registration for this event. For Entry Status, go to: <https://www.simplyregister.net/status/?e=129833>.

REGISTRATION DEADLINE

Registration opens 8/1/2026 and closes 9/10/2026 at 11:59 PM. **There will be NO registration after September 10, 2026 at 11:59 PM.** All ages need to be verified by USATF's National Office; new memberships may take a few days to verify. You will not be able to register without birth date verification. **Please do not wait until the last minute!**



THROWING EVENTS

MALE

AGES	SHOT	DISCUS	HAMMER	JAVELIN	WEIGHT
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#)

FEMALE

AGES	SHOT	DISCUS	HAMMER	JAVELIN	WEIGHT
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

MALE & FEMALE AGES	HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT
15-80+	✓	✓	✓	✓	✓

PENTATHLON RECORD REQUIREMENT

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.