



USATF LAKE ERIE ASSOCIATION THROWS CHAMPIONSHIPS

September 13, 2026

MEET ORDER OF EVENTS

WEIGH-IN & CHECK-IN begin at 8:00 AM. The following events start at 10:00 AM:

#	EVENT
1	Women's Hammer (Pentathlon & Open Combined)
2	Men's Open Shot Put
3	Followed by Men's Hammer (Pentathlon & Open Combined)
4	Women's Shot Put (Pentathlon & Open Combined)
5	Followed by Women's Discus (Pentathlon & Open Combined)
6	Men's Pentathlon Shot
7	Followed by Men's Discus (Pentathlon & Open combined)
8	Followed by Women's Javelin (Pentathlon & Open combined)
9	Followed by Men's Javelin (Pentathlon & Open Combined)
10	Followed by Women's Weight (Pentathlon & Open Combined)
11	Followed by Men's Weight (Pentathlon & Open Combined)

COMBINED PENTATHLON & OPEN THROWS

When Pent and Open are combined, the order of throws shall be Round 1 - Pent throws followed by open; Round 2 - Pent throws followed by open; Round 3 - Pent throws followed by open; Round 4 - Open throws only.

PENTATHLON SEQUENCE & ATTEMPTS

The Pentathlon must be contested in the following order: Hammer-Shot-Discus-Javelin-Weight. Athletes in the Pentathlon will get three attempts per discipline. Individual Event athletes will get four attempts.

PENTATHLON RECORD REQUIREMENT

To qualify legally for a record in the Throws Pentathlon, the events must be contested in this exact order: Hammer Throw, Shot Put, Discus Throw, Javelin Throw and Weight Throw. Athletes receive three trials in each event, with the best performance in each event counting toward the final score.