



2009 Lindenwood Summer Throws Series USATF Sanction 09-22-023



2009 USATF membership can be completed online at www.usatf.org or done manually day of meet at venue (forms at registration table).

All competitors will take 6 throws if one fair during first 3.

Location: Lindenwood University Track, St. Charles, Missouri

Campus Map : http://www.lindenwood.edu/about/campus_map.cfm

June 13th, 20th, 27th – Open and Masters

July 18th – Open and Masters

You may enter up to 4 events. Minimum age is 15 for all meets

Proof of Age: A copy of a birth certificate, certified baptismal record, passport, U.S. Military I.D., driver's license or your USATF membership card verifying birth date, will be the only acceptable forms for Proof of Age.

Registration 9:30 a.m.

Competition 10:00 a.m.

Age groups: 15-19, 20-29, 5yr increments from 30

Entry Fees - \$5 per event

Order of Field events:

Men's Hammer

Women's Hammer

Men's Shot

Women's Shot

Men's Disc

Women's Disc

Men's Javelin

Women's Javelin

Age groups will be combined to fill heats and flights.

All throwers will use USATF specified weights. Each athlete will be responsible for his/her own throwing implement. We **will not** be able to supply implements for these meets.

You can signup for the events the day of the meet.

The official contacts for questions or to mail entries :

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