



SAM JOHNSON MEMORIAL THROWS MEET 2023

Sunday 26th November

Tauranga Domain, Cameron Road, Tauranga

PROGRAMME

- 8.15am Registrations for the day start.
\$7 per athlete for the day, as many events as you wish. Pay at venue.
- Please turn up at the event circle/runway 30 minutes before event start time.
Note all athletes can have 6 throws in each event if they wish.
- 8.25am Officials, coaches and parents gather for short briefing.
- 8.30am Supervised warm up starts for **HAMMER THROW - ALL GRADES.**
- 10am **DISCUS THROW - ALL FEMALE GRADES**
SHOT PUT – ALL MALE GRADES
- 11am **DISCUS THROW - ALL MALE GRADES**
SHOT PUT – ALL FEMALE GRADES
- 12pm **JAVELIN THROW - ALL GRADES**

BBQ GATHERING FOR EVERYONE - Food and some drinks provided. Officials included.

EXPRESSIONS OF INTEREST

Please send your name, age group and events you wish to compete in to:

Kim Mickle kim@athletics.org.nz

REGISTRATIONS

Please note this competition is for registered and non-registered athletes, able bodied and para-athletes, and all grades from Under 16 and older. Younger athletes 'may' be accepted into the competition at the discretion of the organisers – Kim Mickle, Kirsten Hellier and John Eden.

IMPLEMENTS

Some implements will be provided but please bring your own competition implements so you know you have the correct weight according to Athletics NZ rules.

OPTIONAL COMPETITION *ABOP OPEN MEET SATURDAY 25TH NOVEMBER - STARTING AT 3pm

If you are planning on being in Tauranga the day before SJM, please note there is an Open Club meet with Hammer and Javelin in the program. Please see Athletics BOP Website for Club information and registration details.