



SAM JOHNSON MEMORIAL THROWS MEET 2024

Saturday 16th November

Porritt Stadium, Crosby Road, Hamilton

PROGRAMME

- 10am Registrations for the meet start.
\$7 per athlete for 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.
- 10.45am Officials, coaches and parents gather for short briefing.
- 11am Supervised warm up starts for **HAMMER THROW - ALL GRADES.**
- 12.30m **DISCUS THROW - ALL FEMALE GRADES**
SHOT PUT – ALL MALE GRADES
- 1.30pm **DISCUS THROW - ALL MALE GRADES**
SHOT PUT – ALL FEMALE GRADES
- 2.30pm **JAVELIN THROW - ALL GRADES**

AFTERNOON TEA 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:

Barrie Jennings – barriej@athleticswbop.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 – Barrie Jennings , Criss Strange, Dianne Rodger.

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 *Athletics Waikato Bay of Plenty OPEN MEET SATURDAY

16 NOVEMBER - STARTING AT 3pm If you are planning on being in Hamilton for the SJM, please note there is an Open Club meet on - see Athletics BOP website for event programme and registration details - <https://athleticswaikatobayofplenty.org.nz/competition/events/>