



SAM JOHNSON MEMORIAL THROWS MEET 2025

Sunday 16th November
Porritt Stadium, Crosby Road, Hamilton

PROGRAMME

Saturday 15th November

9am **ALL REGISTRATIONS** for the throwing events at the Sam Johnson Meet must be in on GAMEDAY. Entry fee \$7 per athlete - as many events as you wish.

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 – Debbie Strange, John Eden and Barrie Jennings.

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.

Sunday 16th November

9.10am Officials, coaches and parents briefing. Athletes can have **2 WARM UP THROWS plus 6 IN THE EVENT** if they wish.

9.25am Supervised warm up starts 30 minutes before event starts.
HAMMER MEN - ALL GRADES & WOMENS SHOT PUT – ALL GRADES

10am START OF 1ST EVENTS: **HAMMER MEN & WOMEN SHOT PUT – ALL GRADES**

Events will follow on in the order when the previous event finishes. Allow 30mins between events for warm up and a little break for the officials.

- **HAMMER WOMEN - ALL GRADES**
- **MENS SHOT PUT – ALL GRADES**
- **MENS DISCUS – ALL GRADES**
- **WOMENS DISCUS – ALL GRADES**
- **JAVELIN - ALL GRADES**
- **SPECIAL EVENT: CRICKET BALL THROW for all !!!**

Q & A PANEL : BBQ GATHERING to finish. Food and some drinks provided. Officials included.

ALL ENQUIRIES: Barrie Jennings barriej@athleticswbop.org.nz OR Debbie Strange debbie.strange77@gmail.com