



Rock N Rolla Throw-A (Throwers Pentathlon)

Attn Throwers!!!

This is a Throwers Only Event on June 30th, 2018! Set up as a 5 Event/Throws Pentathlon: Hammer, Discus, Shot Put, Javelin, Weight. Competition will be scored just like a multi event. There will be a 13-14, 15-16 & 17-18 age Division for Male and Female Athletes. NEK Track Club (nektrack.com) will provide the implements however you can bring your own. We will have a weigh-in starting at 9 am-9:30 am with first event at 10 am. Cost to register is \$30 (Pay online ONLY thru PayPal/Credit Card) and includes a commemorative T-shirt (1st-50 Athlete's). Everyone gets 4 throws No Finals! Top 3 medal in each age group both Male and Female. USATF Officials. This will be a FUN event with Music playing in the back ground all day!!!

Go here to register:

<http://ks.milesplit.com/meets/307055/info#.WuYblYjwZPY>

Deadline to register is June 28th at 11:59 am CST.

Anyone who uses our system must have a MileSplit username, but there is NOTHING in the registration system, setting, managing, or entering a meet that requires a subscription.

We hope to see YOU Throw Far!!!

Coach Perry Henault
NEK Track Club
nekstrong16@gmail.com

Schedule of Events – 9-9:30 am Weigh-in, 10 am Start, Rolling Schedule

Session 1

Javelin: 13-14 G/B

Shot Put: 15-16 G/B

Hammer: 17-18 G/B (Cage #1)

Session 2

Hammer: 13-14 G/B (Cage #1)

Javelin: 15-16 G/B

Shot Put: 17-18 G/B

Session 3

Shot Put: 13-14 G/B

Hammer: 15-16 G/B (Cage #1)

Javelin: 17-18 G/B

Session 4 (15-16 waiting)

Discus: 13-14 G/B (Cage #2)

Weight: 17-18 G/B (Cage #1)

Session 5 (17-18 waiting)

Weight: 13-14 G/B (Cage #1)

Discus: 15-16 G/B (Cage #2)

Session 6

Weight: 15-16 G/B (Cage #1)

Discus: 17-18 G/B (Cage #2)