

# 4<sup>th</sup> ANNUAL ARIZONA STATE THROWS QUADATHLON

WHEN: **Saturday, May 27 - 8:00 AM**

WHERE: **Paradise Valley Community College**

18401 N. 32<sup>nd</sup> Street – Phoenix 85032 (Union Hills & 32<sup>nd</sup> St.)

NOTE: See MAP – Posted on Website.



WHO: Competition limited to high school age group. Athletes must be members of his or her high school team in good standing.  
**FIRST TIME HAMMER/JAVELIN THROWERS HIGHLY ENCOURAGED.**

SANCTIONING: Arizona Prep Multi-Events is SANCTIONED the USAT&F and the Arizona Interscholastic Association and will be governed by National Federation rules. SCHOOL UNIFORMS ARE ALLOWED.

**Entry Deadline:**  
**Monday – May 22**  
  
**\$25 ENTRY FEE**

**Entry Deadline: Monday – May 22**    **RETURN TO:**  
**MAIL: 3610 W. Sahuaro Dr.    E-Mail: covolz@cox.net**  
Phoenix 85029    **TYPE ENTRY Information**  
**FAX: (602) 938-0092    in an attachment or note**  
(call 1<sup>st</sup> for fax hook-up)

ENTRY INFORMATION: Athletes must have a mark in the shot put and discus in a HS meet.

## HAMMER - JAVELIN CLINICS:

**Call for Information on DATES – LOCATION**

**For Hammer / Javelin Clinics**

Shawn Hanrahan (480) 258-8463

MEET ENTRY FEE: \$25 will cover the sanctioning / liability insurance requirements under USAT&F.

CONTACT FOR INFORMATION: Shawn Hanrahan (480) 285-8463

WEB SITE: Arizona Multi-Events: [www.eteamz.com/multi-events](http://www.eteamz.com/multi-events)

## SATURDAY, May 27 - Paradise Valley CC

### Girls Throws Quadathlon

7:30 AM Javelin (Instruction / Practice)  
8:30 Javelin (Competition)  
9:30 Hammer (Instruction / Practice)  
10:30 Hammer (Competition)  
11:30 Discus  
12:30 Shot Put  
1:30 Awards:

### Boys Throws Quadathlon

7:30AM Hammer (Instruction / Practice)  
8:30 Hammer (Competition)  
9:30 Javelin (Instruction / Practice)  
10:30 Javelin (Competition)  
11:30 Shot Put  
12:30 Discus  
1:30 Awards

**NOTE: Hammers and Javelins will be available at the meet site.**