

7th ANNUAL ARIZONA STATE THROWS QUADATHLON

WHEN: **Friday, May 29 - 2009 - 7:00 AM**

WHERE: **Mesa Community College**
1833 W. Southern Ave. 85202
(Dobson Rd. & Southern)



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. GREAT SOUTHWEST INVITEES ARE ALSO HIGHLY ENCOURAGED.**

SANCTIONING: **Arizona Prep Multi-Events is SANCTIONED by the USAT&F will be governed by USATF rules. NO SCHOOL UNIFORMS**

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| Entry Deadline: Monday - May 25 Invited Athletes posted on website - Tuesday - May 26 | Entry FEE - \$25.00 Paid at meet site. Checks: Arizona Multi-Events | RETURN Entry Form TO: MAIL: 3610 W. Sahuaro Dr. Phoenix 85029 OR E-Mail: covolz@cox.net TYPE Meet Entry Information in an Attachment or E-Mail note. |
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ENTRY INFORMATION: Athletes must have a mark for shot put and discus in a 2009 HS meet.

HAMMER - JAVELIN CLINICS:

Call for **Information on DATES - LOCATION**

For Hammer / Javelin Clinics

Shawn Hanrahan (602) 329-0309 shammerhan@gmail.com

CONTACT FOR INFORMATION: **Shawn Hanrahan (602) 329-0309**
shammerhan@gmail.com

WEB SITE: Arizona Multi-Events: <http://www.azmulti-events.com>

FRIDAY, May 29

| <u>Girls Throws Quadathlon</u> | <u>Boys Throws Quadathlon</u> |
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| 7:30 AM Javelin (Instruction / Practice) | 7:30AM Hammer (Instruction / Practice) |
| 8:30 Javelin (Competition) | 8:30 Hammer (Competition) |
| 9:30 Hammer (Instruction / Practice) | 9:30 Javelin (Instruction / Practice) |
| 10:30 Hammer (Competition) | 10:30 Javelin (Competition) |
| 11:30 Discus | 11:30 Shot Put |
| 12:30 Shot Put | 12:30 Discus |
| 1:30 Awards: | 1:30 Awards |

NOTE: Hammers and Javelins will be available at the meet site. Bring your own hammer and javelins if you have them.