



Moorpark College Throws All-Comers
Summer Meet Series
July 11th, 18th, 25th & August 1st, 2025
Hosted By: Moorpark College Raiders Throws Team
Updated 7/9/2025

Throwing Events: First Throws Starting @ 4 PM
Shot Put-Discus Beginners Clinic: @ ~5 PM

The Moorpark College Throws Team will be holding an All-comers style “throws only” meet Fridays in July/August. Meets are open to all ages and experience levels. There will be a shot put / discus beginners clinic held roughly at 5pm during the javelin competition.

Throws Events:

- **All athletes should provide their own implements.** Limited availability of loaners for competition. **No weigh in.**
- Everyone will throw together. Results will be posted by class (M/F/implement type/weight) on www.directathletics.com following the conclusion of the meet.
- Each athlete will receive 4 attempts in each event.
- Shot Put will measure every throw. Discus (and Hammer/Javelin if contested) will measure only the farthest throw marked.
- **Events will be on a rolling schedule starting with hammer at 4pm. Warmups start at ~3:40pm.**
- After the conclusion of an event, athletes will be given ~15 minutes to warm up for the next event.
- **Javelin: 3/16” pyramid (or needle) spikes preferred, 1/4” spikes acceptable**
- **Grudge Match callouts will be entertained provided time permits.** This will be a head-to-head, mini flight for bragging rights! Must be declared before event warmups start.

Clinic – Shot Put / Discus:

- **** CLINIC ATTENDANCE IS FREE WITH MEET EVENT REGISTRATION. ****
- Geared to first time or beginner throwers but has something for everyone.
- The basics of the “power position” and movement through the ring will be covered for shot put and discus.

Entries & Fees:

- Flat fee of \$25, participation in all events included
- Entries Due by 7PM the Thursday before each scheduled meet
- Entry and Payment will be through Direct Athletics (<https://www.directathletics.com/>)

Throws Event Order (tentative start times following hammer):

<u>Time</u>	<u>Gender</u>	<u>Event</u>
3:40		1 st event check-in and warmup
4:00	M->W	Hammer
~5:00	M-> W	Javelin
		Shot-Discus Beginners Clinic
~6:00	M-> W	Discus
	W-> M	Shot Put



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Parking

- Parking in Lot H (by Field Hockey). See map.

Concessions:

- Bring your own food/drink

Restrooms:

- Restrooms are located at the non-scoreboard end of the field.

Directions:

From San Fernando Valley/Los Angeles area

Take the 118 Freeway west to the first exit in Moorpark, Collins Drive. Turn right onto Collins. Turn right at the traffic light onto Campus Road and take the first left into Lot H.

From the North

Go South on the 101 Freeway. Exit onto the 23 Freeway going North. Take the 118 Freeway to the Collins Drive exit in Moorpark. Turn left onto Collins. Stay on Collins until the second traffic light, Campus Road. Turn right onto Campus Road and take the first left into Lot H.



Additional Information:

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