

## **JAC Throwapalooza**

Saturday, December 11th, 2021  
Atlantic Coast High School  
9735 R G Skinner Pkwy, Jacksonville, FL 32256

### **Event Schedule:**

10:00am- Women's Shot Put, Men's Weight Throw

11:30am- Men's Shot Put, Women's Weight Throw

1:00pm- Men's Discus, Women's Javelin

2:30pm- Men's Javelin, Women's Discus

4:00pm- Men's and Women's Hammer

#### Divisions (Implement Weight)

Men's High School (Discus-1.6k, Shot-12lb, Wt-25lb, Hammer-12lb)

Men's Open (Discus-2k, Shot-16lb, Wt-35lb, Hammer 7.26k)

Women's High School (Discus-1k, Shot-4k, Wt-20lb, Hammer-4k)

Women's Open (Discus-1k, Shot-4k, Wt-20lb, Hammer-4k)

\*Divisions will be run together, results will be recorded separately\*

Any questions at all, please contact Noah Jirgens, [njirgens@yahoo.com](mailto:njirgens@yahoo.com) or 620 877 0594

