



The Garnham Throws Challenge

Sunday, September 29, 2019
University at Buffalo Throws Facility

Meet Information

Date: Sunday, September 29, 2019

Location: University at Buffalo Throws Facility (GPS: 102 Alumni Arena, Amherst, NY 14260)

Parking: Free parking will be available in the Alumni Arena Parking Lot

Pre-registration: \$25 per open athlete (unlimited events), \$15 per student (college or high school with valid student ID Card presented at registration, unlimited events). Pre-registration available online at www.ubtrackcamp.com by Friday, September 27, 2019, 11:59pm. Mailed in applications must be received by FRIDAY, SEPTEMBER 27, 2019 (allow time for snail mail – add about 2-3 days for the university campus mail delivery!). Online pay by credit card, or mail-in check made payable to “UB Foundation”

Competition Day Registration: \$30 per open athlete (unlimited events), \$20 per student (college or high school with valid school ID Card presented at registration, unlimited events). Sunday, September 29, 2019, opens at 9:00am. Registration closes at 11:00am. Pay by check made payable to “UB Foundation” or cash (U.S. Funds only) on competition day.

Weigh-ins: Located by the Garnham Throws Shed beginning at 9:30am – 11:00am. *You must supply your own Implements.*

Competition: Each competitor will have 4 throws. The best mark will be scored.

Rules: USATF Age groups and implement weights will be used. See chart below.

USATF Sanctioned Event

Results: Results will be posted at www.ubbulls.com and www.facebook.com/buffalotrackxc/.



The Garnham Throws Challenge Schedule

TENTATIVE TIME SCHEDULE

11:00am Shot Put: Men followed by Women
 11:00am Javelin Throw: Women, followed by Men
 1:00pm Hammer throw: Men, followed by women
 3:00pm Discus Throw: Men, followed by women

The Garnham Throws Classifications

<i>Throws Implement Specifications – Must provide your own implement</i>										
	<u>Shot Put</u>		<u>Discus</u>		<u>Javelin</u>		<u>Hammer</u>			
	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>		
<u>High School</u>	12 lb.	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb.	4 kg		
<u>NCAA, USATF, IAAF</u>	16 lb.	4 kg	2 kg	1 kg	800 g	600 g	16 lb.	4 kg		
<u>USATF Master</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>		
40-49	16 lb.	4 kg	2 kg	1 kg	800 g	600 g	16 lb.	4 kg		
50-59	6 kg	3 kg	1.5 kg	1 kg	700 g	500 g	6 kg	3 kg		
60-69	5 kg	3 kg	1 kg	1 kg	600 g	500 g	5 kg	3 kg		
70-74	4 kg	3 kg	1 kg	1 kg	500 g	500 g	4 kg	3 kg		
75-79	4 kg	2 kg	1 kg	.75 kg	500 g	400 g	4 kg	2 kg		
80 +	3 kg	2 kg	1 kg	.75 kg	400 g	400 g	3 kg	2 kg		

Meet Information:

<http://ubulls.com/sports/track/home> information

Questions: Vicki Mitchell, 716-645-6815, vam3@buffalo.edu



The Garnham Throws Challenge

REGISTRATION FORM

First Name: _____ Last Name: _____

Current Student? Y / N

If Yes, Name of School: _____ School ID #: _____

Age: _____ Date of Birth: _____ Gender: M F

EVENT **Estimated Mark (metric only!)** Men 19 & Under: High School NCAA

Shot Put _____

Discus Throw _____

Hammer Throw _____

Javelin Throw _____

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Waiver: I acknowledge that competing is a potentially hazardous activity, which could result in injury or death and that this athletic event is an extreme test of a person's physical and/or mental limits. The risks of this event include, but are not limited to, those caused by terrain, facilities, equipment, falls, contact with another participant, official, volunteer, spectator, coach, event official, event monitor, the effects of weather, including high heat and/or humidity, and lack of hydration. These risks are not only inherent to athletes, but are also present for volunteers. I hereby assume all of the risks of participating in and/or volunteering at this event.

Signature _____ Date: _____

Signature of parent/guardian for minors (under 18 years old): _____