



AMA Winter Throws Championships

Kerryn McCann Athletics Centre, Wollongong, NSW

SATURDAY 3rd OCTOBER:

Throws Pentathlon / 56lb and 100lb throws

SUNDAY 4th OCTOBER:

Individual Events (Hammer, Shot Put, Discus, Javelin, Weight Throw) / Weight for Distance

MONDAY 5th OCTOBER:

Heavy Weight Pentathlon / Super Weights

NOTE that any COVID-19 requirements at the time of the event will be observed. To this end we have made the decision to cancel the Group Dinner on the Saturday.

Uniforms: Wearing of State uniforms is required

Confirmation of entry and final program: Confirmation of accepted entries, events entered and final program will be provided to all entrants.

CONTACT DETAILS

Event Co-ordinator: Jill Taylor Phone: 0409 607 384

Email: amawinterthrows@gmail.com

Event Facebook page: Click here [AMA Winter Throws Championships 2019](#)

EVENT Registration: click [here](#) (Entry open Aug 25 - Sep 22)

<https://reg.emlsports.com/meet/ama-winter-throws-2020>

And introducing our **Winter Throws Virtual Competition!**

For those of you who are unable to be with us in person this year because of the pandemic, we've organised a virtual version for you to participate in.

Cost: Registration fee is \$20, with no additional event fees

2 participation categories:

Category CLUB - compete at an official venue, with 1 or more officials present

Category SOLO - compete at a park or similar, with no one else present

Results to submit should be from throws made between

Friday Oct 2 to Monday Oct 5, and need to be submitted by midnight AEDST Monday Oct 5.

A results certificate will be emailed to you after the competition results have been finalised. You may enter results for the following events:

- Individual Events - Hammer, Shot Put, Discus, Javelin, Weight Throw
- Throws Pentathlon
- Heavy Weight Pentathlon
- Super Weights
- 56lb and 100lb throws

VIRTUAL EVENT Registration: click [here](#) (Entry open Aug 25 - Sep 30)

<https://reg.emlsports.com/meet/virtual-ama-winter-throws-2020>