

2020 O.C.I.A.A. Throwing Pentathlon & O.C.I.A.A. Hammer Championships

Where: Goshen High School

Date: Tuesday, May 12, 2020

Time: 2:30pm

****You MUST pre-register to be in the meet!****



Registration:

- Password: throws
- Seeding will be based on shot put distance
- 3 entries for thrower's pentathlon (6 total for male/female)
- 3 entries for hammer championships (6 total for male/female)
- ***ENTRIES ARE DUE BY: Monday, May 11th, 9:00PM***

Any questions or concerns please email me at
gus.lawson@gcsny.org or call (845) 321-4054

Meet Information:

Throwers pentathlon consists of ALL 5 throws: shot put, discus, hammer, javelin, weight throw. Each athlete must throw all 5 throws to score in the meet.

Hammer championship will take place towards the end of the meet. 3 separate athletes may enter into the hammer championship.

****Please note, you are entitled to enter 3 athletes for each event, if you would like to have your athlete from the Thrower's Pent; also compete in the Hammer Championships, it will take a spot in that event.****