

2019 Winter Throws Series

Athletics SA are excited to hold the Winter Throws Series again in 2019. This series is being held with the aim to assist high performance throws athletes throughout the winter season. This series will be a chance for athletes to set state records, national and international qualifying standards. The Throws Series will also be treated as a development opportunity by providing competition conditions over the winter months.

Whilst this series is aimed at high performance athletes, there are no restrictions on who can enter. Please ensure that you read the below document for a full explanation of the format and rules of this Series.

Dates & Timetable

Saturday 1st June
Tuesday 4th June (Discus only)
Saturday 22nd June
Saturday 20th July
Sunday 11th August
Sunday 1st September

Timetable

This timetable is subject to change. Please check appropriate registration link for most up to date program.

1:00pm – Discus
2:00pm – Shot Put
3:00pm – Javelin
4:00pm - Hammer

Competition Rules

1. All competition rules are as outlined in the [Athletics SA General Competition Rules](#)
2. To ensure a high level of competition is had, field participation numbers may be reduced or split into 2 groups. Registered athletes will be advised prior to the event
3. As this event is targeted at high performance athletes, we have set a minimum measure that athletes must exceed for their result to be recorded. This is not to discourage athletes to participate, however to ensure that the purpose of this competition is met.

Distance Minimums

	Men	Women
Shot Put	12m	10m
Discus Throw	35m	30m
Javelin Throw	600g – 30m 700g & 800g – 40m	500g & 600g – 35m 400g – 30m
Hammer Throw	35m	35m

Location

All events held during the Winter Throws competition will be held on the in field to ensure that the event can be sanctioned by Athletics Australia and so the qualifying and record breaking results can be counted. It will be the responsibility of participants and volunteers to assist with the maintenance of the infield during competitions to ensure Athletics SA continues to get approval of the use of the infield.

Registration Fee and Entry

The registration fee of the Winter Throws Series is \$10 per head, per day. This fee is the same regardless of membership type as this is an extra series of events that were not incorporated into the membership fee's at the start of the season.

Entries for each Winter Throws competition will be available on the [Athletics SA Winter Hub](#)

Any questions regarding the Winter Throws Series can be directed to Jon Henschke via events@athleticssa.com.au or on 8354 3477.