

scottishathletics

THROWS GRAND PRIX 2018

Incorporating Hammerama and IPC Throws



Held under UKA
and IPC Rules –
IPC Approved



UKA

UNITED
KINGDOM
ATHLETICS

International
Paralympic
Committee

GP1 Saturday 7 April, Inverness
GP2 Saturday 19 May, Livingston
GP3 Saturday 23 June, Livingston
GP4 Saturday 8 September, Livingston

Online Entries to - www.scottishathletics.org.uk

Entries £5 per event, Online Entries Close 9 days prior to the event



Supporting Throwing in Scotland

BELIEVE, BELONG, ACHIEVE TOGETHER

**No entries
accepted on
the day.**

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TIMETABLE

Event No.	Time	Event	Grading
1	1000	Seated Discus	
2A	1000	Javelin	Up to 30m
2B	1045	Javelin	Up to 30m
3A	1000	Discus	20 to 30m
3B	1045	Discus	20 to 30m
4	1030	Seated Club	
5	1100	Seated Shot	
6	1130	Javelin	Over 30m
7	1130	Discus	Under 30m
8	1200	Seated Javelin	Over 30m
9	1230	Hammer	33 to 45m
10	1300	Shot Put	Under 8m
11	1345	Hammer	Under 33m
12	1400	Shot Put	Over 10m
13	1500	Hammer	Over 45m
14	1500	Shot Put	8 to 10m
15	1615	Discus	Over 30m

QUEENS PARK, INVERNESS • CRAIGSWOOD STADIUM, LIVINGSTON

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