

scottishathletics

THROWS GRAND PRIX 2019

Incorporating Hammerama and IPC Throws

Held under UKA and
IPC Rules – IPC Approved

UKA | UNITED
KINGDOM
ATHLETICS



GP1 Saturday 13 April, Inverness
GP2 Saturday 25 May, Livingston
GP3 Saturday 27 July, Livingston
GP4 Saturday 24 August, Livingston

**No entries
can be
accepted
on the day**

QUEENS PARK, INVERNESS • CRAIGSWOOD STADIUM, LIVINGSTON

Online Entries via - www.scottishathletics.org.uk

Individual entry £5 per event - Entries Close 7 days prior to the event

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Supporting Throwing in Scotland

BELIEVE, BELONG, ACHIEVE TOGETHER

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Saturday 13 April, Inverness

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THROWS GRAND PRIX 2019

TIMETABLE

Event No.	Time	Event	Grading
	10.00	All Seated Throws	
1		Seated Discus	
2		Seated Club	
3		Seated Shot	
4		Seated Javelin	
5	10.00	Javelin	Pool 1
6	10.00	Discus	Pool 1
7	11.15	Javelin	Pool 2
8	11.15	Discus	Pool 2
9	12.30	Javelin	Pool 3
10	12.30	Discus	Pool 3
11	14.15	Hammer	Pool 1
12	14.15	Shot Put	Pool 1
13	15.00	Shot Put	Pool 2
14	14.45	Hammer	Pool 2
15	15.45	Shot Put	Pool 3
16	15.45	Hammer	Pool 3

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