

Come and have an early season throw

**Cambridgeshire AA will be staging their annual
Spring Throws meeting at Cambridge on
Saturday 24th March 2012.**

The event is Open to all athletes in the East Region.

There will be 6 trials for everyone. EDM measurement on the cage throws.

**Entry in advance only, accepted on a first-come first-served basis – closing
date March 14th or earlier, if the numbers limit is reached.**

Entry fee £3.00 per event.

Provisional timetable

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|--------------|-----------------------------------|------------------------------------|
| 10.30 | Males Hammer (U20/Sen/Vet) | Females Shot |
| 11.25 | Males hammer (U15/U17) | Males Shot (U20/Sen/Vet) |
| 12.20 | Females Hammer | Males Shot (U17/U15/U13) |
| 13.15 | Males Discus (U17/U15/U13) | Females Javelin |
| 14.30 | Males Discus (U20/Sen/Vet) | Males Javelin (U17/U15/U13) |
| 15.50 | Females Discus | Males Javelin (U20/Sen/Vet) |

(Under 13's may enter all events except the Hammer)

Entry forms can be downloaded from the Cambs AA website –

www.cambsathletics.org.uk