

**LAST DITCH THROWS**  
**Sunday 19th September 2010**

**Timetable**

**6 throws each unless more than 6 in each age group when 3 throws  
will be given & best 6 have a further three**

11.30	Female Male	Shot Discus
12.30	Female Male	Discus Shot
1.30	30m+ (M&F)	Javelin
2.15	Sub 35m	Hammer
3.15	35m +	Hammer
4.15	Sub 30m (M&F)	Javelin

Times may vary depending on numbers competing