



Welcome athletes to the 2019 USA National Masters Throws Championships! We are thrilled to host all of you in August at Lisle and wanted to send out some final information and reminders.

We have a great mix of returning athletes and athletes that have never been either to a throws championship or the last one we had in Lisle in 2016. We have approx. 100 total athletes. We do have 4 athletes registered that are injured and will not be competing (Katherine De Contreras, Kim Lindner, Gloria Krug and Michael Decker). We wish them fast healing and will miss them! BUT, we still have 89 competing in the throws pent on Saturday, and 71 in the Ultras on Sunday, so the schedule starts early.

Any questions please reach to either Sue Hallen at [2019MastersThrows@gmail.com](mailto:2019MastersThrows@gmail.com) or Ruth Welding at [ironbodyfitness@sbcglobal.net](mailto:ironbodyfitness@sbcglobal.net).

### **Logistics and Area Layout**

1. Location is Benedictine University in Lisle, Illinois. The actual address is 5700 College Rd, Lisle, IL 60532. The attached picture shows the layout of the areas. Two parking areas are available, one off of College Rd closer to Maple Ave. and the other off of Benedictine Dr just south of the stadium.





- Fans/spectators are welcome to come (free admission). Caution please, pay attention to the flagged off areas and encourage spectators to use the bleachers.
- Each venue has a bleacher, a bench and a tent. You are welcome to bring chairs, umbrellas, etc.
- Each venue will have water available for athletes, officials and fans
- "Real" bathrooms are on the concourse. A porta-potty will be out by the discus (furthest venue)
- Extended forecast shows mid 80's and sunny; but it is August in the heartland so come prepared for heat, humidity and a slight chance of thunderstorms...and check as we get closer, this will surely change! In the event of lightning in the area, we will all go to either the Rice or the Krasa Center until the weather passes.
- We have an outstanding group of national/state caliber officials, and every venue will have laser measurements. Please respect them, they will be out there all day long.
- When done with each event, please head directly over to the next event. We have a lot of athletes to get through and want to run as efficiently as possible. This event is about the athletes, we are not trying to rush you, but please do not disappear between events, we will keep rolling.
- We will have boards at each venue where the results between events will be posted.
- We will have a photographer, Larry Ventress, there all day Saturday and Sunday, the program will have his contact information for buying photos from him after the meet.
- We will have a massage therapist, Deann Kluss, available on the concourse between 10-5 both Saturday and Sunday, please take advantage of her service, it is free to athletes. Tips are appreciated!
- There will probably be a baseball game or softball game going on at the same time, enjoy the venue!
- For those in the Throws Pent, awards will be given at the banquet. If you are not attending the banquet, you can pick up medals at the registration table.

14. The banquet will be at the Doubletree Hilton (the meet hotel). We encourage you to attend. If you did not sign up online and want to come, drop us a note at [2019MastersThrows@gmail.com](mailto:2019MastersThrows@gmail.com) before 7/28 (final number for banquet goes in then). We will have great food, a cash bar, great camaraderie, athletes, officials, family and friends all in attendance. We will present the awards from Saturday throws pent during the banquet to the top 3 places. We also give out prize money to the top 5 women and top 5 men by point totals. We will also have a raffle for a Dominator Athletics Gift Certificate. And we will be giving four throwers awards: Pataki Lifetime Thrower Award, Weinbel Administrator Award, Gage Male Thrower of the Year Award and the Hilliard Female Thrower of the Year Award. Sunday awards (medals and cash prizes) will be given out Sunday at the field. If you cannot stay and you win a cash prize, I will mail them out.

**Tentative Schedule (final will be posted after late entries on Jul 29)**

**Friday, August 2 - 3-7 pm Early Registration and Implement Check-in**

*Location: North End of the concourse under the Stadium*

Implements must be turned into Weights and measures (W&M) at least 2 hours before your scheduled start time or Friday night. Check-in with your group at the first event. The W&M team will deliver the implements to the proper events. You may sign out your implements at completion of that throw or retrieve from W&M later. Any illegal implements will be impounded and can be retrieved from W&M after your group completes competition.

**Saturday, August 3 – Throws Pentathlon**

*Order of events: Hammer, Shot, Discus, Javelin, Weight Throw*

*We have 91 throwers across 7 flights, so we need to start earlier than we anticipated. Please note the 7 am start time!! Everyone starts in the hammer cage. We estimate the final group will end at approx. 6:00 PM.*

Flights - Throws Pent			Hammer	
Flight Number	Age Group(s)	# in flight	Warmup	Throw
1	W70+ & M80+	10	6:45	7:00
2	M70-79	11	7:35	7:50
3	W60-69	12	8:30	8:45
4	W35-59	12	9:30	9:45
5	M35-54	13	10:30	10:45
6	M55-64	13	11:30	11:45
7	M65	14	12:30	12:45
			<b><i>approximate times</i></b>	

Notes:

- 1) Firm Start time for first flight, **All other groups the start times are approximate!! We will be on a rolling schedule and MAY START EARLY. Please be prepared to start your group before the scheduled time.**
- 2) Warm-ups will begin 15-20 minutes before start time

3) Pentathlon will take ~3-5 hours per flight to complete depending on flight size

These are the implement sizes for each age group:

WMA Implements					
Women					
Ages	Hammer	Shot	Discus	Javelin	Weight
30-49	4 kg	4 kg	1 kg	600 g	9.08 kg (20 lb)
50-59	3 kg	3 kg	1 kg	500 g	7.26 kg (16 lb)
60-74	3 kg	3 kg	1 kg	500 g	5.48 kg (12 lb)
75+	2 kg	2 kg	.75 kg	400 g	4 kg (8.8 lb)
Men					
Ages	Hammer	Shot	Discus	Javelin	Weight
30-49	7.26 kg (16 lb)	7.26 kg (16 lb)	2 kg	800 g	15.88 kg (35 lb)
50-59	6 kg	6 kg	1.5 kg	700 g	11.34 kg (25 lb)
60-69	5 kg	5 kg	1 kg	600 g	9.08 kg (20 lb)
70-79	4 kg	4 kg	1 kg	500 g	7.26 kg (16 lb)
80+	3 kg	3 kg	1 kg	400 g	5.48 kg (12 lb)

### **Sunday, August 4 – Ultra Weight Pentathlon and Superweight**

*Order of events: Weight Throw, Super Weight Throw, Next 3 sizes. Note that groups throwing the 98, 200 and 300 will move to the Ultras Square for those throws.*

Flights - Ultras and Superweight				Weight	
Flight Number	Starting Venue	Age Group(s)	# in Flight	Warmup	Throw
1	Weight Cage	W60-69	11	7:00	7:15
2	Discus Cage	W35-59	12	7:00	7:15
3	Hammer Cage	M35-M59	12	7:00	7:15
4	Weight Cage	W70 + M80	10	11:15	11:30
5	Discus Cage	M70-79	10	11:15	11:30
6	Hammer Cage	M60-69	14	9:20	9:35
				<i>approximate times</i>	

Notes:

- 1) Firm Start time for Flights 1,2 and 3. **All other groups the start times are approximate!! We will be on a rolling schedule and MAY START EARLY. Please be prepared to start your group before the schedule time.**
  - 2) Warm-ups will begin 15 minutes before start time
  - 3) Pentathlon will take ~3 hours per flight to complete
  - 4) If you signed up for the Superweight and the Ultras Pent, you will get 6 Superweight throws, the first three attempts count for the Pent scoring, all 6 attempts count for the Superweight scoring. Some people are throwing the Superweight only, so will join the flight for that throw only and get 6 throws. Some people signed up for Ultras but not Superweight, they will get 3 throws only.
  - 5) The SUPERWEIGHT is the *second* throw of the Ultras Pent
- Here are the implement sizes for the UltraWeight Pentathlon:

Women Ultraweight Pentathlon Table of Implements								
Ages	Weight	Super	20#	25#	35#	44#	56#	98#
30-49	20 lb	35 lb				x	x	x
50-59	16 lb	25 lb			x	x	x	
60-69	12 lb	20 lb		x	x	x		
70-74	12 lb	20 lb		x	x	x		
75+	4 kg	16 lb	x	x	x			

Men Ultraweight Pentathlon Table of Implements									
Ages	Weight	Super	25#	35#	44#	56#	98#	200#	300#
30-49	35 lb	56 lb					x	x	x
50-59	25 lb	56 lb					x	x	x
60-69	20 lb	44 lb				x	x	x	
70-79	16 lb	35 lb			x	x	x		
80+	12 lb	25 lb		x	x	x			

### **Implements**

1. Implement check-in is required for all personal implements at least two hours before your group starts. We highly recommend you check-in Friday if you can! Weights and Measures (W&M) will be on the main concourse and will be open Friday 3 pm – 7 pm; Saturday 7am-end of day and Sunday 7 am-end of day. All implements will be impounded at W&M and brought to your event area in time for warm-ups. Any implements that do not pass inspection will remain at W&M and able to be picked up after competition. The reason will be noted on the form on which you signed in the implement.
2. At least 2 house implements of every size will be supplied. Personal implements are not required, but it is up to you if you want to bring them.
3. No “extra” personal implements may be taken onto the field for warm-ups. All warm-up attempts must be with checked-in implements during the supervised warm-up at the event. Extra implements include turbo-javs, etc.
4. All event implements must remain in a common area between warm-ups and throws. You may request that no one else uses your implements, but it still must remain in the common area. Do not take it your seat or bag. NO WARMUPS WITH IMPLEMENTS ARE TO BE TAKEN AWAY FROM THE VENUES AND NOT WITHOUT GUIDANCE OF THE OFFICIALS.
5. You may sign out your implement(s) after each event or pick it up at W&M at the end of your competition.
6. If possible, please mark your implement clearly with name/initials with a paint marker before turning it into W&M. No tape should be used. Many implements look alike, and your initials or name will help to quickly identify them.
7. All tape must be removed from Hammer wires before checking them into W&M.
8. If you are a returning athlete, please guide the newer athletes on the implement rules.

Good luck to all! Stay safe and throw far!