

# **KING WEEKEND THROWFAR PENTATHLON**

**USATF SANCTIONED  
AT CERRITOS COLLEGE, NORWALK, CALIF.**

**11110 ALONDRA BLVD., NORWALK, CALIF. 90650  
605 FREEWAY, EAST ON ALONDRA BLVD.**

**SATURDAY, JANUARY 16TH, 2010 - 9:00 A.M.**

**Entry Fee: \$20.00,  
Day of Meet: \$25.00**

**3 Attempts per each Pentathlon Event  
\$10.00 Per Individual Event**

**• T-SHIRT TO EACH COMPETITOR**

**(6 Attempts Per Individual Events) • Shot Gun Start • Weigh-ins for Masters  
Order of Competition and Implements to be Used**

**HAMMER • SHOT • DISCUS • JAVELIN • WEIGHT**

<b>MASTERS IMPLEMENTS</b>	<b>H.S., J.C., College Youth Girls &amp; Boys Women</b>	<b>JUNIOR COLLEGE College/University/Open MEN</b>	<b>HIGH SCHOOL BOYS</b>
<b>WAVA</b>	4K Hammer 4K Shot 1K Discus New Rules Javelin 20 lb. Weight	16 lb. Hammer 16 lb. Shot 2K Discus New Rules Javelin 35 lb. Weight	12 lb. Hammer 12 lb. Shot 1.6 Discus New Rules Javelin 25 lb. Weight
<b>Age Group Implements Apply</b>			

**Javelin approach could run off grass.**

**To determine number of entries, please send bottom portion along with your entry fee to:**

**Lloyd Higgins, 629 Marie Avenue, L.A., CA 90042**

**If you have any questions please call (323) 254-5473 (HOME)**

