

# 5<sup>th</sup> ANNUAL ARIZONA STATE THROWS QUADATHLON

WHEN: **Saturday, May 26 - 7:30 AM**

WHERE: **Mesa Community College**

**1833 W. Southern Ave. Mesa 85202 (Southern & Dobson)**

NOTE: See MAP – Posted on Website.



**WHO:** Competition limited to high school age group. Athletes must be members of his or her high school team in good standing.  
**FIRST TIME HAMMER/JAVELIN THROWERS HIGHLY ENCOURAGED.**

**SANCTIONING:** Arizona Prep Multi-Events is SANCTIONED by the USAT&F and the Arizona Interscholastic Association and will be governed by National Federation rules. SCHOOL UNIFORMS ARE ALLOWED.

Entry Deadline:  
Monday – May 21

\$25 ENTRY FEE

Entry Deadline: Monday – May 21

MAIL: 3610 W. Sahuaro Dr.  
Phoenix 85029

**RETURN TO:**

E-Mail: covolz@cox.net

TYPE ENTRY Information  
in an Attachment or E-Mail note

**ENTRY INFORMATION:** Athletes must have a mark in the shot put and discus in a HS meet.

## HAMMER - JAVELIN CLINICS:

Call for **Information on DATES – LOCATION**

**For Hammer / Javelin Clinics**

**Shawn Hanrahan (480) 258-8463**

**MEET ENTRY FEE:** \$25 will cover the sanctioning / liability insurance requirements under USAT&F.

**CONTACT FOR INFORMATION:** Shawn Hanrahan (480) 285-8463

**WEB SITE:** Arizona Multi-Events: [www.eteamz.com/multi-events](http://www.eteamz.com/multi-events)

## SATURDAY, May 26 - Mesa Community College

### Girls Throws Quadathlon

**7:30 AM Javelin (Instruction / Practice)**  
**8:30 Javelin (Competition)**  
**9:30 Hammer (Instruction / Practice)**  
**10:30 Hammer (Competition)**  
**11:30 Discus**  
**12:30 Shot Put**  
**1:30 Awards:**

### Boys Throws Quadathlon

**7:30AM Hammer (Instruction / Practice)**  
**8:30 Hammer (Competition)**  
**9:30 Javelin (Instruction / Practice)**  
**10:30 Javelin (Competition)**  
**11:30 Shot Put**  
**12:30 Discus**  
**1:30 Awards**

NOTE: Hammers and Javelins will be available at the meet site.