## 

[www.ShockerTrackClub.com](http://www.ShockerTrackClub.com)

2018 SHOCKER TRACK CLUB

7th Annual

Halloween Throws Pentathlon

“A Scary Throwing Time!”

Sponsored by Shocker Fitness with Coach Bolt!

**REVISED SCHEDULE - Saturday, October 20, 2018**

**For Collegiate, Open, Elite, Masters AND Youth Throwers**

USA Track & Field Sanctioned with Certified Officials



**Wichita State University Cessna Stadium**

Check-in at STC Tent near Long Throws Ring and Javelin Runway south of Charles Koch Arena

**Competition Locations**

Hammer, Discus, Javelin and Weight Throw (Throws Field southwest of WSU Cessna Stadium)

Shot Put (Cessna Stadium Shot Put Ring)

*Wichita State Heskett Center is the back-up location for weather challenges.*

**Cost**

Adult - $25 per person // Youth - $20 per person

Includes Event T-Shirt, bottled water, chocolate milk and lunch!

Compete in all 5 events (3 events for Youth) or choose the event(s) in which you wish to compete!

**At the Pentathlon, pay in cash, or check** made payable, to: Shocker Track Club Inc.

Print this complete Information Form and complete the separate ONLINE Registration Form information to submit online.

**Registration Deadline October 17, 2018**

****

Halloween Throws Pentathlon

**Sponsored by Shocker Fitness with Coach Bolt!**

**Adult Athlete Event Schedule**

8:30 a.m. Registration and Implement certification and warm-up

9:30 a.m. Competition Begins - Women followed by Men

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

Four (4) Throw Final Competition Method

**NEW THIS YEAR - Youth Athlete Event Schedule**

**CHANGE - 8:00 a.m.** Registration and Implement certification and warm-up

**CHANGE 9:00 a.m.** Competition Begins – Women/Girls followed by Men/Boys (fields may be combined)

Order of events: Shot Put, Discus, Javelin (or Turbo Jav)

Four (4) Throw Final Competition Method

**Additional Information**

Masters and Youth Athletes MUST bring own implements (some implements may be available)

Implement Certification begins at 8:30 a.m.

Fun Prizes Awarded!!

**Fun Competitions and Prizes!!**

Implement Bullseye Contest during Each Event!

Apple and Pumpkin Contests!

Best Costume Contest!

**Questions?**

(Collegiate and Elite athletes) John Hetzendorf (316) 519-5182 or [jhetzendorf@goshockers.com](mailto:jhetzendorf@goshockers.com)

(Open, Masters and Youth athletes) Darren Muci (316) 993-6824 or [president@shockertrackclub.com](mailto:president@shockertrackclub.com)

