

**Welcome to the
2016 O.C.I.A.A. Throwing Pentathlon
&
O.C.I.A.A. Hammer Championships**

Where: Monroe-Woodbury HS

Date: Monday, May 16th, 2016

Time: 2:30pm

****You MUST pre-register to be in the meet!****

Click on link below to pre-register

[Click Here for Registration](#)

Password - throws

How to enter:

Only 3 entries for the Thrower's Pentathlon
(Must compete in all 5 events!!!)

-and-

Only 3 entries for the Hammer Championships

ENTRIES ARE DUE:

Friday, May 13th, 2016

Any questions or concerns please email me at
sacevedo@mw.k12.ny.us or call/text 914-456-4623

****Please note, you are entitled to enter 3 athletes for each event, if you would like to have your athlete from the Thrower's Pent. also compete in the Hammer Championships, it will take a spot in that event.**