

**Welcome to the
2017 O.C.I.A.A.
Throwing Pentathlon
&
Hammer Championships**

Where: Monroe-Woodbury HS

Date: Monday, May 15th, 2017

Time: 2:30pm

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

Go to <http://ny.milesplit.com/calendar>

Password - throws

How to enter:

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

Use athletes best shot put mark for seeding.

Only 3 entries for the Hammer Championships

Use athletes best hammer mark for seeding.

ENTRIES CLOSE:

Sunday, May 14th, 2017 9:00 PM

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.**