

**Welcome to the  
2018 O.C.I.A.A. Throwing Pentathlon  
&  
O.C.I.A.A. Hammer Championships**

Where: Monroe-Woodbury HS

Date: Monday, May 14<sup>th</sup>, 2018

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 BY:

**9:00pm, May 13th**

Any questions or concerns please email me at  
[sacevedo@mw.k12.ny.us](mailto: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.**