

TRACK & FIELD ATHLETE INFORMATION



Location

Heinz-Steyer-Stadium (HSS) – Most track and field events; Callroom and changing rooms for all athletes.

Sportpark Ostra Sport Field 6 (SPO 6) – Racewalk, ball throw, javelin throw

Sportpark Ostra Throwing Field 19 (SPO 19) – Discus for all women 50 or older and all men 40 or older.

Magdeburger Str. 2, 01067 Dresden

Google Maps: <https://maps.app.goo.gl/SKtmKXUhoyfm2arw8>

Event Schedule

Wednesday, 20th August 2025

- 9:00 AM – Venue Opening
- 9:00 AM to 3:00 PM Training (HSS + SPO 6 + SPO 19)
- 3:00 PM – Venue Closing

Thursday, 21st August 2025

- 9:00 AM – Venue Opening
- 9:00 AM to 3:00 PM Training (HSS + SPO 6)
- 3:00 PM – Venue Closing

Friday, 22nd August 2025 – Competition Day 1

- 8:00 AM – Venue opening
- 8:45 AM – Competition start morning session
- 10:00 AM to 11:00 PM – Ongoing award ceremonies
- 3:00 PM to 5:00 PM – Lunch break
- 5:00 PM – Competition start evening session
- 10:30 PM – Competition end
- 11:00 PM – Venue closing

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TRACK & FIELD ATHLETE INFORMATION



Saturday, 23rd August 2025 – Competition Day 2

- 8:00 AM – Venue opening
- 8:45 AM – Competition start
- 10:00 AM to 2:30 PM – Ongoing award ceremonies
- 2:30 PM – Competition end
- 2:30 PM – Circle of life + Closing Ceremony
- 4:00 PM – Venue closing

→ Please find the competition timetable attached

All timetables are provisional and subject to change until the day of the competition.

Free Wi-Fi	Yes
Catering during training	Yes – self pay Ballsport-Arena
Catering during event	Yes – self pay Heinz Steyer Stadium
Showers	Yes
Water	Yes
Lockers	Yes
Water and Snacks	Yes
First Aid	Yes

Training Information

Wednesday, 20th August 9 AM to 3 PM

Heinz Steyer Stadium: All Track events, Long Jump, High Jump

Field 6: Javelin, Shot put, Ball Throw, Racewalk

Throwing Field: Discus

Thursday, 21st August 9 AM to 3 PM

Heinz Steyer Stadium: All Track events, Long Jump, High Jump, Discus, Shot put

Field 6: Javelin, Ball Throw, Racewalk

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TRACK & FIELD ATHLETE INFORMATION



Transport

Nearest Tram Station: Dresden Kongresszentrum / Haus der Presse
Accessible via tram lines:

- Line 4
- Line 6
- Line 11

Distance to sport venue: approx. 300 meters

Nearest Train Station: Dresden Mitte

- S1
- S2
- S8
- Bus line 68
- Tram line 1
- Tram line 2
- Tram line 6
- Tram line 7
- Tram line 10

Distance to sport venue: approx. 600 meters

Free Parking:

Address: Pieschener Allee, 01067 Dresden

Distance to venue: approx. 250 meters

https://maps.app.goo.gl/ysMEiPYqgP5XvUjX9?g_st=ipc

Paid Parking (self-pay):

Directly next to the Ballsportarena – very limited parking spots

<https://maps.app.goo.gl/77b1Ep6xNwJDNkXc9>

Org. Association / Federation

Leichtathletikverband Sachsen

Dresdner Sport Club e. V.

SGV Murr e. V.

Equipment

Throwing equipment will be provided, but athletes may bring their own equipment.
Equipment check will be possible on Thursday, Friday and Saturday.

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TRACK & FIELD ATHLETE INFORMATION



Division & Medalling

100m, 200m, 400m, 800m, 1500m, 3km racewalk (females), 5km racewalk (males), 4 x 100m relay, 4 x 400m relay, Long jump, High jump, Shotput, Discus, Javelin and Ball Throw

Individual: Medals for all age categories

Relay teams: Medals in one open age category

Donor and Donor Family members: Medals in donor age categories.

Age categories

Juniors will compete in age groups, 5 years and under, 6-8 years, 9-11 years, 12-14 years and 15-17 years

Adults age groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 and over.

Relay teams will be one open age category

Official Rules

Rules: Tournament will be governed by World Athletics Technical Rules 2022 (found here), except as modified herein. A call room is to be used to manage and stage races.

Format: Track Events: 100, 200, 400, 800, 1500, 5000 (3000 for women) powerwalk, 4x100 relay, 4x400 relay. Donor athletes will compete in their own division in the 100 meters, ball throw and long jump. 100, preliminary heats if necessary, eight fastest times to final. Junior events are noted below. The competition schedule is as follows:

First Day

3000 M Powerwalk women

100 M Trials (8 fastest times to final)

100 M Trials (if necessary) (12-14, 15-17)

1500 Finals

400 M Finals

100 M Finals

25 M Finals (5 and under)

50 M Finals (6-8; 9-11)

100 M Finals (12-14, 15-17)

4x100 M Finals

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Second Day

5000 M Powerwalk men

200 M Timed Finals

800 M Finals

4x400 Relay Finals

In the 100, if there are eight or less entrants in an age group, or if a preliminary heat “scratches down” to a final, then the final will be held as scheduled. When there are trials, the ranking of the athletes for advancement will be based solely on time, and placement in the final will follow standard procedure (1-4 in middle four lanes, 5 and 6 in lane 2 and 7, 7 and 8 in 1 and 2). The lists for heats must be checked before the competition by a WTGF sports committee representative and an LOC technical representative. The use of starting blocks is not required. The starter will use a whistle before the start and the appropriate starting commands depending on the competitors’ use of blocks.

Powerwalk will be conducted using the following rules: One foot must be on the ground at all times. Both feet off the ground is cause for disqualification. Each advancing foot-strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running, or “creeping” and is cause for disqualification. The advancing leg as it moves forward does not have to be completely locked as it passes under the body as it does in racewalking. Soft knee is acceptable however over excessive bent knee is deemed to be in a creeping or running shuffle and subject to disqualification.

Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials during the course of the completion.

In relays, countries are permitted to enter more than one relay team, but one team must be designated as competing for a medal. A country can only earn one medal in each relay.

Field Events: Three preliminary attempts, 8 best to final, then 3 attempts in final. If fewer than 8 in an age group, all competitors receive 6 attempts.

Schedule of Field Events:

First Day

Shot Put (men and women, boys and girls 15 and older only)

Ball Throw (boys and girls)

Long Jump (men and women under 40)

High Jump (women and girls 15 and older)

Javelin (men and women)

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TRACK & FIELD ATHLETE INFORMATION



Age Group Implement Weights

Men	Shot put	Discus	Javelin
15 - 17	5 kg		
18 - 29	7.26 kg	2 kg	800 gr
30 - 39	7.26 kg	2 kg	800 gr
40 - 49	7.26 kg	2 kg	800 gr
50 - 59	6 kg	1.5 kg	700 gr
60 - 69	5 kg	1 kg	600 gr
70 - 79	4 kg	1 kg	500 gr
80+	3 kg	1 kg	400 gr

Women	Shot put	Discus	Javelin
15 - 17	3 kg		
18 - 29	4 kg	1 kg	600 gr
30 - 39	4 kg	1 kg	600 gr
40 - 49	4 kg	1 kg	600 gr
50 - 59	3 kg	1 kg	500 gr
60 - 69	3 kg	1 kg	500 gr
70 - 79	2 kg	0.75 kg	400 gr
80+	2 kg	0.75 kg	400 gr

Ball Throw Weight: standard cricket ball (156 grams)

If a competitor wishes to use his own implement, he must submit the implement to the officials so that it can be weighed and certified—it will be returned to the competitor at the competition.

High Jump and Shot Put will not be contested for competitors ages 14 and under.

We can't wait to see you in Dresden and celebrate the spirit of transplant together!

Warm regards,
The WTG2025 Sport Management Team

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SPORTPARK OSTRAS

Orientation Plan



SPORTPARK OSTRAS

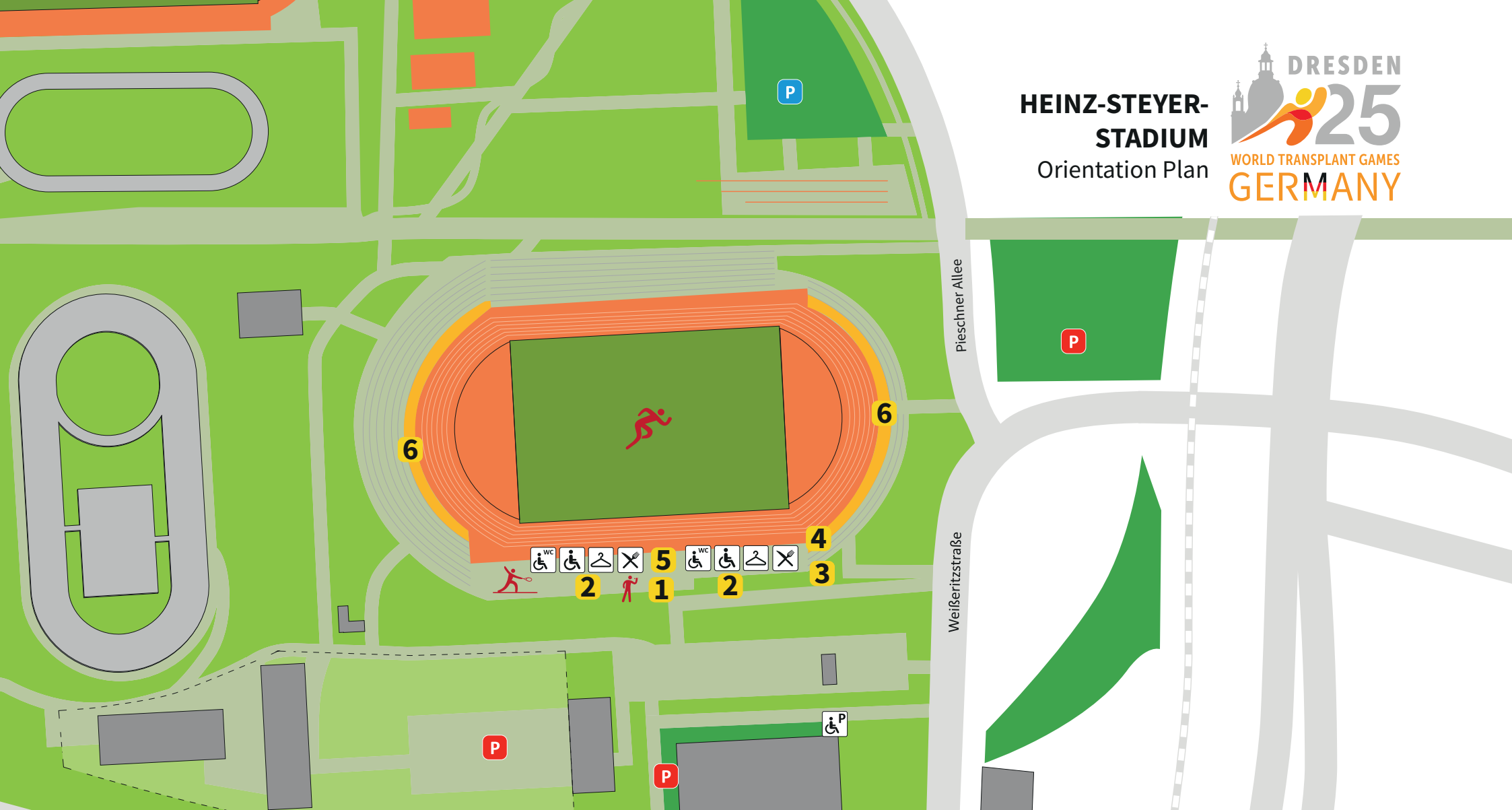
- 1 Heinz-Steyer-Stadium
- 1a Medal Plaza
- 5 BallsportARENA
- 6 Track and Field 6
- 8 JOYNEXT Arena

- 12 Football I
- 16 Archery
- 19 Throwing Field
- P Paid Parking
- P Free Parking

- WC WC
- X Catering
- P Handicapped parking
- Changing rooms
- Handicapped WC
- Acces for Handicapped People

HEINZ-STEYER-STADIUM

Orientation Plan



HEINZ-STEYER-STADIUM

- 1 Athlete Entrance
- 2 Supporters Entrance
- 3 Medal Plaza
- 4 Callroom
- 5 Supporter Zone

- 6 Coaching Zone

- Paid Parking
- Free Parking

- WC
- Catering
- Handicapped parking
- Changing rooms
- Handicapped WC
- Acces for Handicapped People

Current State: 15th August 2025 - subject to change													
Friday, 22nd August - Day-Session 8:30 AM - 2:30 PM		Participants (P)											
Heinz-Steyer-Stadium Infield													
Track Events		High Jump	Long Jump	Javelin	Shot Put	Shot Put							
Callroom Track Events: 15 min before each heat		Area 1	Area 1	Area 1	Area 1	Area 2							
08:30				Callroom 8:30 AM	Callroom 8:30 AM	Callroom 8:30 AM							
08:35				Warmup 8:40 AM	Warmup 8:40 AM	Warmup 8:40 AM							
08:40													
08:45													
08:50													
08:55	100m preliminaries Women and Men			Javelin Start: 9:00 AM M70-79, (M80+) 5P W70-79, (W80+) 3P	Shot Put Start: 9:00 AM M15-17 1P M18-29 4P M30-39 8P	Shot Put Start: 9:10 AM M50-59 17P 17P - 75 TRys							
09:00	H1 W30-39												
09:05	H2 W30-39												
09:10	H1 W40-49												
09:15	H2 W40-49												
09:20	H1 W50-59			8P - 48 Trys 56 min End 10:00 AM	13P - 78 Trys 91 min End 10:30 AM	17P - 75 TRys 88 min End 10:40 AM							
09:25	H2 W50-59												
09:30	Callroom 9:30 AM												
09:35							Warmup 9:40 AM						
09:40												H1 M18-29	
09:45		H2 M18-29	Callroom 9:45 AM										
09:50	H1 M30-39												
09:55	H2 M30-39												
10:00	H1 M40-49	Warmup 9:55 AM											
10:05	H2 M40-49	High Jump Start: 10:00 AM		(Callroom 9:50 AM) Warmup 10:00 AM									
10:10	H1 M50-59												
10:15	H2 M50-59												
10:20	H3 M50-59	Long Jump Start: 10:15 AM M -5 1P M6-8 2P M9-11 3P		Javelin Start: 10:35 AM W50-59 14P W60-69 4P 18P - 90 try 105 min End 12:15 PM	Shot Put Start: 10:20 AM Warmup 10:30 AM								
10:25	H1 M60-69												
10:30	H2 M60-69												
10:35													
10:40	1500m Final (Time Trials) Women and Men					16 P - 144 try app. 9 attempts each P 120 min End: 12:00 PM							
10:45	H1 W18-29	7P - 42 try 49 min End: 11:10 AM											
10:50	H1 W30-39	Shot Put Start: 10:50 AM W15-17 5P W18-29 2P W30-39 9P 16P - 93 Trys 109 min End app. 12:40 PM											
10:55	H2 W40-49												
11:00													
11:05	H3 W50-59				Callroom 11:30 AM								
11:10	H3 W60-69												
11:15	H3 W70-79 (W80+)												
11:20													
11:25	H4 M18-29												
11:30					Warmup 11:40 AM								
11:35	H5 M30-39												
11:40													
11:45	H6 M40-49												
11:50													
11:55	H7 M50-59												
12:00		Callroom 12:00 PM		Shot Put Start: 12:10 PM M60-69 26P 26P - 102 Trys 120 min End 2:10 PM									
12:05	H8 M60-69												
12:10													
12:15	H9 M70-79	Warmup 12:10 PM											
12:20	H9 M80+	(Callroom 12:05 PM) Warmup 12:15 PM											
12:25													
12:30													
12:35		Long Jump Start: 12:30 PM M12-14 2P W12-14 6P 12P - 72 try 84 min End 1:55 PM		Javelin Start: 12:45 PM W18-29 2P W30-39 14P 16P - 78 Trys 91 min End 2:15 PM									
12:40	400m Finals (Time Trials) Women and Men												
12:45	H1 W18-29					(Callroom 12:30 PM) Warmup 12:40 PM							
12:50	H2 W30-39	Shot Put Start: 1:00 PM M70-79 9P M80+ 2P 11P - 63 Trys 75 min End 2:15 PM											
12:55	H3 W40-49												
13:00	H4 W40-49												
13:05	H5 W50-59												
13:10	H6 W60-69												
13:15													
13:20													
13:25	H7 M18-29												
13:30	H8 M30-39												
13:35	H9 M40-49												
13:40	H10 M40-49												
13:45	H11 M50-59												
13:50	H12 M50-59												
13:55	H13 M60-69												
14:00	H14 M70-79												
14:05	H15 M70-79												
14:10													
14:15													
14:20													
14:25													
14:30													

Sport Field 6 - Sportpark Ostra			
	Racewalk	Javelin	Ball Throw
Zeit		Area 2	Area 1
08:30			
08:35			
08:40	Callroom 8:40 AM	Callroom 8:40 AM	Callroom 8:40 AM
08:45			
08:50			
08:55			
09:00	Racewalk H1 Start: 9:00 AM	Warmup 9:00 AM	Warmup 9:00 AM
09:05	W18-29 5P		
09:10	W30-39 11P		
09:15	W40-49 11P		
09:20			
09:25		Javelin Start: 9:30 AM	Ball Throw Start: 9:30 AM
09:30		M40-49 18P	M-Donors
09:35	27P	18P - 78 Trys	M4 - 17 3P
09:40		90 min	M18 - 39 2P
09:45		End: 11:00 AM	M40 - 49 8P
09:50			M50+8P
09:55			21P - 126 Trys
10:00	(Callroom 9:40 AM)		65 min
10:05	Racewalk H2 Start: 10:00 AM		End: 10:35 AM
10:10	W50-59 12P		
10:15	W60-69 16P		
10:20	W70-79, W80+ 2P, 1P		
10:25			
10:30			
10:35			(Callroom 10:15 AM)
10:40	31P		Warmup 10:35 AM
10:45			
10:50			
10:55			
11:00	(Callroom 10:40 AM)	Callroom (10:40 AM)	
11:05	Racewalk H3 Start: 11:00 AM	Warmup 11:00 AM	Ball Throw Start: 11:05 AM
11:10	W-Donors 4-17 0P		W12-14 6P
11:15	W-Donors 18-39 7P		W15-17 2P
11:20	W-Donors 40-49 7P		M12-14 3P
11:25	W-Donors 50-99 14P		M15-17 3P
11:30		Javelin Start: 11:30 AM	14P - 84 Trys
11:35		M18-29 2P	45 min
11:40		M30-39 14P	End: 11:50
11:45		16P - 78 Trys	(Callroom 11:30 AM)
11:50		90 min	Warmup 11:50 AM
11:55		End: 1:00 PM	
12:00			
12:05			Ball Throw Start: 12:10 PM
12:10			M -5 1P , M6-8 2P
12:15			M9-11 2P, W6-8 2P
12:20			7P -42 Trys 21 min End: 12:30 PM
12:25			
12:30			Callroom (12:10 PM)
12:35			Warmup 12:30 PM
12:40			
12:45			
12:50			
12:55			
13:00		Callroom (12:40 PM)	Ball Throw Start: 1:00 PM
13:05		Warmup 1:00 PM	W-Donors 4-17 2P
13:10			W-Donors 18-39 6P
13:15			W-Donors 40-49 6P
13:20		Javelin Start 1:20 PM	W-Donors 50-99 7P
13:25			21P - 126 Trys
13:30			65 min
13:35		W40-49 12P	End 2:05 PM
13:40		12P - 60 Trys	
13:45		70 min	
13:50			
13:55		End 2:30 PM	
14:00			
14:05			
14:10			
14:15			
14:20			
14:25			
14:30			

Current State: 15th August 2025 - subject to change

Friday, 22nd August - Night-Session 5:30 PM - 10:30 PM

Heinz-Steyer-Stadium Infield

Track Events		Long .
Callroom Track Events:		Area 1
	Final 25m Girls and Boys	
17:30	H2M -5 M -5	Callroom 5:30 PM
17:35	Final 50m Girls and Boys	
17:40	H1 W6-8, M6-8	Warmup 5:40 PM
17:45	H3 W9-11, M9-11	
17:50		
17:55	Final 100m Women and Men	
18:00	H1 W12-14	Long Jump
18:05		Start: 6:00 PM
18:10	H2 W15-17	M15-17 2P
18:15		M18-29 7P
18:20	H3 W18-29	9P - 51 trys
18:25		60 min
18:30	H4 W30-39	End: 7:00 PM
18:35		
18:40	H5 W40-49	
18:45		
18:50	H6 W50-59, W80+	
18:55		
19:00	H7 W60-69	Callroom 7:00 PM
19:05		
19:10	H8 W-Donors 4-17, 18-39	Warmup 7:10 PM
19:15		
19:20	H9 W-Donors 40-49	
19:25		
19:30	H10 W-Donors 50+	Long Jump
19:35		Start: 7:30 PM
19:40	H11 M12-14	W 15-17 3P
19:45		W 18-29 4P
19:50	H12 M15-17	W 30-39 6P
19:55		
20:00	H13 M18-29	13P - 78 trys
20:05		91 min
20:10	H14 M30-39	End: 9:00 PM
20:15		
20:20	H15 M40-49	
20:25		
20:30	H16 M50-59	
20:35		
20:40	H17 M60-69	
20:45		
20:50	H18 M70-70, M80+	
20:55		
21:00	H19 M-Donors 4-17, 18-39	
21:05		
21:10	H20 M-Donors 40-49	
21:15		

21:20	H21 M-Donors 50+
21:25	
21:30	Relay 4x100m Women and Men
21:35	H1 W
21:40	
21:45	H2 W
21:50	
21:55	H3 M
22:00	
22:05	H4 M
22:10	
22:15	H5 M
22:20	

Participants (P)

Jump	Javelin	Shot Put
Area 2	Area 1	Area 1
Callroom 5:30 PM	Callroom 5:30 PM	Callroom 5:30 PM
Warmup 5:40 PM	Warmup 5:40 PM	Warmup 5:40 PM
Long Jump Start: 6:00 PM M30-39 9P 9P - 51 trys 60 min End: 7:00 PM	Javelin Start: 6:00 PM M60-69 20P 20P - 84 Trys 98 min End: 7:38 PM	Shot Put Start: 6:00 PM M40-49 17P 17P - 75 trys 87 min End: 7:27 PM
		Callroom 7:30 AM
	Callroom 7:30 PM) Warmup 7:40 PM	Warmup 7:40 PM
	Javelin Start: 8:00 PM M50-59 13P 13P - 63 Trys 74 min End: 9:14 PM	Shot Put Start: 8:00 PM W50-59 14P 14P - 66 trys 77 min End: 9:17 PM

ot Put

Area 2

Callroom 5:30 PM

Warmup 5:40 PM

Shot Put
Start: 6:00 PM
W40-49 16P

16P - 72 trys
84 min
End: 7:24 PM

Callroom 7:30 AM

Warmup 7:40 PM

Shot Put
Start: 8:00 PM
W60-69 8P
W70-79, W80+ 4+1P

13P - 78 trys
91 min
End: 9:31 PM



Current State: 15th August 2025 - subject to change

Saturday, 23rd August - 8:30 AM - 3:00 PM

Participants (P)

Heinz-Steyer-Stadium infield

Track Event

Callroom Track Events:
15 min before each heat

High Jump

Area 1

Long Jump

Area 1

Area 2

Discus

Area 1

08:30

08:35

08:40

08:45

08:50

08:55

09:00

09:05

09:10

09:15

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14:25

14:30

14:35

14:40

14:45

14:50

14:55

15:00

200m Final (Time Trials) Women and Men

H1 W15-17

H2 W18-29

H3 W30-39

H4 W30-39

H5 W40-49

H6 W40-49

H7 W50-59

H8 W60-69, W70-79

H9 M15-17

H10 M18-29

H11 M18-29

H12 M30-39

H13 M30-39

H14 M40-49

H15 M40-49

H16 M50-59

H17 M50-59

H18 M60-69

H19 M60-69

H 20 M70-79

800m Final (Time Trials) Women and Men

H1 W18-29, W30-39

H2 W40-49

H3 W50-59, W60-69, W70-79

H4 M18-29, M30-39

H5 M40-49

H6 M50-59

H7 M60-69, M70-79, M80+

Relay 4x400m Women and Men

H1 W

H2 M

H3 M

Callroom 8:30 AM

Warmup 8:45 AM

High Jump
Start: 9:00 AM
M 50-59 6P
ca. 9 attempts each P
90 min
End: 10:30 AM

Long Jump
Start: 9:00 AM
M40-49 7P
7P - 42 Trys
54 min
End: 9:55 AM

Long Jump
Start: 9:00 AM
M-Donors 4-17 3P
M-Donors 18-39 1P
M-Donors 40-49 4P
M-Donors 50-99 5P
13P - 78 tryts
91 min
End: 10:30 AM

Discus
Start: 9:00 AM
W18-29 2P
W30-39 11P
W40-49 16P
29P - 141 Trys
165 min
End: 11:45 AM

Callroom 9:45 AM) Warmup 9:55 AM

Long Jump
Start: 10:10 AM
M60-69 5P
M70-79, (M80+) 3P
8P - 48 Trys
56 min
End: 11:10 PM

Long Jump
Start: 10:45 AM
W40-49 13P
13P - 63 tryts
74 min
End: 12:00 PM

(Callroom 11:00 AM)
Warmup 11:10 AM

Long Jump
Start: 11:25 AM
W-Donors 4-17 3P
W-Donors 18-39 1P
W-Donors 40-49 4P
W-Donors 50-99 5P
13P - 78 Trys
91 min
End: 1:00 PM

(Callroom 11:35)
Warmup 11:45

High Jump
Start: 12:00 AM
M 40-49 7P
60-69 4P
M 70-70, (M80+) 2P
ca. 9 attempts each P
2h
End: 2:00 PM

(Callroom 12:50 PM)
Warmup 1:00 PM

Long Jump
Start: 1:25 PM
M50-59 16P
W50-59 8P
W60-69 1P
W70-70, (W80+) 2P
11P - 66 Trys
77 min
End: 2:30 PM

Throwing Field - Sportpark Ostra

Discus

Area 2 Throwing Area

Discus

Area 3 Throwing Area

Callroom 8:40 AM

Warmup 9:10 AM

Discus
Start: 9:30 AM
W50-59 14P
14P - 66 Trys
77 min
End: 10:50 AM

Discus
Start: 9:30 AM
W60-69 6P
W70-79, W80+ 4P +1P
11P - 66 Trys
77 min
End: 10:50 AM

Callroom 10:20 AM) Warmup 10:50 AM

Discus
Start: 11:10 AM
M60-69 21P
21P - 87 tryts
100 min
End: 12:50 PM

Discus
Start: 11:10 AM
M50-59 19P
M70-79, W80+ 7+1P
27 P - 129 tryts
151 min
End: 1:45 PM

(Callroom 12:20 AM)
Warmup 12:50 AM

Discus
Start: 1:10 PM
M40-49 10P
10P - 54 Trys
63 min
End: 2:15 AM

Sport Field 6 - Sportpark Ostra

Racewalk

Area 1

Ball Throw

Area 2

Callroom 8:40 AM

Warmup 9:00 AM

Racewalk Heat 1
Start: 9:00 AM
M60-69 13P
M70-79, M80+ 4+2P
19P

Ball Throw
Start: 9:20 AM
M18-29 14P
M30-39 25P
39P - 165 tryts
83 min
End: 10:45 AM

Ball Throw
Start: 9:20 AM
M50-59 27P

(Callroom 9:55 AM)
Racewalk Heat 2
Start: 10:15 AM
M18-29 5P
M30-39 12P
17P

Ball Throw
Start: 10:35 AM
M40-49 27P
27P - 105 tryts
63 min
End: 11:40 AM

(Callroom 10:55 AM)
Racewalk Heat 3
Start: 11:15 AM
M50-59 21 P
21P

Ball Throw
Start: 11:05 AM
W 50-59 14P
W60-69 11P
W70-79, W80+ 5P +1P
31P - 159 tryts
80 min
End: 12:25 PM

(Callroom 11:55 AM)
Racewalk Heat 4
Start: 12:15 PM
M40-49 8P
M-Donors 4-17 2P
M-Donors 18-39 1P
M-Donors 40-49 2P
M-Donors 50-99 6P
19P

Ball Throw
Start: 12:25 PM
W18-29 5P
W30-39 15P
W40-49 19P
39P - 180 tryts
90 min
End: 1:55 PM

Ball Throw
Start: 1:10 PM
M60-69 22P
M70-79, (M80+) 5P
27P - 120 tryts
60 min
End: 2:15 PM

Callroom 11:45 AM) Warmup 12:05 PM

Circle of Life (Closing)