

Ferris State University

High School Throwers Meet

(National Hammer Throw Day)

Where: Ferris State University (Throws area near practice football field)

When: Wednesday, April 17, 2002

Time: Warm-up starts at @ 3:15 p.m., 3:45 p.m. Competition begins!

Entry Fee: \$15 per team, \$30 for boys and girls (male and female separate).

Entries: Limited to two athletes (2 male, 2 female) per event.

Entry Deadline: Wednesday, April 10th

Awards: Medals to the top three finishers in each event

Event Schedule:

3:45 p.m. Girls Discus, followed by Shot Put

3:45 p.m. Boys Shot Put, followed by Discus

- Four throws (no finals).
- Minimum standards to be measured:

	Boys	Girls
Discus:	120 ft	80 ft
Shot Put:	40 ft	28 ft

National Hammer Day Exhibition:

Following the discus / shot put competition we will hold a hammer throw exhibition/clinic to expose high school athletes to this Olympic event.

For more information please call:

Paul Brueske: (231) 591-5255

210 Sports Drive

Big Rapids, MI 49307

Email: Brueskep@ferris.edu

Ferris State University High School Throwers Meet

Registration Form
(Entry limit - 2 competitors per event)

Name

Distance Thrown

Boys Discus Throw

Boys Shot Put

Girls Discus Throw

Girls Shot Put
