

5th ANNUAL ARIZONA PREP THROWS QUADATHLON

WHEN: **Saturday, March 31 - 7:30 AM**

WHERE: **Paradise Valley Community College**
18401 N. 32nd Street – Phoenix 85032 (Union Hills & 32nd St.)
NOTE: See MAP – Posted on Website.



WHO: Competition limited to high school age group. Athletes must be in good standing with his or her high school team.

SANCTIONING: Arizona Prep Multi-Events is a USAT&F sanctioned competition and governed by USAT&F rules. Athletes will adhere to the AIA rules for unattached competition (Article 14.5.1) **NO SCHOOL UNIFORMS.**

Entry Deadline: Saturday – March 24	RETURN TO: Mail: Arizona Prep Multi-Events 3610 W. Sahuaro Dr. Phoenix, AZ 85029.
Entry Fee: \$25 Checks to: Arizona Multi-Events	E-Mail: covolz@cox.net Word Document OR Message Box

HAMMER - JAVELIN INSTRUCTION:
Please contact: Shawn Hanrahan (480) 258-8463

MEET ENTRY FEE: \$25 will cover the sanctioning / liability insurance requirements under USAT&F.

CONTACT FOR INFORMATION:
Shawn Hanrahan (480) 258-8463

WEB SITE: Arizona Multi-Events: www.eteamz.com/multi-events

SATURDAY, March 31st - Paradise Valley CC

7:30 - Registration

<u>Girls Throws Quadathlon</u>	<u>Boys Throws Quadathlon</u>
8:00 AM Javelin (Instruction / Practice)	8:00AM Hammer (Instruction / Practice)
9:00 Javelin (Competition)	9:00 Hammer (Competition)
10:00 Hammer (Instruction / Practice)	10:00 Javelin (Instruction / Practice)
11:00 Hammer (Competition)	11:00 Javelin (Competition)
12:00 Discus	12:00 Shot Put
1:00 Shot Put	1:00 Discus
2:15 Awards:	2:15 Awards