

**7th ARIZONA STATE  
THROWS QUADATHLON  
Friday - May 29 - 2009  
Mesa Community College**



ATHLETES NAME \_\_\_\_\_ SCHOOL \_\_\_\_\_ Grade \_\_\_\_\_

Coaches Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ Fax Number \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

APPLICATION FOR INVITATION GET THERE AT  
7am

**THROWS QUADATHLON**

**BOYS**

**GIRLS**

**Best Marks  
2009 Track Season**

**Best Marks  
2009 Track Season**

\_\_\_\_\_ Shot Put

\_\_\_\_\_ Shot Put

\_\_\_\_\_ Discus

\_\_\_\_\_ Discus

\_\_\_\_\_ Javelin

\_\_\_\_\_ Javelin

\_\_\_\_\_ Hammer

\_\_\_\_\_ Hammer

**DEADLINE:**

**Entry Deadline:  
Monday – May 25**

Invited Athletes posted on  
website – Tuesday – May 26

**RETURN TO: (mail)**

Arizona Multi-Events  
3610 W. Sahuaro Dr.  
Phoenix, AZ 85029

**E-MAIL: covolz@cox.net**  
(TYPE ENTRY information in an  
attachment or ane-mail note)

**FIRST TIME HAMMER AND JAVELIN THROWERS ARE HIGHLY  
ENCOURAGED.**

**THIS MEET WILL DETERMINE THOSE GOING TO THE GREAT SOUTHWEST  
FOR HAMMER AND JAVELIN AND HIGHLY RECOMMENDED FOR THOSE  
GOING FOR SHOT AND DISC.**

NOTE: Hammers and Javelins will be available at the meet site.

**THROWS INSTRUCTION:** Please contact Shawn Hanrahan at 602-329-0309  
[shammerhan@gmail.com](mailto:shammerhan@gmail.com) for time and location instruction of the Hammer and Javelin Clinics.  
Also check [www.shawnhanrahan.com](http://www.shawnhanrahan.com) for time and location. **NO FEE** for instruction.

**NOTE: The meet is sanctioned by USAT&F and will be governed by USAT&F rules.**

**NO SCHOOL UNIFORM !!!**

Website: <http://www.azmulti-events.com>