

**WHAT?**

**AMA Winter Throws Championships**

**WHEN?**

**1st, 2nd, 3rd October**

**WHERE?**

**Queensland State Athletics Centre, Brisbane**

**WHO? Those aged 30 years or older**

Events will start promptly at 9.00 am each day.

Saturday: Throws Pentathlon, 56 lb and 100 lb

Sunday: Individual Events (hammer, shot, discus, javelin, weight) and weight for distance

Monday: Heavy Weight Pentathlon, Super Weight

This is the 26th AMA Winter Throws Championships. After a Covid interruption with a missed year, followed by a combined local/virtual competition the championships are back on schedule.

This is a competition that is very serious but very social, for the very good through to the very .... and for regular participants and the raw beginners. This is competition to hand out advice and receive it. This is the weekend to enjoy being a thrower and be the main event without those other track and field events stealing the limelight.

Online entries will open 1st August. Go to the AMA or QMA websites for the entry link. BUT please note that **entries MUST CLOSE on Wednesday 14th September.**

**NO LATE ENTRIES WILL BE ACCEPTED.**

If you have any questions then contact Lajos at [lj.hammer@bigpond.com](mailto:lj.hammer@bigpond.com)