



Lot 369, 8 West, Greater Portmore, St. Catherine
876.328.9662 jamthrows@gmail.com

Monday, January 30, 2023

KING OF THE RING 2023 – EXCELSIOR HIGH SCHOOL

DATE – FEBRUARY 11TH, 2023

START – 8:30 / END 5:30PM

MEET EMAIL: jamthrows@gmail.com / mikeyvassell@gmail.com

MEET TELEPHONE: +1 876 3289662

ENTRY DEADLINE: FEBRUARY 08th, 2023

Entry Fee		BANKING INFORMATION FOR ELECTRONIC TRANSFERS	
Open / Unattached Entries	\$ 1,000.00	Acc Name	THROWERS R US
Team Entry – Team Limit 15	\$10,000.00	BANK	SCOTIABANK
Teams over 15	\$12,500.00	Acc Type	Savings
All cheques must be made payable to THROWERS R US		BRANCH	KNUTSFORD (50575)
		ACCOUNT #	10812081

PLEASE PROVIDE PROOF OF ELECTRONIC TRANSFERS

EVENT INSTRUCTIONS:

THROWERS ARE ADVISED TO WALK WITH THEIR OWN IMPLEMENTS, ESPECIALLY JAVELIN

- All implements will be weighed, marked and verified before being allowed into the competition area.
- Please note that all implements ACCEPTED except in the senior competitions are available for use by all competitions upon starting the competition.

ENTRY RESTRICTIONS LIMIT: NONE

EVENT INFORMATION

EVENT CLASS	EVENT GENDER	EVENTS
CLASS 1	M / F	SHOT PUT, DISCUS
CLASS 2	M / F	SHOT PUT, DISCUS
CLASS 1	M / F	SHOT PUT, DISCUS
CLASS 2	M / F	SHOT PUT, DISCUS
CLASS 3	M / F	SHOT PUT, DISCUS
OPEN HS	M / F	JAVELIN
OPEN	M / F	SHOT PUT, DISCUS, JAVELIN
Registration: (HIGH SCHOOLS)	-	Roster Athletics
SENIORS	-	Roster Athletics



**THROWERS
R' US**

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EVENT #	TIME	CLASS	GENDER	EVENT	COMP AREA
3	8:30 AM	HS OPEN	BOYS	JAVELIN	
8	9:00 AM	CLASS 1	GIRLS	SHOT PUT	SP 1
7	11:30 AM	CLASS 3	GIRLS	SHOT PUT	SP 2
14	9:00 AM	CLASS 1	BOYS	DISCUS	RING 1
18	9:00 AM	CLASS 2	GIRLS	DISCUS	RING 1
6	9:30 AM	OPEN	WOMEN	SHOT PUT	SP 1
1	10:00 AM	OPEN	MEN	JAVELIN	
16	10:30 AM	CLASS 2	BOYS	DISCUS	RING 2
15	12:00 PM	CLASS 3	GIRLS	DISCUS	RING 1
4	12:30 PM	HS OPEN	GIRLS	JAVELIN	
19	12:30 PM	CLASS 3	BOYS	SHOT PUT	SP 2
12	1:30 PM	CLASS 1	GIRLS	DISCUS	RING 1
11	1:30 PM	CLASS 1	BOYS	SHOT PUT	SP 1
2	1:50 PM	OPEN	WOMEN	JAVELIN	
10	2:30 PM	CLASS 2	GIRLS	SHOT PUT	SP 2
17	3:00 PM	OPEN	MEN	DISCUS	RING 1
20	3:00 PM	CLASS 3	BOYS	DISCUS	RING 2
9	2:50 PM	CLASS 2	BOYS	SHOT PUT	SP 2
13	4:30 PM	OPEN	WOMEN	DISCUS	RING 1
5	4:00 PM	OPEN	MEN	SHOT PUT	SP 1