



USATF/LIONS SPRING THROWS MEET

MARCH 7, 2009, LIONS FIELDS, AUSTIN, TX

*PROMOTING ATHLETICS FOR ALL AGES AS WE
ASSIST THOSE IN NEED*

PROCEEDS TO BENEFIT LIONS CHARITIES



CLINIC SCHEDULE (if enough interest)

7:30-9 AM	Hammer Throw
8:00- 9AM	Shot Put
9:00-10AM	Javelin
2:30-3:30PM	Discus

Fees: \$25 one event, \$40 two events, \$50 three events

MEET SCHEDULE

9AM-NOON	Shot, Discus, Javelin
NOON-2PM	Hammer, Weight
2PM-2:30PM	Superweight

Once I have entries, I will assign flights by age and sex to keep flights as even as possible. If traveling a long distance, let me know so I can put you in later flights where I can.

Entry fees: \$15 first event, \$5 thereafter. (4 or more events, meal included. Three events or less, meal is \$6 for athlete and \$6/visitor.)

Please email me as soon as possible with your clinic events and meet events. Waivers will be signed at checkin, no meet entry form needed. Make check to North Austin Lions and mail to address below with a sticky note that says "Lions Throws Meet/Clinic"
track4life@earthlink.net

NORTH AUSTIN LIONS CLUB

PO Box 141566

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