



Weight Pentathlon

Shot/Weight/Discus/Hammer/Javelin

Location: Clearwater High School
540 South Hercules Avenue
Clearwater

Event Director: Walt Deal 441-9463

Florida State Senior Games Sanctioned Event: Yes

Format:

1. There are five skills tested for the Weight Pentathlon as listed above.
2. You will receive a Master Schedule of events prior to the day of competition. Check the time of your first event and plan to arrive in time for check-in and warm up prior to the event.
3. All of the events of the Field Events schedule will be contested at the same time as the skills of the Weight Pentathlon. If you are doing Field Event skills that are not part of the Weight Pentathlon, you will need to be sure that you are maintaining the schedule of those events at the same time.
4. Certified Good Life Games implements will be provided for most events and age groups; you may use your own implement, but be prepared to have them weighed and/or certified.

Rules:

1. Warm-up practice throws may be taken in any event prior to the start of official throws.
2. Competitors will have three attempts to obtain their best effort.
3. At the discretion of the Event Director a competitor may be allowed to do an event at a time other than the one on the Master Schedule. Contact the Event Director prior to the day of competition if a change is anticipated.

Implement Weights

	Men	50	60	70	80	Women	50	60	70	80
Shot		6 K	5K	4K	3K		3K	3K	3K	2K
Discus		1.5K	1K	1K	.75K		1K	1K	1K	.75K
Javelin		700g	600g	500g	400g		500g	400g	400g	400g
Weight		25#	20#	16#	12#		16#	12#	12#	12#
Hammer		6 K	5 K	4 K	3 K		3 K	3 K	3 K	3 K