



2024 EDC THROWS-A-THON

SITE: Cushman Field

DATE: Saturday, April 6, 2024

TIME: 12:00 PM

ENTRIES: Entries will be through athletic.net. Each team can enter a max of 7/athletes per event. Entry questions can be directed to Ryan McCrady (herostiming@gmail.com) by email.

FEES: *Entry fee will be covered by the Eastern Dakota Conference.*

RESULTS: Live results will be posted on Hero's Timing.

QUESTIONS: Email Jeff Bakke at jbakke260@mygfschools.org

1. This will be the throwing portion of the EDC Indoor Meet (held outdoors at Cushman Field).
2. Athletes and coaches should come prepared for the weather.
3. "Lisbon Style" finals will be used. Athletes will get three throws. If they meet the requirements, they will receive an additional three throws in the next flight. The GF Throws coaches will determine those requirements.

2024 EDC THROWS-A-THON

Saturday, April 6th
CUSHMAN FIELD

EVENTS:

12:00 PM

Shot Put – G

Javelin – G

Discus - B

Immediately following above field events

Shot Put – B

Javelin – B

Discus - G