

Date: September 18, 2010

Location: Johnson County Community College Track & Field Stadium

Events: Hammer, Shot Put, Discus and Javelin

Start time: 9am

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75-79

Awards: Top 5 in each age group.

Order of Events: Hammer, Shot Put, Discus and Javelin

Attempts & age group order: 6 attempts & oldest to youngest (Women & Men will be combined)

Entry Fee: Pre-Register by September 10, 2010 - \$25.00 for 1st event and \$10 for each additional event  
After September 10 or meet day registration, - \$35.00 for 1st event and \$10.00 for each additional event

# HEARTLAND OPEN / MASTERS THROWERS CHALLENGE

## 2010 Heartland Open-Masters Throwers Challenge HAMMER, DISCUS, SHOT PUT & JAVELIN



CUT ON DOTTED LINE TO SUBMIT YOUR ENTRY FORM:

Entry Form: To be postmarked by September 10, after September 10 include late fees  
**(Please print clearly)**

Name (First & Last): \_\_\_\_\_ Age on 9-18-2010: \_\_\_\_\_

Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

HAMMER: \_\_\_\_\_ (Best Mark in 2009-2010)

SHOT PUT: \_\_\_\_\_ (Best Mark in 2009-2010)

DISCUS: \_\_\_\_\_ (Best Mark in 2009-2010)

JAVELIN: \_\_\_\_\_ (Best Mark in 2009-2010)

Make check payable to Heartland Athletic Services, Inc. and mail to:  
Heartland Athletic Services, Inc.  
P. O. Box 30074  
Kansas City, MO 64112

Contact: Gilbert S. Castillo - 916-916-6379 - [gscast@kc.rr.com](mailto:gscast@kc.rr.com)