

*Get some competition  
practise, or throw an early  
season qualifying mark*

**Cambridgeshire AA will be staging their annual  
Spring Throws meeting at Cambridge on  
14<sup>th</sup> March 2010.**

**The event is Open to all athletes in the East Region.**

**There will be 6 trials for everyone. EDM measurement on the cage throws.**

**Entries will be accepted on a first-come first-served basis up to the maximum number. (each event will be limited to a total of ca 15 male or 15 female competitors regardless of age).**

**Entry fee £2.50 for first event , additional events £2.00 per event.  
Entries in advance only – closing date March 10th.**

**Provisional timetable**

<b>11.45</b>	<b>Males Hammer</b>	<b>Females Shot</b>
<b>13.15</b>	<b>Females Hammer</b>	<b>Males Shot</b>
<b>14.30</b>	<b>Males Discus</b>	<b>Females Javelin</b>
<b>15.45</b>	<b>Females Discus</b>	<b>Males Javelin</b>

**(Under 13's may enter all events except the Hammer)**

**Entry forms can be downloaded from the Cambs AA website -  
[www.cambsaa.org.uk](http://www.cambsaa.org.uk), or you can e-mail [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)  
for more details and entry forms.**