

**Javelin Championships take place in conjunction with
Cushinstown AC Open T&F Sports on Sunday 28th April 2019
Check Cushinstown AC Open T&F Sports Programme for times
No Pre-entry Required**

Javelin		Weight	
U/18	Girls	Javelin	500g
U/18	Boys	Javelin	700g
U/16	Girls	Javelin	500g
U/16	Boys	Javelin	600g
U/14	Girls	Javelin	400g
U/14	Boys	Javelin	400g
Junior/Senior/Mas 35-49	Ladies	Javelin	600g
Masters 50-59	Ladies	Javelin	500g
Masters 60+	Ladies	Javelin	400g
Junior/Senior/Mas 35-49	Men	Javelin	800g
Master 50-59	Men	Javelin	700g
Master 60-69	Men	Javelin	600g
Master 70-79	Men	Javelin	500g
Master 80+	Men	Javelin	400g
U/15	Girls	Javelin	400g
U/15	Boys	Javelin	500g
U/13	Girls	Javelin	400g
U/13	Boys	Javelin	400g