



SHOT PUT



CHAMPIONSHIP SERIES

PRIZES

1st Place: Warm-Up Suit or
(boy & girl) a pair of throwing shoes

2nd Place: Warm-Up Suit
(boy & girl)

3rd Place: Shorts & T-Shirt
(boy & girl)

The first 30 paid entries will be included in the meet. You may enter any or all of the meets. The top 16 boys and top 16 girls will be invited to the Championship.

COST: \$10 per entry

WHERE: Duquesne University
600 Forbes Avenue
Pittsburgh, PA

Instruction and meet will take place in the auxiliary gym.

****Once 30 spaces are filled for the week no other entries will be accepted. Entries due by the Wednesday before each meet.**

*****GET YOUR ENTRIES IN EARLY!**

The Duquesne Championship Shot Put Series will be a weekly competition in the shot put as well as an hour of instruction prior to the competition. The first 30 boys and 30 girls will be entered for the weekly competition. After the 5th week of competition, the TOP 16 Boys and TOP 16 Girls (determined from distances throughout the series) will be brought back for the Championship. Prizes will be awarded to the top 3 boy and top 3 girl finishers.

SCHEDULE

TIME	MEET
6:00 — 7:00 Instruction 7:00 meet start	Tuesday, January 5, 2010 Palumbo Center auxiliary gym
6:00 — 7:00 Instruction 7:00 meet start	Tuesday, January 12, 2010 Palumbo Center auxiliary gym
6:00 — 7:00 Instruction 7:00 meet start	Thursday, January 21, 2010 Palumbo Center auxiliary gym
6:00 — 7:00 Instruction 7:00 meet start	Thursday, January 28, 2010 Palumbo Center auxiliary gym
6:00 — 7:00 Instruction 7:00 meet start	Friday, February 5, 2010 Palumbo Center auxiliary gym
7:00 Start Time Awards will take place at the conclusion of the competition.	Tuesday, February 9, 2010 Palumbo Center auxiliary gym CHAMPIONSHIP TOP 16 BOYS & TOP 16 GIRLS

