

Come and throw with us

**Cambridgeshire AA will be staging their annual
Spring Throws meeting at Cambridge on
16th March 2008.**

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

Note - There will be 6 trials for everyone. 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 £1.75 per event. Entries in advance only – closing date March 12th.

Provisional timetable

11.45	Males Hammer	Females Shot
13.15	Females Hammer	Males Shot
14.30	Males Discus	Females Javelin
15.45	Females Discus	Males Javelin

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

**Entry forms can be downloaded from the Cambs AA website -
www.cambsaa.org.uk, or you can e-mail noelmoss@btinternet.com
for more details and entry forms.**