

2024 SONS OF ITALY TRACK & FIELD THROWING CHAMPIONSHIPS

CONLEY STADIUM
434 MT. PLEASANT AVE, PROVIDENCE, RI 02908
SUNDAY, SEPTEMBER 15, 2024

Schedule – 10:00 am start for everything except Shot Put and Super Weight

Hammer - Men – Older to Younger followed by Women Older to Younger, followed by High School Boys, followed by High School Girls

Weight – Women - Older to Younger, followed by Men Older to Younger

Super weight - Follows weight - Men - Young to older followed by Women young to older

Discus - Women - Young to older followed by Men young to older

Shot Put – Follows Javelin -Men - Older to younger followed by Women older to younger

Javelin - Women - Older to younger followed by Men older to younger

Age groups will be combined when numbers permit it to move meet along. / Implements thrown will be in accordance with USATF age group standards. / Development division will go with High School Girls.

The one exception will be for the high school boys’ hammer throw which will include the 5k, 12#, 6k, 16# hammer, and high school girls’ hammer throw which include the 3k and 4k (high boys and high school girls may enter up to two hammer throw events). For a boy to enter the 5k and a girl to enter the 3k hammer throw they can be no older than 17 on December 31, 2024 for the development hammer throw event for young throwers in which various implements will be used.

Entry due by Wednesday, September 11th, 2024. Mail completed registration form and entry fee to:

Robert J. Palazzo 17 Cresant Drive, North Providence, RI 02904 - Make entry fee check payable to “Robert J. Palazzo”

Please Print: Name _____ Phone # _____
Address _____ City _____ State ____ Zip Code _____
Age (as of September 18, 2022) _____ DOB _____ Male _____ Female _____
E-mail _____ Club _____ USATF # _____
Event 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____
Best Mark 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6 _____

Entry Fee: \$25.00 Flat Fee per person, children under 12: \$10.00 (payable to Robert J. Palazzo)

Divisions: Youth (6-14), High School (grades 9-12), Collegiate, Open (through 29 years old), Masters (30 years of age and up in five (5) year age groups)

Awards: First three places in all events – divisions through Open, then Masters in five (5) year age groups.

Waiver and Release: In consideration of accepting this entry, I hereby, my heirs, executors and administrators waive and release and all rights and claims for damages I may have against the Order Sons Of Italy in America, its state and local lodges, Robert J. Palazzo, USA Track & Field, the City of Providence, and their employees, agents, officers, the sponsors, the volunteers and their representatives, other competitors and spectators, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and sufficiently trained for the competition.

Participant's Signature: _____ **Date:** _____

If minor (under 18 years of age), Participant's parent and/or guardian's signature