South Australian
Masters Athletics

Ever wanted to take part in a

HEAVY WEIGHT COMPETITION?

On Wednesday 11th November we will be holding a **56lb** and **100lb** weight competition, starting at 5.30pm.

The normal weight throw competition will still take place but due to time constraints, you will not be able to do both.

This is not suitable for all throwers as the weights are very heavy and we don't want any injuries.

Please register your interest on the sheet at the sign in desk if you wish to take part.