



TROY BUCHANAN ATHLETIC DEPARTMENT

SCOTT HUMPHREY –ACTIVITIES DIRECTOR

KATY LUCAS – ACTIVITIES SECRETARY

Troy Buchanan High School

18th Annual Throwdown

5/3/2025

- 7:45 Coaches Meeting
- 8:00 Men's Shot put, Women's Discus, & Men's Javelin followed by Women's Javelin
Varsity in Ring 1 & JV in Ring 2. (Varsity Javelin on Track throwing area, JV on Football practice field)
- 11:00 Men's Discus, & Women's Shot
Varsity in Ring 1 & JV in Rings 2

** Concession Stand will open around 9:00**

Awards will be given out at the completion of each event

General Meet Information

-Unlimited entries, \$10.00 a thrower.

-Entries Due: Wednesday, 4/30 @ 11:59 PM If you have any questions please Contact Josh at Big River Race Management javitoux1@gmail.com

- All athletes will be given 4 throws. Top 9 go to Finals for 3 more throws. (Varsity Division only)
- Medals will be awarded to the top four places in each division / event.
- Flights of no more than 10 athletes.

8:00-11:00	Women's Varsity Discus	Ring 1	- TBHS marking
	Women's JV Discus	Ring 2	- Francis Howell Central
	Mens Varsity Shot Put	Ring 1	- TBHS marking
	Men's JV Shot Put	Ring 2	- Holt
	Men's Varsity Javelin	Track	- TBHS marking
	Men's JV Javelin	Grass Field	- Fort Zumwalt South
	Women's Varsity Javelin	Track	- TBHS marking
	Women's JV Javelin	Grass Field	- Fort Zumwalt East
11:00-2:00	Women's Varsity Shot	Ring 1	- TBHS marking
	Women's JV Shot Put	Ring 2	- St Charles West
	Mens Varsity Discus	Ring 1	- TBHS marking
	Men's JV Discus	Ring 2	- Fort Zumwalt West

As usual, it is hard to find workers for this meet. We may need to use some kids as a last resort.

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