

ONLINE ENTRY:[https://my.cheddarup.com/c/lstc\\_classic/forms?cart](https://my.cheddarup.com/c/lstc_classic/forms?cart)

# The 22nd Annual Long & Strong Throwers Classic

Saturday-July 11, 2026



At Seth Grove Stadium, Shippensburg University, Shippensburg, PA 17257

**COMPETITION SCHEDULE**

**Order of Events**

8:30AM - 10AM Registration open

Hammer (9AM)

Youngest to Oldest



**USATF sanctioned meet**

Discus (to follow Javelin)

Youngest to Oldest

Javelin (10AM)

(single event javelin throwers, open runway thereafter)

Shot (10AM)

Oldest to Youngest

Weight/Superweight (to follow Shot)

*\*Flights may be mixed gender*

**\*\* Please bring your own implements.**

**Throws meet for all athletes age 15 (high school) and older**

Flights will be arranged at the meet to best accommodate conflicts among events without disrupting the flow of the meet. Medals awarded per 5-year age groups.

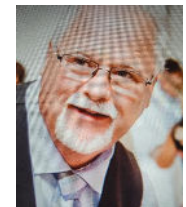


**Photophiliccaptures Kona Ice**



**FOOD FROM:**

**Flavor 76**



**MUSIC BY:**

**Perfect DJ**

Entry Fee- **\$20.00**, all events- **\$15.00 each**, additional \$10.00 for weight pentathlon score. The weight pentathlon will be contested out-of-sequence, with other events. **Entries must be postmarked by 7/8/2026- last day to avoid late fee of \$10.00 per person.** Or online entries by July 11, 2026. All entries must include phone number and e-mail address (if applicable). Must make one fair throw in the preliminary 3 throws to advance to the finals. Athletes may compete with any implement in the competition. Bring your own chairs and shade. **Questions?** Contact: Glenn Thompson ([717-512-6693/Thrower60@aol.com](mailto:717-512-6693/Thrower60@aol.com)). Make checks payable to Long & Strong Throwers Club and mail to:

**LONG & STRONG THROWERS CLUB, c/o Glenn Thompson, 517 Redwood Street, Harrisburg, PA 17109**

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**Personal Data:**

Name (print) \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Gender (M/F) \_\_\_\_\_

USATF # \_\_\_\_\_

Age as of 7/11/2026 \_\_\_\_\_

**Event Information:**

Shot Put \_\_\_\_\_ Mark \_\_\_\_\_

Hammer \_\_\_\_\_ Mark \_\_\_\_\_

Discus \_\_\_\_\_ Mark \_\_\_\_\_

Javelin \_\_\_\_\_ Mark \_\_\_\_\_

Weight \_\_\_\_\_ Mark \_\_\_\_\_

SuperWt \_\_\_\_\_ Mark \_\_\_\_\_

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigned release and discharge the promoters, directors, the Long & Strong Throwers Club, USATF, Shippensburg University, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above event on July 11, 2026 I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or contributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in the above event., the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Long & Strong Throwers Classic.

**Your Signature** \_\_\_\_\_

**Date** \_\_\_\_\_