



# 7th Annual "South Jersey Throw Down"



Dates: 1/19/16, 1/28/16, and 2/9/16  
Location: Cherokee High School – South Gym  
Time: Check in at 3:30PM  
Meet starts at 4:00PM  
Places: 4 throws, no finals  
Medals: Top 3 per level  
Entry Fees: \$7 per athlete. We will be running two circles in one gym  
Entries limited to the first 50 girls and 50 boys

**Only soft shots allowed. Soft shots will be available if you do not have any.**

Please submit entries and direct any questions to John McMichael at [jmcmichael@lrhsd.org](mailto:jmcmichael@lrhsd.org) or 856-983-5140 ext. 2209.

Cherokee High School  
120 Tomlinson Mill Road  
Marlton, NJ 08053  
856-983-5140 x2209  
856-596-6495 Fax

Please make all checks payable  
to Cherokee High School

---

## 7th Annual South Jersey Throw Down

School		Coach's Name	
School Phone #		Coach's Cell #	
		Coach's Email	

January 19, 2016		Freshman	JV	Varsity
	Boys			
	Girls			

January 28, 2016		Freshman	JV	Varsity
	Boys			
	Girls			

February 9, 2016		Freshman	JV	Varsity
	Boys			
	Girls			