


2nd Annual Matteo Mitchell Invitational 2025

Hammer Throw Only — Open to All Ages

 **Merritt College, Oakland, CA**

 **17 Saturday, July 26th, 2025**

 **Start Time: 1:00 PM**

 **Entry Fee: \$25 – [Sign Up Here](#)**

Registration Perks

- **First 40 entries receive a FREE Hammer Junkie shaker bottle**
- **Every entry = 1 raffle ticket for a chance to win a No. 36 Hammer Glove at the end of the meet!**

Event Schedule

- **Weigh-Ins Open: 11:00 AM**
- **Weigh-Ins Close: 12:30 PM**
- **Open Section Begins: 1:00 PM (Warm Up's Start @ 12:30pm)**
- **Comp Section Follows**
- **Location: Merritt College Hammer Cage (circled in **RED** on map)**
- **Closest Parking: Limited spots near cage (circled in **BLUE** on map)**

Divisions & Format

COMP SECTION (Biggest PR Competition)

- **Eligibility: Must have a *verified mark from the 2024–2025 season (This ensures PR's are real, allowing for a fair competition.)***
- **Weight Standards:**
 - **HS Men: 12lb (5.45kg)**
 - **College Men: 16lb (7.26kg)**
 - **Women: 4kg (8.8lb)**
- **Format:**
 - **6 throws per athlete (no finals)**

- Men and women compete together
- **Winners Determined By:** *Biggest PR*
- **Prize Pool:**
 - 🥇 1st: \$200 + \$100 4Throws Gift Card + Hammer Junkie Glove + ThrowsPro Carrier + Trophy
 - 🥈 2nd: \$100 + \$75 4Throws Gift Card + Hammer Junkie Glove + ThrowsPro Carrier + Trophy
 - 🥉 3rd: \$50 + \$50 4Throws Gift Card + Hammer Junkie Glove + ThrowsPro Carrier

🔵 OPEN SECTION (Distance-Based Competition)

- **Eligibility:** Open to all — throw any weight
- **Format:**
 - 6 throws per athlete (no finals)
 - Men and women compete together
- **Winners Determined By:** *Farthest overall throw*
- **Awards:** Top 3 distances receive medals



Registration Info



SIGN UP HERE: <https://www.directathletics.com/meets/track/92706.html>



Entries Close: 7/24/25

ONCE YOU SIGN UP, EMAIL ME WHAT SECTION YOU ARE COMPETING IN!

Email Matteo Mitchell with any questions: Matteomitchell22@gmail.com