

# BIGish JUMPS & THROWS FEST

MONDAY 26<sup>TH</sup> MAY 2025

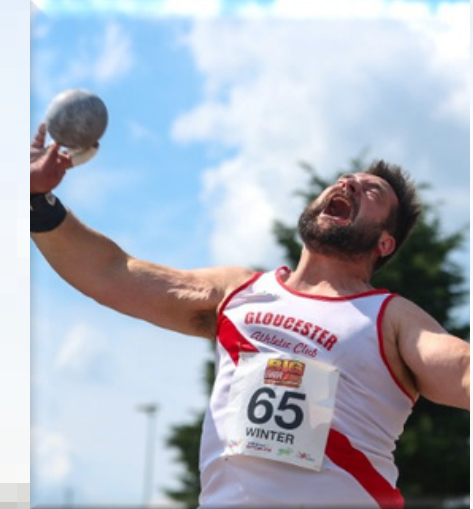
10:30am - 5:30pm

31st  
Edition



Chelmsford Athletics Stadium, CM1 2EH

Online entry from Monday 14th April 2025  
Entry Fee £18.00 per event  
Enter via <https://www.bedfordgames.co.uk>



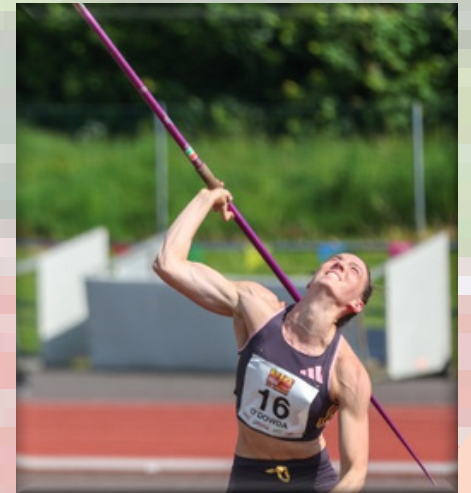
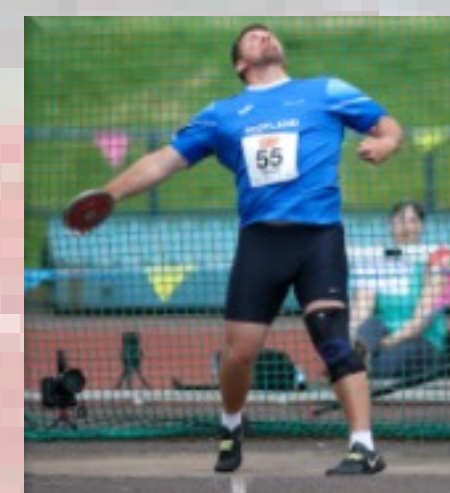
HIGH JUMP

LONG JUMP

TRIPLE JUMP

SHOT

## 2025 Entry Standards



DISCUS

HAMMER

POLE VAULT

JAVELIN

HIGH JUMP : M 1.80m / W 1.55m  
LONG JUMP : M 6.70m / W 5.60m  
TRIPLE JUMP : M 13.40m / W 11.20m  
POLE VAULT : M 4.30m / W 3.40m  
SHOT : M 13.00m / W 11.80m  
DISCUS : M 44.00m / W 40.00m  
HAMMER : M 50.00m / W 48.00m  
JAVELIN : M 56.00m / W 41.00m

Minimum Standards apply in all events  
Top officials and facilities in a Level 2 athlete friendly environment  
All throwers will use senior implements except UKA invited U20s  
Events will be seeded after the closing date and lists will be posted on the website



Photographs courtesy of Peter Milsom