

# Gentlemen's KettleBell Toss

NORTH HAVERHILL FAIR 2025

Saturday July 26

Chaired by: Kelly Joslin, 603-787-6585

Registration begins at 4:00 pm and ends at 5:00 pm.

The competition begins immediately following the Skillet Toss

- Class 1 – Ages 18 – 30
- Class 2 – Ages 31 – 40
- Class 3 – Ages 41 – 50
- Class 4 – Ages 51 – 60
- Class 5 – Ages 61 & over

A Grand Champion Award will be presented to the winner of the final throw. Finalists will be the first-place winners in Classes 1 thru 5.

## **RULES:**

1. Registration closes promptly at 5:00 pm, with no exceptions. The Chairman reserves the right to limit the number of contestants.
2. Open to all men 18 years of age and over.
3. The kettle bell will be provided by the fair made of stainless steel and weighing 20 pounds. 4. Throw will be straight out the course. Distance off the center line will be subtracted from the distance thrown.
5. No practice throws allowed.
6. One (1) throw per contestant.
7. Crossing the foul line will result in disqualification.
8. No full circle wind up before tossing the kettle bell. Acceptable throws will be demonstrated at the beginning of the competition.
9. Grand Championship Round – Two (2) throws per contestant – score will be the better of the two throws.

We would like to express our sincere appreciation and thank you to Always Fit Athletic Club in Woodsville, NH for their sponsorship of this event.

