

New Chargers Record

F 60-64 Javelin 500g Karen Ellsworth 17.89m (58-8) 08/03/2024

Karen's record was set at the 12th Rock Throws Meet in Middletown, NY. Her throw establishes a record for a new weight class in the Javelin Throw. Congratulations Karen!
(The USATF standard weight for the 60-74 age groups in the Women's Javelin Throw was changed from 400g to 500g in 2014.)

Thinking **you** may be the **next** Chargers record setter? Be sure to **register** as a **Syracuse Charger**. For Chargers sponsored events, write in or click on the Syracuse Chargers club affiliation. If registering through Athletic.net, please email president@syracusechargers.org so that your club affiliation will be sure to show in the event results. (The president needs to enter the competition in the Coaches version of the site in order for your club name to show in the results. If not added in this way, your entry will be labeled as Unattached.)

Think **you** may have **already set** a new Chargers record?

-Check the records link below to verify the existing record in your event. Then **Submit** your request for a new record via the form and directions below.

Records are available here: <https://www.syracusechargers.org/club-records/>

Submit a new record here: <https://www.syracusechargers.org/record-submission/>

Cindy Daly
3/28/2025

