



SONOMA  
WINE COUNTRY  
Games

# THROWS EVENTS & PENTATHLON

for athletes 50+

Saturday, June 14th

2025

**Discus, Hammer,  
Javelin, Shot Put  
& Weight Throw  
at  
Santa Rosa HS,  
Santa Rosa, CA**



**CA** council on aging  
living better, together.

Online Registration opens

**MARCH 1ST, 2025**

[www.winecountrygames.seniorgamesregistration.com](http://www.winecountrygames.seniorgamesregistration.com)