



## **Athletics NS/Truro Lions Indoor Open (Throws and Tetrathlon)**

Truro Lions and Athletics NS will be hosting the throws and Tetrathlon portion of the Athletics NS Indoor Open meet at the Cougar Dome on January 21st.

When: Sunday, December 21<sup>st</sup>

Time: 12:00PM

Events: Shot Put, Weight Throw, Tetrathlon

Schedule : Shot Put Male 12:00

Shot Put Female 1:30

Weight Throw Female/Male 3:30

Tetrathlon: 60m - 12:00pm - Shot Put, Long Jump and 600m will follow concurrently after the 60m

Cost: \$25/athlete (Throws) + \$5 Officials Fee, \$5 (Tetrathlon)

More information: Please contact Jonathan Doucette [coach@athleticsnovascotia.ca](mailto:coach@athleticsnovascotia.ca)