



## **Last Chance Throws Meet**

Truro Lions and Athletics NS will be hosting a Last Chance throws meet at the Cougar Dome on December 16<sup>th</sup>.

When: Sunday, December 16th

Time: 12:45PM

Events: Shot Put, Weight Throw

Schedule : Shot Put Male/Female 12:45

Weight Throw Female/Male 2:30

Cost: \$25/athlete + \$5 Officials Fee

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