

*The First 10 Throws  
Competition  
Saturday May 4, 2019*



Rain Date: Sunday May 5, 2019

The first throws meet of the season will be offered on Saturday May 4, 2019 at the Launch Pad in Port Williams, NS. Open to the first 10 throwers registered in each event (per event male and female combined)

This will be a four (4) trial competition, where each athlete will get four throws only.

Competition Schedule

1pm - Javelin

2pm - Shot Put

3pm - Discus

On site Contact: Steve Wohlmuth