**Kingston Invitational Throws Meet, Aug. 10, 2019**

**Location:** Caraco Track and Field Facility, Invista Centre Kingston, Ontario

1350 Gardiners Rd, Kingston, Ontario

**Meet Info:** meet is open to all ages, (U-12 to Masters). Throwing order will be based on seed performance (so please include one). Depending on numbers intent is to throw all ages together, everyone receiving 6 throws. If numbers warrant it events may be separated out based on gender (women, then men) or age categories.

**Schedule:** is anticipated to be as follows (may change based on numbers) … Each event will receive appropriate warm-up throws. We will run directly from one event to then next but will not move ahead of the stated start times. If numbers are large then anticipated start times will be off, watch the flow of the meet.

Discus: 10am to 11am

Hammer: 11am to noon

Javelin: noon to 1pm

Shot: 1pm to 1:30pm

Weight: 1:30pm to 2pm

**Entry Fee:** $5.00 per event

**Entry Deadline:** Wednesday, August 7, 2019 at 11:59pm. Late entries may be considered based on numbers. Please contact Melody if you wish to compete and have missed the deadline.

**Implements:** please bring your own. We do have most implement and will be supplying what we have for open use at the meet.

**Questions:** can be directed to Melody Torcolacci – mt @queensu.ca or 613-766-8410