**2020 Southwest Throws Invitational Woodstock, ON Tuesday September 1st, 2020**



**EVENTS OFFERED:**

THROWS (Hammer, Shot Put, Discus, Javelin)

JUMPS (High Jump)

Entries due Wednesday, August 26th, 2020

**Location:** 700 College Avenue – Woodstock, Ontario – N4S 6L9

**Parking:** College Avenue Secondary School Parking lot, and on one side of the street (East Park Rd) NO parking at Oliver Stephens School, due to construction.

**Facility access:** Only Field access for throwing and High Jump events.

**Sanctioned by:** Athletics Ontario

**Meet Director:** Jag Rai – [wlaccamp@gmail.com](mailto:wlaccamp@gmail.com)

**Registration:** **Athletes and coaches must be AO members and registered on Trackie**

**Age Categories:** Bantam, Midget, Youth, Junior, Senior, Masters

**Entry Fees:** $10.00 per event for athletes; no fees for coaches (Entries are limited, TVDSB school board polices are a group of 10 in an area) 2 officials and 8 athletes at each event site.

**Waiver:** Must be completed online with registration.

**Check In:** **Requires the online Health Screening within 24 hours.**

**Facility Access** Check in at the event site, 30 minutes prior to your scheduled event. Preliminary warm ups are permitted in designated areas by events.

**Implements:** Athletes must bring their own implements.

**High Jump:** Athletes must bring their own tarps.

**Schedule:** Final Schedule and sections posted Wednesday night.

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| **SOUTHWEST THROWS INVITATIONAL -2020** | | | | | |
| **Gender** | **Hammer** | **Shot Put** | **Discus** | **Javelin** | **High Jump** |
| ***Women*** | 6pm | 7pm | 7:45pm | 6pm | 6pm |
| ***Men*** | 6pm | 7:45pm | 7pm | 7:15pm | 6pm |

**In addition to the Athletic Ontario protocol:**

* Coaches, Officials and athletes wear a mask in the facility, except during warming up and racing.
* Personal bags must be placed in the designated event warm up area.
* Athletes can do the majority of their warm up on the soccer fields
* NO warm ups, drills or strides on the track.
* Leave the track immediately after your event has been completed. Do any necessary cool down on the soccer fields.
* All spectators remain outside the facility. Viewing can be done from the perimeter fence, and designated viewing areas.
* Athletes must provide their own water, food and medical care.
* There will NOT be any change rooms or washroom facilities available.
* Entries are limited, TVDSB school board polices are a group of 10 in an area =2 officials and 8 athletes at each event site. Also due to board restrictions, only invited teams may register.