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| **Southwestern Invitational Throws Meet**  **Woodstock Legion Athletic Club**  **www.wlac.ca** |

**Location**: Terry Fox Track & Field Complex, Woodstock, ON

**Parking:**700 College Avenue, Woodstock, ON

**Sanctioned by:** Athletics Ontario

**Meet Director:** Jag Rai - wlaccoaches@gmail.com

**Registration: Entries Deadline:** https://www.trackie.com/online-registration/ for athletes and coaches Sunday, July 25, @ 4:30 pm.

**Events:** Discus, Javelin, Shot Put, Hammer Throw, Long Jump and High Jump

**Age Categories:** OPEN

**Southwestern Invitational Throws Meet – July 27, 2021**

**Woodstock Legion Athletic Club - www.wlac.ca**

**Entry Fees:** $15.00 for athletes; no fee for coaches

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

**Check In:** Requires the online Health Screening within 24 hours. Athletes must bring their own implements.

**Implements:** Bring your own implements, implements may not be shared unless you are in the same training group and are able to sanitize.

**Meet Start Time:** 4:00pm

**Schedule:** To be posted on the day of meet by noon.

**Facility access**: 30 minutes prior to event time

**Meet format for numbers and sections will follow the COVID protocol in effect on the day of the meet. Covid - Screening required before you arrive to the facility** [**https://docs.google.com/forms/d/1WPWLvGS\_2VQivb8YQdQuj-oj6WYYg6ctlyyOwb8whPE**](https://docs.google.com/forms/d/1WPWLvGS_2VQivb8YQdQuj-oj6WYYg6ctlyyOwb8whPE/edit)

* **All spectators remain outside the perimeter of the facility.** Viewing can be done from the perimeter.
* Coaches, Officials, and Volunteers **MUST** wear a mask in the facility. If you are unable to wear a mask for a medical reason, we respectfully ask you to remain outside the facility.
* **COACHES TO SIT/STAND IN DESIGNATED AREAS WITH A MASK ON.**
* Athletes need to wear a mask when entering/exiting the facility while walking to and from their designated bag drop/warm up area. Personal bags to be placed in the designated event warm up area.
* Majority of the warm up should be done on the perimeter of the soccer fields/baseball diamond.
* Leave the track immediately after your event, collect your belongings from your warm up area and do any cool down necessary on the perimeter of the soccer fields.
* Athletes must provide their own water, food and medical care.