



London Western Track & Field Club

Presents

SWO Throws Meet

- WHEN:** Sunday, August 15th, 2021
- WHERE:** Strathroy District Collegiate Institute
361 Second Street, Strathroy, Ontario N7G 3H8
- WHO:** Must be registered with Athletics Ontario
Entries open to U16, U18, U20, and OPEN
- ENTRY DEADLINE:** Tuesday, August 10th, 2021
Events will be capped, so don't wait to register!
- ENTRY FEE:** \$20.00 for first event, \$10.00 for additional events
- MEET ENTRY:** Registration can be completed here – www.trackiereg.com/SWOThrows

TENTATIVE SCHEDULE

Schedule is tentative and will work on a rolling schedule if need be

Facility opens for warm up at 10:00am

11:00 am	Men's Javelin Women's Shot
12:00 pm	Women's Javelin Men's Shot
1:00pm	Men's Hammer
2:30pm	Women's Hammer
3:30pm	Women's Discus
4:30pm	Men's Discus



IMPORTANT MEET INFO:

- Throwing schedule may change due to entries
- Organizers will not supply implements
- We will try to have individuals compete within their age class if numbers warrant. However, if fields are too large then we will run as an open competition where only the top 8 get an additional 3 attempts.
- All athletes will use their age designated implements.
- All participants will be required to maintain social distancing of 3m.
- All volunteers, officials & coaches inside the facility must wear a mask at all times.
- Athletes may remove their masks during warm up, competition and cool down.
- All participants, coaches, officials, volunteers and spectators will need to complete the COVID-19 screening form within 24h of the start of competition. Failure to do so will result in access to the facility being denied.
- Circle/runway will be open for 30 minutes prior to event start time for warm up.
- 9mm max pin length, only pyramid spike pins, on the javelin runway.
- Coaches to sit/stand in designated areas with a mask on
- Athletes must provide their own water, food and medical care.
- There are no bathroom facilities or water fountains on site.