

SWO 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 Friday, July 22, @ 11:59 pm.

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

Age Categories: OPEN

Southwestern Invitational Throws Meet – Sunday July 24, 2022

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

Waiver: Must be completed online with registration.

Check In: Athletes must bring their own implements. Check in will occur at the event.

Implements: Weigh in of implements will occur at the Discus/Hammer cage.

Meet Start Time: 3:00pm

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

Facility access: 30 minutes prior to event time.

- 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.
- Porta potty will be available but NO access to changerooms, come prepared with your competition attire on.