

John Allan Field Series Meet #2

Meet Director: Sylvia Kontra (skontra@uwo.ca) Scott MacDonald (scottmaclwtfc@gmail.com)

Location: Alumni Stadium – Western University - London, Ontario

Date: Sunday, July 9th, 2023

Events : Men and Women's Shot put, Hammer, Javelin, Discus,
Tie Downs: Shot put, Discus, Javelin, Club Throw.

Cost: \$20 for first events, \$10 for second event

Please note, non Athletic Ontario athletes must pay an additional \$5 insurance fee

Late entries or entries not submitted via Trackie - \$25 per athlete per event

Entries: (open to U16, U18, U20 and Open age classes and all Para Classifications)

Entry deadline is Wednesday, July 5, 2023. midnight

Entries are to be submitted via Trackie - **Please complete waiver online**

Schedule: Throws

10:00 am Men's Javelin
11:00 am Women's Javelin
12:00 pm Men's Shot & Women's Hammer
1:30 pm Women's Shot & Men's Hammer
3:00 pm Women's Discus
4:30 pm Men's Discus

Jumps:

12:00 pm Women's Triple Jump
2:00 pm Men's Long Jump

*If numbers are low, some events may be mixed

PLEASE NOTE:

- Schedule is tentative and may change after entries are in.**
- The organizers will not provide implements. Weigh ins will be on site.**
- Individuals will compete within their age classes, if numbers allow. However, if fields are large (>15, 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.**
- Open to U16, U20 and Open age classes.**

Implement	U16 Women	U18 Women	U20/Open Women	U16 Men	U18 Men	U20 Men	Open Men
Shot	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Discus	1 kg	1 kg	1 kg	1 kg	1.5 kg	1.75 kg	2 kg
Hammer	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Javelin	500g	500g	600g	600g	700g	800g	800g