



**Truro Lions Track & Field Club**

Contact: [trurolions@gmail.com](mailto:trurolions@gmail.com) IG/facebook/X: @trurolionstf

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**LAST CHANCE THROWS MEET**

Date: December 3, 2023

Time: 1:00pm start, circle will open at 12:30pm.

Athletes permitted entry at 12:00pm to warm up on the track.

Events: Shot Put, Para Shot Put, Weight Throw

Location: Cougar Dome, 72 North St, Truro

Cost: \$25, all athletes must register on Trackiereg. Athletes may compete in two events.

- This event is a Sanctioned Meet, open to Athletics Canada members only.
- Shot Put will be the first event, followed by Para Shot Put and Weight Throw. Athletes will be provided a 30 minute warmup for Weight Throw from the time the Shot Put events have concluded.
- Athletes are requested to bring their own chalk if you choose to use it.
- Each athlete must use the approved implements designated for their age category during the competition.
- Athletes will be required to retrieve implements from the field.
- The turf will be closed during competition. All competitors, coaches and spectators will be required to remain behind the curtains during competition. Bleachers will be set up on the track.
- New facility policies: absolutely no food or outdoor footwear permitted inside. Coaches and spectators must sign in at the front desk upon entry. Coaches will be responsible for knowing how many athletes they have inside.
- The final schedule will be sent out by email once registration has closed.
- On-site washrooms and Aroma Maya coffee shop <https://www.aromamayacoffee.com/>