



Friday Night Flights Series

Dates

- **April 26:** SP, DT, HT, JT (AO & World Para Sanctioned)
- **May 10:** SP, DT, HT, JT (AO, World Athletics & World Para Sanctioned)
- **May 17:** SP, DT, HT, JT (AO, World Athletics & World Para Sanctioned)
- **May 24:** SP, DT, HT, JT (AO, World Athletics & World Para Sanctioned)
- **June 14:** SP, DT, HT, JT (AO, World Athletics & World Para Sanctioned)

All athletes must be registered with Athletics Ontario or another Provincial Organization to compete.

Location: Ray Lewis Track & Field Center at Mohawk Sports Park

Meet Director: Sean Doucette

Address: 1100 Mohawk Road East Hamilton Ontario

Start Time: Events will start at **5:30pm**

Ages: All age groups

Entry Fee: **\$25.00** Per Event or **\$60.00** for all three. There is maximum entry of 3 events per athlete. Late registration will be accepted if there is room in the events at a rate of \$30.00 per event.

Registration Deadline: The preceding Wednesday evening of meet week by 11:59pm.

Late Registration Request: Day of the meet by **12:00pm**

Waivers: Waivers must be submitted by 3pm on the day of the meet.

Implements: Implements will not be provided by the meet. Athletes must bring their own implements. All implements will be weighed prior to the meet.

Competition: Competition will follow all open competition rules. Top 8 in each event per gender will receive an additional 3 throws. If time allows, then top 8 in each age group will receive 3 additional throws * This will be determined by the Meet Director and Officials.

The Ray Lewis Track & Field Center offers both track & green space for warm up. Athletes should anticipate only two practice attempts in the circle/runway before the competition begins.