**2024 London Western Twilight Series**

**Medway High School Track – Arva, ON**

**TWILIGHT MEET #1 – Wednesday, July 17th, 2024**

**TWILIGHT MEET #2 – Wednesday, July 31st, 2024**

**Technical Information**

**Meet Director:** Scott MacDonald – scottmaclwtfc@gmail.com 613-222-5674

**Sanctioned:** Athletics Canada, Athletics Ontario

  

**Events:** Twilight Meet #1 – 6:00 pm Start

80m/100m, 300m/400m, 1200m/1500m

Long Jump, Discus

 Twilight Meet #2 – 6:00 pm Start

 150m/200m, 800m, 2000m

 Triple Jump, Discus

**Rules:** World Athletics rules and regulations will be followed.

**Check-in:** All athletes will be checked in at their event area or start line 15 minutes in advance of the start.

**Results:** A link to live results will be available at [www.londonwesterntfc.com/host-meets](http://www.londonwesterntfc.com/host-meets)