



**Truro Lions Track & Field Club**

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**LAST CHANCE INDOOR THROWS MEET**

Date: November 24, 2024

Time: 12:00pm start, circle will open at 11:30am for warmup

Athletes permitted entry at 11:00am to warm up on the track

Events: Shot Put, Para Shot Put, Weight Throw

Location: Cougar Dome, 72 North St, Truro

Cost: \$25 1st event, \$15 2nd event. All athletes must register on Trackiereg

- 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. Seating areas will be provided on the track
- Facility policy: 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 after registration has closed.
- On-site washrooms
- On-site Aroma Maya coffee shop will be open <https://www.aromamayacoffee.com/>