

***Sunday Funday Throws Meet***

***Date***

* ***July 13/2025:*** 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

**Adress:** 1100 Mohawk Road East Hamilton Ontario

**Start Time:** Events will start at **11:00am**

**Ages:** All age groups

**Entry Fee: $25.00** Per Event, Maximum of **3** events per athlete.

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

**Late Registration Request:** Saturday July 12 11:59pm

**Waivers:** Waivers must be submitted by 8am 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.