

Throwing Schedule Crown Athletics

<https://www.crownathleticsns.ca/>

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Throws Practice 3:30pm to 4:30pm AVHS and 5 pm to 6:30pm KES	6	7
8	9	10 Throws Practice 3:30pm to 4:30pm AVHS	11	12 Throws Practice 3:30pm to 4:30pm AVHS and 5 pm to 6:30pm KES	13	14
15	16	17 Throws Practice 3:30pm to 4:30pm AVHS	18	19 Throws Practice 3:30pm to 4:30pm AVHS and 5 pm to 6:30pm KES	20	21 Athletics Nova Scotia Outdoor Open and Club Championships Pioneer Coal Athletics Facility Stellarton NS
22 Athletics Nova Scotia Outdoor Open and Club Championships Pioneer Coal Athletics Facility Stellarton NS	23	24 Throws Practice 3:30pm to 4:30pm AVHS	25	26 Throws Practice 3:30pm to 4:30pm AVHS and 5 pm to 6:30pm KES	27	28
29	30					

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Throws Practice 7 am to 10 am KES	2 Crown Jewel Twilight Meet KES	3 Throws Practice 7 am to 10 am KES	4	5 Athletics NS Canada Games and Legion Trials & Provincial Championships Beazley Field Dartmouth NS
6 Athletics NS Canada Games and Legion Trials & Provincial Championships Beazley Field Dartmouth NS	7	8 Throws Practice 7 am to 10 am KES	9 Crown Jewel Twilight Meet KES	10 Throws Practice 7 am to 10 am KES	11	12
13	14	15 Throws Practice 7 am to 10 am KES	16 Crown Jewel Twilight Meet KES	17 Throws Practice 7 am to 10 am KES	18	19
20	21	22 Throws Practice 7 am to 10 am KES	23 Crown Jewel Twilight Meet KES	24 Throws Practice 7 am to 10 am KES	25	26
27	28 Throws Twilight Meet KES Shot Put Discus Javelin	29	30	31		