



## 2025 Athletics East Heavy Throws Meet Technical Information - Updated June 9th

**Host:** Athletics East Track and Field Club

**Sanctioned by:** Athletics Nova Scotia, Athletics Canada

**Date and Location:** Tuesday, June 10th at Beazley Field, 50 Caledonia Road, Dartmouth, NS

**Age Categories:** All age categories from U14-Masters will be accommodated.

**Events:** Hammer Throw and Shot Put only.

**Final Schedule:** Note that the start time for shot put is approximate based on the completion of hammer. Shot put will not start earlier than 7:15pm.

6:00pm - Mixed Hammer Throw

7:15pm - Mixed Shot Put

**Registration:** This event is pre-registration only. Please register at [Trackie.com](https://trackie.com). The registration deadline is 11:59pm on Sunday, June 8th. No late registrations will be accepted.

\*Please note that there will be no refunds for scratches.

**Marshalling:** Please check-in at the event site 30 minutes prior to the listed start time.

All inquiries can be directed to Kirk Jessome at [athleticstd@sportnovascotia.ca](mailto:athleticstd@sportnovascotia.ca)