

John Allan Field Series Meet #1

Meet Director: Sylvia Kontra (skontra@uwo.ca) Scott MacDonald (scottmac1wtfc@gmail.com)

Location: [Strathroy District Collegiate Institute](#) – 361 Second Street, Strathroy, Ontario

Date: Sunday, July 27th, 2025

Events : Men and Women's Shot put, Hammer, Javelin, Discus,

Cost: \$25 for first events, \$15 for second event

Please note, non Athletic Ontario athletes must pay an additional \$5 insurance fee

Late entries or entries not submitted via Trackie - \$35 per athlete per event

Entries: (open to U16, U18, U20 and Open age classes)

Entry deadline is Wednesday, July 23rd, 2025. midnight

Entries are to be submitted via Trackie

Please complete waiver online

FINAL Schedule:

Time	Events
10:00am	Men's Javelin
	Women's Hammer
11:30am	Women's Javelin
	Men's Hammer
1:00pm	Women's Shot Put
	Men's Discus
3:00pm	Men's Shot Put
	Women's Discus

PLEASE NOTE:

1. Schedule is tentative and may change after entries are in.
2. The organizers will not provide implements. Weigh ins will be on site.
3. Individuals will compete within their age classes, if numbers allow. However, if fields are large (>15, we will run as an open competition where only the top 8 get an additional 3 attempts. All athletes will use their age designated implements.
4. Open to U16, U20 and Open age classes.

Implement	U16 Women	U18 Women	U20/Open Women	U16 Men	U18 Men	U20 Men	Open Men
Shot	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Discus	1 kg	1 kg	1 kg	1 kg	1.5 kg	1.75 kg	2 kg
Hammer	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Javelin	500g	500g	600g	600g	700g	800g	800g