

September Sizzle
September 9, 2025

66 Kings Edgehill Ln, Windsor, NS on the campus of King's-Edgehill School

Sanctioned

Meet Director: Phillip Hadley - phadley@kes.ns.ca

Date: Tuesday, September 9, 2025

Maximum spike length is 9 mm ·

Porta-potties are available on-site.

Registration: Please use the online registration system at www.trackie.com

Entries must be received by 11:59 p.m. Monday, September 8, 2025

Registration Fees: \$25 for first event. No charge for additional events.

Categories: All categories from U14 to Masters will be offered.

Events: Hammer, Discus, Shot Put, Javelin, Club Throw, 100m, 200m, 400m, 1500m

Schedule: The schedule is subject to change based on entries. Please see draft schedule on the event registration page. The final schedule will be posted on Trackie.

Marshaling Field events: Please check in with the official at the event site 30 minutes prior to the start of the event.

Scratches

Scratches will be accepted via TrackeReg until the registration deadline. Refunds will not be issued past the scratch deadline.

Javelin Warm-up 4:00 pm to 5:00 pm. Events begin at 5:00 pm to 6:00 pm for both male and female throwers of all age groups.

Club Throw Warm-up 4:00 pm. Events begin at 4:30pm for both male and female throwers of all age groups.

Discus Warm-up 5:00 pm to 6:00 pm . Events begin at 6:00 pm to 7:00 pm for both male and female throwers of all age groups.

Hammer (TBD) Throw warm-up from 6:00 pm to 7:00 pm. Events begin at 7:00 pm to 8:00 pm for both male and female throwers of all age groups.

Shot Put warm-up from 6:00 pm to 7:00 pm. Events begin at 7:00 pm to 8:00 pm for both male and female throwers of all age groups.

Track event warmups at 6pm, with 7pm start.

100m 7pm, 1500m, 7:15pm, 400m 7:30pm, 200m 7:45pm

Events time may be subject to change pending the number of participants.