



Truro Lions Track & Field Club

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ATHLETICS NS INDOOR THROWS MEET

Hosted by Truro Lions

Time: 12:00pm start, circle will open at 11:30am

Athletes will be permitted entry at 10:50am

Events: Shot Put, Seated Shot Put, Club Throw, Weight Throw

Location: Cougar Dome, 72 North St, Truro

Cost: \$25 1st event, \$15 2nd event. All athletes must register on Trackiereg

- This event is a Sanctioned Meet, open to Athletics Canada members only
- Shot Put will be the first event, followed by Weight Throw. Athletes will be provided a 30 minute warmup for Weight Throw from the time the Shot Put events have concluded
- Athletes are requested to bring their own chalk if you choose to use it
- Each athlete must use the approved implements designated for their age category during the competition
- Athletes will be required to retrieve implements from the field
- The turf will be closed during competition. All competitors, coaches and spectators will be required to remain behind the curtains during competition. Seating areas will be provided on the track
- Facility policy: **no food or outdoor footwear permitted inside.**
- The final schedule will be sent out by email after registration has closed.
- On-site accessible washrooms
- On-site Aroma Maya coffee shop will be open <https://www.aromamayacoffee.com/>