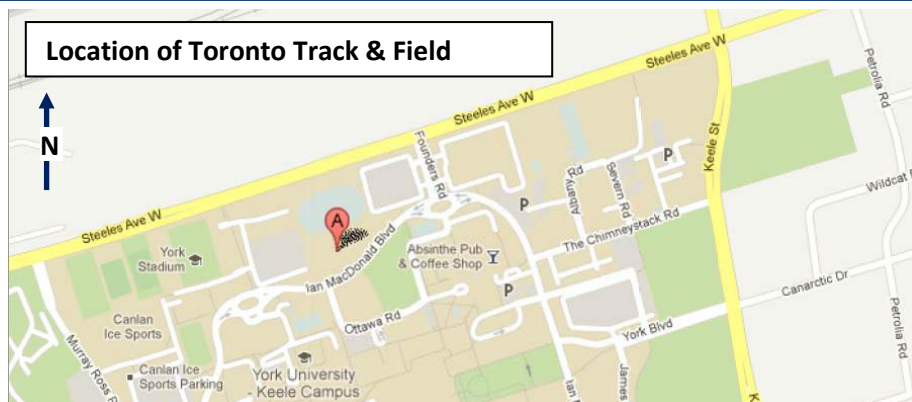




# Throwers Club Masters Throwers Meet #1

Toronto Track and Field Centre  
Saturday, May 30, 2026  
9:30am start

<b>Fees:</b>	<p>1st Event \$35 for members; \$45 for non-members; \$35 for junior/university/para athletes          2<sup>nd</sup> Event \$10, 3<sup>rd</sup> Event \$8, 4<sup>th</sup> Event \$7 &amp; 5<sup>th</sup> Event \$5          Throws Pentathlon \$65 for members, \$75 for non-members. Note: junior/university/para athletes will not be permitted to enter the throws pentathlon. Throws Triathlon \$53/\$63          If you are entering Throws Triathlon or Throws Pentathlon and want 6 throws make sure you pick the 6-throw option. You do NOT need to enter a separate single event as you will be automatically entered in the single event in addition to the multi-event you picked.          Membership Required: Ontario Masters Athletics, Athletics Ontario, Athletics Canada or USATF. For Masters Members meet rate, entrant must be paid up Throwers Club member for 2023. <b>Non members who are not AC members will be billed \$5 for insurance coverage.</b></p>	
<b>Events:</b>	<p>Throws Pentathlon, Triathlon and Single Throws Events (hammer, shot put, discus, javelin and weight throw). Events will be held in order of the Throws Pentathlon i.e. hammer, shot put, discus, javelin and weight throw. Scoring is by WMA 2023 tables. Throws Pentathlon and Triathlon will be 3 attempts for each event. Individual events will be 6 attempts. Men and women will compete in the same flights. Separate Masters &amp; Juniors flights will be run for shot, discus and javelin. Only shot will have simultaneous flights. Meet will start at <b>9:30am</b> sharp. <b>Schedule is attached.</b>  <b>This is an Athletics Ontario and IPC Sanctioned Meet.</b></p>	
<b>Entry:</b>	<p><a href="#">Click for Meet Entry.</a> Entry Deadline <b>Tuesday, May 26th at 11:59pm.</b> Please email Kristen Dajia Meet Director at <a href="mailto:kristendajia@gmail.com">kristendajia@gmail.com</a> if you have any questions. While we try and accommodate as many younger throwers as we can, we may have to restrict the number of entries in a particular event if our capacity is exceeded. <b>NOTE: There will be NO late or same day entries.</b></p>	
<b>Equipment:</b>	<p>Throwing equipment for all age classes and events will be provided. Throwers who wish to use their own implements must bring them at least 30 minutes before the event starts for weigh-in. Once weighed-in, implements will be part of the meet implements and available for use by all competitors.</p>	
<b>Results:</b>	<p>Complete results will be posted following the meet on the Throwers Club website at <a href="http://www.throwersclub.ca">www.throwersclub.ca</a></p>	<p>No qualifying standards for entry</p>
<b>Facilities:</b>	<p>Full throwing facilities for hammer, shot put, discus, javelin and weight throw. For further information see - <a href="http://www.toronto.ca/parks/sports/trackfield.htm">http://www.toronto.ca/parks/sports/trackfield.htm</a>          Pay parking is available at the lots just west of the Toronto Track and Field Centre (TTFC) or in the TTC parking lot at Pioneer Village Station north of TTFC.</p>	
<b>Hosted by:</b>	<b>Throwers Club</b>	<a href="http://www.throwersclub.ca">www.throwersclub.ca</a>



**SCHEDULE THROWERS CLUB MEET #1 - May 30, 2026 DRAFT**

<b>TIME</b>	<b>WEST HAMMER</b>	<b>WEST SHOT</b>	<b>EAST DISCUS</b>	<b>EAST JAVELIN</b>
9:30AM	<b>HAMMER FL#1</b>			
10:00 AM	MASTERS/JUNIORS			
10:30 AM	<b>HAMMER FL#2</b>	<b>SHOT FL#1</b>		
11:00 AM	JUNIORS	MASTERS		
11:30 AM		<b>SHOT FL#2</b>		
12:00 PM	<b>DISCUS FL #1</b>	JUNIORS		
12:30 PM	MASTERS			
1:00 PM				
1:30 PM				<b>JAVELIN</b>
2:00 PM				MASTER/JR
2:30 PM	<b>WEIGHT</b>		<b>DISCUS</b>	
3:00 PM	MASTER		JUNIOR	
3:30 PM				



**Events include:**

**TIMES ARE APPROXIMATE**

Throws Pentathlon (hammer, shot put, discus, javelin & weight throw - 3 throws)

Throws Triathlon (shot put, discus & javelin - 3 throws)

Single Events (hammer, shot put, discus, javelin & weight throw - 6 throws)

Masters, Open, Junior: **All times are Rolling Start**

27-Mar-26