

2026 Crown Athletics Heavy Throws Meet

Technical Information - Updated June 9th

Host: Crown Athletics

Sanctioned by: Athletics Nova Scotia, Athletics Canada

Date and Location: Thursday, June 11th at Kings Edgehill School, Windsor, NS

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

Events: Shot Put, Hammer Throw, Discus, and seated throws only.

Schedule: The event will use a rolling schedule. There will be a 20 minute warmup window between each event. Please arrive well ahead of time if you are not doing all events.

5:30pm - Mixed Shot Put

Approx 6:30pm - Mixed Discus

Approx 7:15pm - Mixed Hammer

Registration: This event is pre-registration only. Please register at [Trackie.com](https://trackie.com). The registration deadline is 11:59pm on Wednesday, June 10th. No late registrations will be accepted.

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

Marshalling: Please check-in at the event site 20 minutes prior to the listed start time.

All inquiries can be directed to Kirk Jessome at athleticstd@sportnovascotia.ca