Guelph Throws Opener
Friday November 20th, 2026
Hosted by the University of Guelph

Location: Gryphon Fieldhouse at of the University of Guelph.

Meet Director- Paul Galas pgalas@uoguelph.ca

Implement Check-In: Please check implements in at the throwing site.

Team Camps: Each collegiate team will be assigned a dedicated area to store belongings and congregate. Unattached athletes will also have a dedicated spot.

Unattached/Club Athletes: The meet will be opened to invited or approved entries for non-collegiate athletes. **All non-collegiate athletes or clubs should contact pgalas@uoguelph.ca for meet entry confirmation.** This meet will be recognized by the OUA/ USPORTS but will not be AO or WA Sanctioned.

Facility Rules: Please adhere to all University of Guelph facility rules, specifically the removal of outdoor shoes on the competing and warm up areas and only drinking water is permitted in the competition area.

Cost: $25.00 per athlete, with a maximum charge of $600 per team. Registration should be done at Trackie prior to Wednesday November 19th, 2026, at 11:00amET

TENTATIVE SCHEDULE

THROWS (rolling schedule)	
Weight Throw (Men)	3:00pm
Weight Throw (Women)	
Shot Put (Men)	
Shot Put (Women)	