



## **Athletics NS Last Chance Throws Meet**

Athletics NS, in conjunction with the Truro Lions will host a last chance throws meet on December 20<sup>th</sup>, at the Cougar Dome in Truro.

**When:** Sunday, December 20<sup>th</sup>

**Time:** Noon (Men's Weight and Woman's Shot) 1:30 (Woman's Weight and Men's Shot)

**Events:** Shot Put and Weight Throw (Order: Woman's shot, Men's shot, Women's weight, Men's weight)

**Cost:** \$20/athlete

**More information:** Please contact Jonathan Doucette [coach@athleticsnovascotia.ca](mailto:coach@athleticsnovascotia.ca) 902 220 3108

**Registration:** [TrackieReg](#)