

## John Allan Field Series Meet #2

**Meet Director:** Sylvia Kontra ([skontra@uwo.ca](mailto:skontra@uwo.ca)) Scott MacDonald ([scottmaclwtfc@gmail.com](mailto:scottmaclwtfc@gmail.com))

**Location:** Alumni Stadium - Western Ontario, London, Ontario

**Date:** Sunday, July 9<sup>th</sup>, 2023

**Events :** Men and Women's Shot put, Hammer, Javelin, Discus,  
**Tie Downs:** Shot put, Discus, Javelin, Club Throw.

**Cost:** \$20 for first events, \$10 for second event

Please note, non-Athletic Ontario athletes must pay an additional \$5 insurance fee

**Late entries or entries not submitted via Trackie - \$25 per athlete per event**

Entries: (open to U16, U18, U20 and Open age classes and all Para Classifications)

**Entry deadline is Wednesday, July 5, 2023. midnight**

Entries are to be submitted via Trackie -

**Please complete waiver online**

### Schedule: Throws

10:00 am Men's Javelin  
11:00 am Women's Javelin  
12:00 pm Men's Shot & Women's Hammer  
1:30 pm Women's Shot & Men's Hammer  
3:00 pm Women's Discus  
4:30 pm Men's Discus

### Jumps:

12pm Men's Long Jump  
2pm Women's Triple Jump

\*If numbers are low, some events may be mixed

### PLEASE NOTE:

1. Schedule is tentative and may change after entries are in.
2. The organizers will not provide implements. Weigh ins will be on site.
3. Individuals will compete within their age classes, if numbers allow. However, if fields are large (>15, we will run as an open competition where only the top 8 get an additional 3 attempts. All athletes will use their age designated implements.
4. Open to U16, U20 and Open age classes.

Implement	U16 Women	U18 Women	U20/Open Women	U16 Men	U18 Men	U20 Men	Open Men
Shot	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Discus	1 kg	1 kg	1 kg	1 kg	1.5 kg	1.75 kg	2 kg
Hammer	3 kg	3 kg	4 kg	4 kg	5 kg	6 kg	7.26 kg
Javelin	500g	500g	600g	600g	700g	800g	800g