



Ontario Masters Throws Pentathlon Championships
Throwers Club Meet #3
Saturday August 13, 2022 at Toronto Track & Field Centre

Hi All

Thanks for registering for the Ontario Masters Throwers Pentathlon Championships and Throwers Club Meet #3 to be held on Saturday August 13th at the Toronto Track & Field Centre starting at 9:30am. Essentially, we are running two separate throws events in one meet.

Due to the large number of entries in the Throws Pentathlon we have had to make some changes to the meet format:

- 1) Entrants in the Throws Pentathlon will have **3 throws** with their best throw counting towards their throws pentathlon score. AO will be providing Hytek scoring during the meet. Ontario Masters medals will be presented at the end of the meet.
NOTE: There will **NO extra throws** allowed for the Throws Pentathlon entrants.
- 2) The schedule is a rolling schedule. We will start the next event after the previous one is finished. Please arrive **1 hour before your event** as we may start your event sooner if the previous one is finished more quickly.
- 3) Entrants in **Throws Triathlon and Single Events** are in **Flight #2** for each event. The location where you are throwing is shown on the schedule.
- 4) Implements will be provided for all events. If you need to check in an implement, please make sure you arrive at least **1 hour before your event**.
- 5) Weather forecast for Saturday looks very good. Please make sure you bring sunscreen and a refillable water bottle.
- 6) Our meet will be done in conjunction with the Rising Stars meet but there is no overlap or conflict with their events as they are mainly on the track except for some throws events (shot and discus) in the east part of the field in the morning. We will be entirely in the west part of the throws field in the morning.
- 7) Parking is a major issue because the National Bank Open tennis tournament is on this weekend. The best option is to park at the TTC parking lot on the north side of Steeles as parking on campus near TTFC will not be available.

See you Saturday,

Bill Pearson

President and Meet Director, The Throwers Club, www.throwersclub.ca