



St. Catherines Throws Invite 2

Sunday, March 21th, 2021

- Location:** Haig Bowl Arena ,17 Beech St, St. Catharines, ON L2R 2B6
- Start Time:** 3pm
- Entry Fee:** \$25 per athlete per event, **FINAL DEADLINE** Thursday, March 18th at 11:59pm

ALL ATHLETES MUST BE REGISTERED WITH ATHLETICS ONTARIO OR PROVINCIAL BODY TO REGISTER

- Entries:** Weight Throw 24 Athlete Limit (Flights of 8)
Shot Put- 24 Athlete Limit (Flights of 8)

Waiver: Must be completed online with registration.
Implements: **Athletes must bring their own implements.**

Schedule: Final schedule and sections will be emailed Friday Morning

3pm Meet Start

Link to Health Screening:

<https://docs.google.com/forms/d/e/1FAIpQLScSBoUhtJ8-4eNjZZqfuQRTmTjIHbjKpZQQs63ecq2icCuSA/viewform?gxids=7628>

Only Athletes and officials allowed in the completion area.

Coaches must stay outside of the completion area.

Spectators are not allowed.

Health Precautions

- Wearing a mask is strongly encouraged at all times for athletes (when not warming up, competing or cooling down), coaches, officials, volunteers & spectators.
- Athletes, coaches, officials & volunteers must keep their gear a minimum of 2m apart & must not share drinks or food.

- Please respect the 2m rule while engaging officials and volunteers during the meet. Wear your mask.
- Please bring minimal bags and equipment into the stadium and keep them close to you, in your personal space.
- It is expected that each athlete and coach bring their own personal hand sanitizer, face mask, gloves or any other personal protective equipment they require. Please no handshakes, high-fives, hugs, etc during or after the competitions. Keep you distance from those people outside of your personal circles.