



CALTAF ATHLETIC ASSOCIATION
Lancer et Sauter à Paris Séries

Purpose: To provide para and able body athletes the opportunity to achieve qualifying standards for High Performance Meets (Nationals, Commonwealth Games, Olympic and Paralympic Games). These meets will allow athletes to obtain sanctioned performances to be included in the current Athletics Canada and world rankings for team selection. These meets must be flexible to take advantage of weather windows.

Meet #1

Dates: April 20, 2022 5:00-8:30, April 23, 11:00-3:00 and April 27, 5:00-8:00. All at Glenmore Athletic Park. There is concrete shot put, discus, and hammer circles.

These dates will be weather dependant. If we have to cancel a competition day due to weather, we will email participants the day before.

April 20, 2022		
5:00 pm	Discus – Men's/Women's	
5:00 pm	Seated Shot – Women's/Men's	
5:30 pm	Seated Discus –Women's	
6:30 pm	Shot Put – Men's/Women's (Ambulatory/Able-body)	
April 23, 2022		
11:00 am	Discus – Men's/Women's	
	Seated Shot – Women's/Men's	
	Seated Discus –Women's	
	Shot Put – Men's/Women's (Ambulatory/Able-body)	
	Javelin – Men's/Women's	
	Hammer – Men's/Women's	
11:00 am	Long Jump	
April 27		
5:00 pm	Discus – Men's/Women's	
5:00 pm	Seated Shot – Women's/Men's	
5:30 pm	Seated Discus –Women's	
6:30 pm	Shot Put – Men's/Women's (Ambulatory/Able-body)	
5:00 pm	Triple Jump	

Events: Seated Javelin, Seated Shot, Javelin (Para/Able body), Discus (Para/Able body), Hammer (Able body), Long Jump (Para/Able Body), Triple Jump (able body). Age Groups - U16 (born 2008-2007) to Masters (born 1985 and earlier). Preference will be given to high-performance athletes.

Entries

Entries will be limited and on a first come first serve basis.

Entry Fees

\$30.00 per day and will be paid by EFT.

Event Specifications:

Events	Gender	Para	Youth	Junior	Open
Shot Put	W / M	3kg/4kg/3kg	3kg./ 5 kg	4kg / 6 kg	4kg / 7.26 kg
Hammer	W/ / M		3kg/5kg	4kg/6kg	4kg/7.26kg
Javelin	W/M	600g/800g	500g/700g	600g/800g	600g/800g
Discus	W/M	1kg/1kg	1kg/1.5kg	1kg/1.75kg	1kg/2kg

Weigh In Procedure

Weigh in for **all** implements will be held 1 hour before the start of the meet.