



Royal City Inferno T&F Festival Throws at Toronto Track and Field Centre			
	Shot Put	Discus	Javelin
11:00	Mixed SP WARMUP		
11:30			
12:00		Mixed SP 3 Women + 3 Men Start: 12:00	
12:30			
1:00			Mixed Javelin 2 Women + 3 Men Start: 1:15
1:30			
2:00		Mixed DT WARMUP	
2:30			
3:00			
3:30		Mixed Discus 3 Women + 3 Men Start 3:15	
4:00			