



Chillicothe Friday Night Throws

We will be hosting three indoor shot put events on Friday nights in Chillicothe beginning in January 11th. These events are a sanctioned state qualifying event. The field will be limited to 32 athletes per gender. Doors will open at 5PM with warm-ups beginning at 5:15

Girls will begin throwing at 6PM and boys will follow. If there are more than 16 athletes per gender attend we will throw 2 flights. Athletes will throw 2-2-2 with all athletes throwing 6 times. The cost for pre-registered athletes is \$10 and \$15 dollars at the door. A registration waiver must be signed by the parent and athlete and will be available at the door and will be mailed out to all who pre-register.

Admission for fans \$1.00

To register email: Steve_semancik@yahoo.com with the athletes name, grade, gender, and school affiliation

Location: Mt Logan Elementary

895 East Main St.

Chillicothe, Ohio 45601

Park in the rear of the building and enter the east side doors.

* For any Additional questions or clarifications Contact:

Steve Semancik – Chillicothe Track

Phone 740-649-9427

Email Steve_semancik@yahoo.com

Competition dates

Competition # 1 1/13/2016

Competition # 2 2/3/2017

Competition # 3 2/17/2017