



CARL ALBERT TRACK & FIELD  
PRESENTS

# TITAN THROWS 2026



**THURSDAY**  
9TH APRIL, 2026

SHOT - BOYS(12LB)/GIRLS(4K)  
DISC - GIRLS(1K)/BOYS(1.6K)  
PLACE 1ST, 2ND, 3RD EACH  
EVENT

Registration Fee

**\$60**  
/TEAM (5)

\$10 for each additional athlete

The Last Day to Register  
**7TH APRIL, 2026**

Coaches Meeting  
**09.15 AM**  
Throws Start At  
**09.30 AM**

WE WILL HAVE A BOYS AND A GIRLS DIVISION. \$60 PER TEAM (5), PER DIVISION. \$10 PER ATHLETE BEYOND 5 MEMBERS. No fan entry fee, we just ask that you support our progames with a visit to the concession stand.

TO REGISTER EMAIL:

CAMERON COUCH ~ [ccouch@mid-del.net](mailto:ccouch@mid-del.net)  
MATT LOONEY ~ [mlooney@mid-del.net](mailto:mlooney@mid-del.net)