ONLY THROWERS

INDOOR SEASON 2026–27

Travel Team & Online Team · Shot Put · Weight Throw

DECEMBER

SAT 5	**Gately Park Open**	Chicago, IL
SAT 5	**GVSU MITS Indoor Meet**	Allendale, MI
SAT–SUN 5–6	**East Coast Throws & Jumps Festival**	SPIRE Institute, Geneva, OH
SAT 12	**GVSU MITS Indoor Meet**	Allendale, MI

JANUARY

SAT 2	**Carthage College Throws Camp/Comp**	Kenosha, WI
SAT–SUN 2–3	**KYA HS Indoor Classic**	Louisville, KY
SAT 9	**GVSU MITS Indoor Meet**	Allendale, MI
SUN 17	**Only Throwers Showcase** HOME	Brownsburg HS, Brownsburg, IN
SAT 23	**GVSU MITS Indoor Meet**	Allendale, MI
SAT 23	**Louisville Indoor Games**	Louisville, KY
SAT 30	**SPIRE Ohio Preview**	SPIRE Institute, Geneva, OH

TRAINING · JAN–FEB

Travel Team: unlimited group training at Lawrence Central HS & Marian University.
Online Team: technical & drill work through OnForm, plus monthly training plans from The Training Room.

FEBRUARY

SAT–SUN 13–14	**KTCCCA Presidents' Day Weekend Invite**	Louisville, KY
SUN 14	**SPIRE High School Indoor Games**	SPIRE Institute, Geneva, OH
SAT 20	**GVSU MITS Indoor Meet**	Allendale, MI
SAT 20	**USATF Kentucky Association Indoor Meet**	Louisville, KY
SUN 21	**KTCCCA High School Classic**	Louisville, KY

MARCH · NATIONALS

THU–SUN 11–14	**New Balance Nationals Indoor**	Boston, MA
THU–SUN 11–14	**Nike Indoor Nationals**	New York, NY

JOIN THE TEAM

REGISTER IN THE ONLY THROWERS APP

Get recruited. Get a program. Scan to download and sign up for the Travel Team or Online Team.

IPHONE

ANDROID

All meets are open to high school athletes; GVSU MITS meets are also open to middle school (register on athletic.net). Nationals are for qualifiers. Meet entry fees billed at cost.

BOOK GROUP, ONLINE OR 1:1 TRAINING TODAY onlythrowers.com