

2 Day Throwers Pentathlon

For throwers only!

Come learn a new throwing event and improve your current throwing skills.

Shot, disc, Javelin, Hammer, and Weight Throw

Two-day clinic/Pentathlon competition at DCC HS
Throws Facility

Four USATF Competition Divisions

- Girls/Boys ages 15-16 years old
- Girls/Boys ages 17-18 years old
- Awards for each individual event winner in each division
- All individual scores added together for an overall Pentathlon Champion in each division

Dates & Times:

Day 1: July 21st 10-2:30pm Hammer, Weight, and Javelin

Day 2: July 22nd 9-12pm Shot and Discus

Day 2: July 22nd 12-4pm Throwers Pentathlon Competition

Pricing:

If you don't want to do the full pentathlon you can pick and choose events to attend for the clinic, the competition or both. Cost is from \$13 to \$123 depending on your attendance choices.

Awards and T-Shirt are included

To **register** for the clinic/pentathlon visit:

<https://www.eventbrite.com/e/lift-throwers-pentathlon-tickets-33962649198>

USATF Membership is required

If needed, register at

<https://www.usatf.org/membership/application/index.asp>

(\$20. Fee to cover insurance)

A little about Coach Matt Krich

- Masters in Sports Science/Sports Coaching
- Level I and II USATF Coaching Certified
- Certified Strength & Conditioning Coach
- Competing and coaching in Track & Field since 1979
- Ranked 8th in the Nation in Javelin in 1987
- Scored over 6000 in the decathlon
- Grad Assistant coach with University of Tennessee National Champions in 1991
- Coached several years at MtSAC Junior College in CA
- Worked with 7 athletes making the Olympic Trials (2 made the Olympics)
- Currently competing at the Masters Level, Nationally ranked

Coach Matt also offers private coaching throughout the year.

For more information, contact him at:

719-761-1874 mk.jcoach215@yahoo.com

Event sponsored by

Let It Fly Track - LIFT &

Let It Fly Throwers - LIFT

