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 mkjcoach215@yahoo.com

Event sponsored by
Let It Fly Track - LIFT &
Let It Fly Throwers - LIFT