

# 2 Day Throwers Clinic/Pentathlon

## Throwers only!

Come learn new throwing events and improve your current event skills, June 1-2<sup>nd</sup>.

Shot, disc, Javelin, Hammer, and Weight Throw

Two-day clinic/Pentathlon competition at DCC Throws Facility

## Six USATF Competition Divisions

- Girls/Boys ages 13-14 years old
- Girls/Boys ages 15-16 years old
- Girls/Boys ages 17-18 years old
- Awards for each individual event winner in each division
- Individual event scores add up for overall Pentathlon Champion.

## Dates & Times:

**Day 1:** June 1<sup>st</sup> starts at 10am with Hammer, Weight, and then Javelin

**Day 2:** June 2<sup>nd</sup> starts at 9am with Shot and Discus followed by a

Throwers Pentathlon Competition.

Order of event in the competition will be: Hammer, Shot, Disc, Javelin, & Weight. Compete in one or all!

## Pricing:

If you don't want to do the full Clinic/Pentathlon you can pick and choose events to attend for the clinic, the competition or both. Cost is \$20 per event for clinic and 15\$ per competition event, \$175 total. T-Shirt and awards are included

## About Coach Vance

- Current Throws Coach at the Air Force Academy
- Past Throws Coach at Tiffin U. and Boise State Before AFA
- USATF Level II Certified Throw Coach
- Has Coached multiple conference champions and National qualifiers
- Eight-time All-Conference honoree and National Qualifier in Shot Put

## About Coach Matt Krich

- USATF Level II Certified Coach
- Competing and coaching in Track & Field since 1979
- Ranked 8th in the Nation in Javelin in college 1987
- 19 year coaching at the college level
- Coached 7 athletes making the Olympic Trials (2 made the Olympics)
- Masters Level, Nationally ranked in all five events throws and pentathlon

To **register** for the Clinic/Pentathlon visit:

Call or Email Coach Krich to let him know you will be there and then pay when you arrive

**For Insurance purposes a USATF Membership is required**

If needed, register at <https://www.usatf.org/membership/application/index.asp>

(\$20 Fee covers insurance for the year)

Coach Matt also offers private coaching throughout the year.

For more information, contact him at: 719-761-1874

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

