



Yuri Sedykh
Olympic Champion
World Record Holder
IAAF Master Instructor

2011 PacBay Throws Clinic



Shotput, Discus and Hammer Throw

21-March thru 23-March

Stanford University, Angel Field

Contact: daveswan94063@gmail.com

- Monday: 9:30am-10am Registration
10am-1pm Shotput & Hammer University & Elite Athletes
5pm-7pm Shotput & Hammer Jr.College and High School
- Tuesday: 9:30am-10am Registration
10am-1pm Discus & Hammer University & Elite Athletes
5pm-7pm Discus & Hammer Jr.College and High School
- Wednesday: 9:30am-10am Registration
10am-12:30 Shot & Hammer University & Elite
5pm-6pm Shot & Hammer Jr. College and High School
- Thursday 7pm-9pm Coaches Lecture w/Q&A. In Kissick auditorium,
Arrillaga Bldg near Track. Training, Drills and other strategies
- Come ready to throw. Bring your Implements (4k available for youth)



Natalya Lisovskaya
Olympic Champion
World Record Holder
Elite Instructor



Brought to you by:

- Stanford University,
- Pacific Assoc USATF
- The Pacific Bay Track Club

Payment and Attendance

- Pay Dave Swan upon arrival, receipts available.
- Space is limited, please email daveswan94063@gmail.com with the following information to ensure a spot.
 - Name, School or Club Name, Grade/school-year, email address, phone#, personal best throw
- Elite Athlete Session Standards

Men's Hammer 60m	Women's Hammer: 55m
Men's Shotput: 16m	Women's Shotput: 14m
Men's Discus: 55m	Women's Discus: 50m
- Flights of 8 will be assigned for the Hammer at the beginning of each session.
- Fee Structure (flat fee regardless of # of sessions):
 - University, Open and Elite Athletes: \$150
 - Junior College and High School: \$40
 - Thursday's Coaches Evening Lecture w/Q&A: \$40