



THROWS FESTIVAL & CLINICS

MARCH 5-6, 2005

WESTWOOD SPORTS CENTER
STERLING, ILLINOIS

Date: Saturday, March 5, 2005

SCHEDULE	
Time	Event
9:00 AM	Registration and Welcome
10:00 AM	Competition (Age Group, High School, Open/Masters)
1:00 PM	Elite Invitational Division



Sixth Place at the 2000 Sydney Olympics

Date: Sunday, March 6, 2005

SCHEDULE	
Time	Event
10:00 AM	Registration and Welcome
11:00 AM	Lessons Begin (See below for the lesson you want)

Our World - Class Staff Includes:

Jason Tunks - 3 x Olympian in the discus.

Tom Pukstys - 2 x Olympian in the javelin.

Erin Gilreath - Olympian in the hammer.

Carrie Lane (U of Virginia) - 2004 Women's Throws COY.

John Zera (Purude) - 2004 Men's Throws COY.

Scott Cappos (Iowa), Wil Waubensee (Wisconsin),

Brent Chumbly (IL State)



Sterling Track Club
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Name _____

Address _____

Phone _____

Email Address _____

School/Club Affiliation _____

Method of Payment Visa
 MasterCard
 Check Discover

Credit Card # _____ Exp. date _____

Signature _____

King Of The Ring Throws Festival

Choose one lesson only.

	Date	Price
<input type="checkbox"/> Competition	3/05	\$10.00
<input type="checkbox"/> USATF Development Clinic	3/05	\$40.00
<input type="checkbox"/> Advanced Glide Shot Lesson	3/06	\$50.00
<input type="checkbox"/> Advanced Rotational Shot Lesson	3/06	\$50.00
<input type="checkbox"/> Advanced Discus Lesson	3/06	\$50.00
<input type="checkbox"/> Elite Thrower Lesson	3/06	\$50.00
<input type="checkbox"/> Hammer/Weight Throw Lesson	3/06	\$50.00
<input type="checkbox"/> Javelin Lesson	3/06	\$50.00
<input type="checkbox"/> Coaches Clinic	3/06	\$50.00

Total: _____