



CORY HOLLY CLASSIC

2019 Vernon Throws Challenge

Hosted by the Cory Holly Institute Inc.

Sanctioned by BC Athletics

Saturday, August 24, 2019

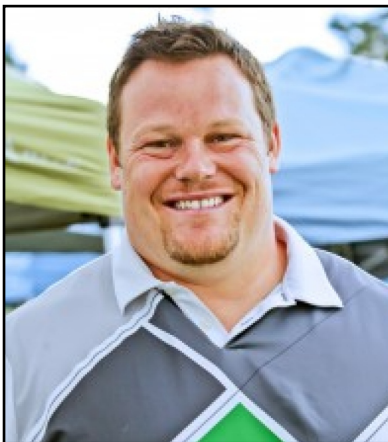
Throws Clinic 3:15 PM

Immediately following the close of the competition at the hammer/discus cage there will be a one hour throws clinic featuring Dr. Anatoli Bondarchuk and Dylan Armstrong. Dylan and 'Dr.B' will answer questions and discuss the finer points of throw technique and preparing for competition. Bring your questions and prepare to learn.

Clinic Fee: \$20.00 per person



Dr. Anatoliy Bondarchuk is a retired Soviet hammer thrower, who is regarded as the most accomplished hammer throw coach of all time. He won the gold medal at the 1972 Olympics and a bronze medal at the 1976 Olympics. His most famous trainee is two-time Olympic champion and current hammer world record holder Yuri Sedykh. Bondarchuk is currently living and coaching in Kamloops, BC, where he guided Canadian shot put record holder Dylan Armstrong to a bronze medal finish at the 2008 Summer Olympics.



Dylan Armstrong is a Throws Coach in Kamloops and Canadian shot putter. He was awarded the bronze medal at the 2008 Summer Olympics. He is a two-time Pan American Games champion, a former Commonwealth Games champion and has also won world championship silver and bronze medals. As a junior hammer thrower, Dylan won a gold medal at the 1999 Pan American Junior Games and a silver medal at the 2000 World Junior Championships. He continues to hold the North American high school and junior records in the hammer throw.

[Kamloops Track & Field Website](#)