



BC THROWS SUMMIT



2019 BC Throws Summit Schedule

SAT 11.09.19	Session	Location
08:00 AM	Breakfast (Included in Registration)	Richmond Oval – Legacy Suite
09:00 AM	Theory Session A – Hammer w/ Mo Saatara	Richmond Oval – Legacy Suite
10:00 AM	Practical Session A – Hammer w/ Mo Saatara	Richmond Oval
12:00 PM	Lunch (Included in Registration)	Richmond Oval – Legacy Suite
1:00 PM	Theory Session B – Javelin w/ Larry Steinke	Richmond Oval – Legacy Suite
2:00 PM	Practical Session B – Javelin w/ Larry Steinke	Richmond Oval
4:00 PM	Theory Session C – Shot Put w/ Mo Saatara	Richmond Oval – Legacy Suite
5:00 PM	Practical Session C – Shot Put w/ Mo Saatara	Richmond Oval
7:00 PM	Dinner (Included in Registration)	Richmond Oval – Legacy Suite
8:00 PM	Coaches Roundtable	Richmond Oval – Legacy Suite
SUN 11.10.19	Session	Location
08:00 AM	Breakfast (Included in Registration)	Richmond Oval – Legacy Suite
09:00 AM	Theory Sessions D – Discus w/ Don Babbitt	Richmond Oval – Legacy Suite
10:00 AM	Practical Sessions D – Discus w/ Don Babbitt	Richmond Oval
12:00 PM	Lunch (Included in Registration)	Richmond Oval – Legacy Suite
1:00 PM	Coaches Roundtable	Richmond Oval – Legacy Suite
2:00 PM	Closing Remarks	Richmond Oval – Legacy Suite

***Schedule Subject to Change