



2019 BC Throws Summit Schedule

SAT 11.09.19	Session	Location
08:00 AM	Breakfast (Included in Registration)	Richmond Oval – Room 1055
09:00 AM	Hammer Theory w/ Mo Saatara	Richmond Oval – Room 1055
10:00 AM	Hammer Practical w/ Mo Saatara	Richmond Oval – Court 9/10
12:00 PM	Lunch (Included in Registration)	Richmond Oval – Room 1055
12:30 PM	Hammer Theory w/ Larry Steinke	Richmond Oval – Room 1055
1:30 PM	Javelin Theory w/ Larry Steinke	Richmond Oval – Room 1055
2:30 PM	Javelin Practical w/ Larry Steinke	Richmond Oval – Court 9/10
4:00 PM	Shot Put Theory w/ Mo Saatara	Richmond Oval – Room 1055
5:00 PM	Shot Put Practical w/ Mo Saatara	Richmond Oval – Court 9/10
7:00 PM	Dinner (Included in Registration)	Richmond Oval – Room 1055
8:00 PM	Coaches Roundtable	Richmond Oval – Room 1055
SUN 11.10.19	Session	Location
08:00 AM	Breakfast (Included in Registration)	Richmond Oval – Room 1055
09:00 AM	Discus Theory w/ Don Babbitt	Richmond Oval – Room 1055
10:00 AM	Discus Practical w/ Don Babbitt	Richmond Oval – Court 8
12:00 PM	Lunch (Included in Registration)	Richmond Oval – Room 1055
1:00 PM	Coaches Roundtable	Richmond Oval – Room 1055
2:00 PM	Closing Remarks	Richmond Oval – Room 1055

***Schedule Subject to Change