**Saturday, March 21st**

**Time         Event**

9:45-10:15                Athlete Check In

                                      Staff Introductions

10:15-10:25              Group Warmup

10:25-10:30**Transition**

10:30-11:30              Technique Session I

11:30-12:10              Technique session II

12:10-12:15**Transition**

12:15-1                      Lunch

                                      Javelin Boot Workshop by

                                     Sound Runner/Saucony

1-1:30                        Special Guest Dr. Shane Smith

1:30-1:35**Transition**

1:35- 2:15                  Technique Session III

                                     includes video-tape analysis session

2:15-2:20p                **Transition**

2:20-2:55pWeight room workshop

2:55-3p                      Day 1 Clinic wrap-up

**Sunday, March 22nd**

**Time              Event**

9:45-10:10                Athlete Check In

10:10-10:25         Group warmup

10:25-10:30      **Transition**

10:30-11:35         Technique Session  I

11:35-11:40        **Transition**

11:45-12:15.        Javelin Boot Camp with special TBA

12:15-12:20      **Transition**

12:20-1p              Lunch  with special guest TBA

                                      & Sound Runner/Saucony

                                      includes special raffle

 1-1:05                      **Transition**

 1:05-1:40             **Elite thrower Invite**

1:40-1:45**Transition**

1:45-2:25                  Technique Session  II

2:25-2:50                  Group throwing session

2:50-2:55p                **Transition**

2:55-3p                      2 Day Clinic wrap up