

# Throw1deep Summer Camp Schedule 2024

## Wednesday, July 3rd

**8:00am**

Check In / Camp Roll Call / Warm Up

**9:00 - 10:00am**

Specialized Event Sessions (shot put, discus)

**10:15 - 11:30am**

Specialized Event Sessions (shot put, discus)

**11:40 - 12:50pm**

Lunch (on your own) and Rest

**1:00 - 2:30pm**

Specialized Event Session (shot put, hammer, javelin)

**2:30 - 3:00pm**

Pick Up

## Thursday, July 4th

**8:00am**

Check In / Camp Roll Call / Warm Up

**8:30 - 9:55am**

Specialized Event Sessions (shot put, discus)

**10:05 - 11:30am**

Specialized Event Sessions (shot put, discus)

**11:30 - 12:50pm**

Lunch (on your own) and Rest

**1:00 - 2:30pm**

Specialized Event Session (shot put, hammer, javelin)

**2:30 - 3:00pm**

Pick Up

## Friday, July 5th

**8:00am**

Check In / Camp Roll Call / Warm Up

**8:30 - 9:55am**

Specialized Event Sessions (shot put, discus)

**10:05 - 11:30am**

Specialized Event Sessions (shot put, discus)

**11:30 - 12:50pm**

Lunch (on your own) and Rest

**1:00 - 2:30pm**

Specialized Event Session (shot put, hammer, javelin)

**2:30 - 3:00pm**

Pick Up