

Throw1deep Summer camp schedule 2025

Tuesday, June 24th

8:00am

Check In / Camp Roll Call / Warm Up

9:00am - 10:00am

Specialized Event Sessions (shot put, discus)

10:15am-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

Wednesday, June 25th

8:00am

Check In / Camp Roll Call / Warm Up

8:30 - 9:45am

Specialized Event Sessions (shot put, discus)

10:00am-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

Thursday June 26th

8:00am

Check In / Camp Roll Call / Warm Up

8:30 - 9:45am

Specialized Event Sessions (shot put, discus)

10:00am-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