

GUSTAVUS TRACK & FIELD

ELITE PROSPECT CAMP

SUNDAY, JANUARY 29TH, 2023

SESSION I (9:00AM)

HURDLES

LONG JUMP

POLE VAULT

DISCUS

SESSION II (11:00AM)

SPRINTS

TRIPLE JUMP

HIGH JUMP

SHOT PUT

HIGH SCHOOL JUNIORS AND SENIORS

\$50 FOR ONE SESSION \$65 TO DO AN EVENT IN EACH SESSION

INCLUDED:

ELITE PROSPECT CAMP T-SHIRT

LUNCH/SNACKS

VIDEO ANALYSIS/INDIVIDUALIZED COACHING AND INSTRUCTION

CAMPUS TOUR/ADMISSIONS MEETING

TO REGISTER: EMAIL COACH LUND AT AARONLUND@GUSTAVUS.EDU

MAKE CHECKS PAYABLE TO GUSTAVUS ADOLPHUS COLLEGE TRACK & FIELD

LOCATION: GUSTAVUS LUND ATHLETIC CENTER INDOOR TRACK