

## THROWS EQUIPMENT SPECIALS

\*\*inventory changes on a daily basis\*\*

2/13/19

**L- Legal Implement**

**P= Practice Implement (does not meet legal specs)**

### 3K SHOT PUT

NUMBER	3K SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L872	3k I.A. Iron (108mm)	Rattle/Loose (Green/Shiny)	\$38.00	
L359	3k I.A. Iron (120mm)	Balance (Yellow/Shiny)	\$49.00	\$15.00
L407	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L408	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L411	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L415	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L416	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L417	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L418	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L420	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L466	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L467	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L810	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L811	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L812	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L813	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L825	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00
L826	3k I.A. Iron (120mm)	Balance/Rattle (Yellow/Shiny)	\$49.00	\$15.00

### 4K SHOT PUT

NUMBER	4K SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L343	4k Stainless (95mm)	Used a lot	\$109.00	\$39.00
P423	4k Stainless (95mm)	too small - practice only	\$109.00	\$39.00
P813	4k Stainless (95mm)	too small - practice only	\$109.00	\$39.00
L49	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L50	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L51	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L68	4k Stainless (108mm)	Balance	\$119.00	\$32.00

L69	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L314	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L315	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L316	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L317	4k Stainless (108mm)	Balance/Rattle	\$119.00	\$32.00
L319	4k Stainless (108mm)	Balance/Rattle	\$119.00	\$32.00
L325	4k Stainless (108mm)	Balance/Rattle	\$119.00	\$32.00
L326	4k Stainless (108mm)	Balance/Rattle	\$119.00	\$32.00
L327	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L328	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L329	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L330	4k Stainless (108mm)	Rattle	\$119.00	\$32.00
L331	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L332	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L333	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L334	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L335	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L336	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L337	4k Stainless (108mm)	Balance	\$119.00	\$32.00
<b>4K SHOT PUT (continued)</b>				
<b>NUMBER</b>	<b>4K SHOT PUT - ITEM</b>	<b>ADD'L DESCRIPTION</b>	<b>RETAIL</b>	<b>SPECIAL PRICE</b>
L425	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L426	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L870	4k Stainless (108mm)	Balance	\$119.00	\$32.00
L871	4k Stainless (108mm)	Balance/Rattle	\$119.00	\$32.00
L73	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L84	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L85	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L86	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L210	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L211	4k Steel Shot (108mm)	Balance (yellow/textured)	\$84.00	\$23.00
L832	4k I.A. Iron (112mm)	Diameter not in catalog (Red/Shiny)	\$46.00	\$29.00
L83	4k I.A. Iron (112mm)	Diameter not in catalog (Red/Shiny)	\$46.00	\$29.00
L834	4k I.A. Iron (112mm)	Diameter not in catalog (Red/Shiny)	\$46.00	\$29.00
L836	4k I.A. Iron (112mm)	Diameter not in catalog (Red/Shiny)	\$46.00	\$29.00

L33	4k I.A. Iron Shot (128mm)	balance (white/shiny)	\$61.00	\$19.00
L301	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L303	4k I.A. Iron Shot (128mm)	New - Balance/Rattle (White/Shiny)	\$61.00	\$19.00
L304	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L305	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L306	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L307	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L308	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L309	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L310	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L311	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L312	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L313	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L427	4k I.A. Iron Shot (128mm)	New - Rattle/Balance (White/Shiny)	\$61.00	\$19.00
L428	4k I.A. Iron Shot (128mm)	New - Balance (White/Shiny)	\$61.00	\$19.00

<b>4.5K SHOT PUT - PRACTIC ONLY</b>				
<b>NUMBER</b>	<b>4.5K SHOT PUT - ITEM</b>	<b>ADD'L DESCRIPTION</b>	<b>RETAIL</b>	<b>SPECIAL PRICE</b>
P44	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P52	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P102	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P128	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P129	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P130	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P132	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P135	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P346	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P347	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P424	4.5k (9.9lb) Iron (115mm)	balance (Yellow/Shiny)	\$45.00	\$16.00
P110	4.5k (9.9lb) Iron (117mm)	diameter not in catalog/Balance (White)	\$45.00	\$16.00
P117	4.5k (9.9lb) Iron (117mm)	diameter not in catalog/Balance (White)	\$45.00	\$16.00
P118	4.5k (9.9lb) Iron (117mm)	diameter not in catalog/Balance (White)	\$45.00	\$16.00
P120	4.5k (9.9lb) Iron (117mm)	diameter not in catalog/Balance (White)	\$45.00	\$16.00
P131	4.5k (9.9lb) Iron (117mm)	diameter not in catalog/Balance (White)	\$45.00	\$16.00

**10LB SHOT PUT - PRACTIC ONLY**

NUMBER	10LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
P119	10lb Iron (117mm)	diameter not in catalog/Balance (White)	\$41.00	\$16.00
P121	10lb Iron (117mm)	diameter not in catalog/Balance (White)	\$41.00	\$16.00
P133	10lb Iron (117mm)	diameter not in catalog/Balance (White)	\$41.00	\$16.00
P134	10lb Iron (117mm)	diameter not in catalog/Balance (White)	\$41.00	\$16.00
P137	10lb Iron (117mm)	diameter not in catalog/Balance (White)	\$41.00	\$16.00

**5K SHOT PUT**

NUMBER	5K SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L837	5K Stainless (100mm)	Diameter not in catalog	\$110.00	\$82.00
L838	5K Stainless (100mm)	Diameter not in catalog	\$110.00	\$82.00
L839	5K Stainless (100mm)	Diameter not in catalog	\$110.00	\$82.00
L840	5K Stainless (100mm)	Diameter not in catalog	\$110.00	\$82.00
L841	5K Stainless (100mm)	Diameter not in catalog	\$110.00	\$82.00

**11LB SHOT PUT - PRACTIC ONLY**

NUMBER	11LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
P468	11lb (128mm) Gillet Training Shot	balance	\$41.00	\$18.00
P469	11lb (128mm) Gillet Training Shot	balance	\$41.00	\$18.00

**12LB SHOT PUT**

NUMBER	12LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L124	12lb Mild Steel (115mm)	balance (Orange/Textured)	\$79.00	\$32.00
L125	12lb Mild Steel (115mm)	balance (Orange/Textured)	\$79.00	\$32.00
L126	12lb Mild Steel (115mm)	balance (Red/Shiny)	\$79.00	\$32.00
L321	12lb Mild Steel (115mm)	balance (Red/Dull)	\$79.00	\$32.00
L322	12lb Mild Steel (115mm)	Balance/Rattle (Red/Matte)	\$79.00	\$32.00
L323	12lb Mild Steel (115mm)	Balance/Rattle (Red/Matte)	\$79.00	\$32.00
P349	12lb I.A. Iron (115mm)	balance /Ding (Yellow/Texture)	\$55.00	\$16.00
L845	12lb I.A. Iron (115mm)	balance (Red/Shiny)	\$55.00	\$25.00
L846	12lb I.A. Iron (115mm)	balance (Red/Shiny)	\$55.00	\$25.00
L847	12lb I.A. Iron (115mm)	balance (Red/Shiny)	\$55.00	\$25.00

P349	12lb I.A. Iron (115mm)	balance -Ding (Yellow) - practice only	\$55.00	\$16.00
P342	12lb Mild Steel (117mm)	Too Big (Red/Texture) - practice only	\$79.00	\$29.00

### 13LB SHOT PUT - PRACTIC ONLY

NUMBER	13LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
P848	13lb Gillette (120-125mm)	No diameter on shot (Black)	\$46.00	\$28.00
P849	13lb Gillette (120-125mm)	No diameter on shot (Black)	\$46.00	\$28.00
P850	13.5lb Gillette (128mm)	Heavy 13.5lbs	\$46.00	\$28.00

### 6K SHOT PUT

NUMBER	6K SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L851	6k Stainless (106mm)	Diameter not in catalog	\$125.00	\$95.00
L852	6k Stainless (106mm)	Diameter not in catalog	\$125.00	\$95.00

### 15LB SHOT PUT - PRACTIC ONLY

NUMBER	15LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
P139	15.3lb Gillette - lead filled	Rattle/ seamed (silver)	\$49.00	\$19.00

### 16LB SHOT PUT

NUMBER	16LB SHOT PUT - ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
P103	16lb Stainless (120mm)	under weight (15.96) - Practice only	\$149.00	\$30.00
P857	16lb Stainless (120mm)	Too lite - practice only	\$149.00	\$30.00
L858	16lb Mild Steel (128mm)	Balance (green)	\$114.00	\$35.00
L859	16lb I.A. Iron (128mm)	Used - repaint (green)	\$69.00	\$40.00
P860	16lb Mild Steel (120mm)	Too lite - practice only	\$114.00	\$25.00
P861	16lb Mild Steel (120mm)	Too lite - practice only	\$114.00	\$25.00
P862	16lb Mild Steel (120mm)	Too lite - practice only	\$114.00	\$25.00
P863	16lb Mild Steel (120mm)	Too lite - practice only	\$114.00	\$25.00
P864	16lb Mild Steel (120mm)	Too lite - practice only	\$114.00	\$25.00

### SHOT PUT - PRACTICE ONLY

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
	GILLETT HOLLOW CORE SHOTS - COLLEGE DIAMETER - 128mm			

	10LB (ea shot's wt varies between 9.8lbs - 10.2lbs - Hollow core, no plug)	\$36.00	\$1 per pound
	13LB (ea shot's wt varies between 12.8lbs - 13.2lbs - hollow core, no plug)	\$43.00	\$1 per pound

### HAMMERS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
	<b>Legal</b>			
P20	4k stainless (95mm)	too small - practice only	\$140.00	\$45.00
L21	6k Stainless (106mm)	Swivel changed out	\$170.00	\$110.00
L54	12lb Nelco Steel (103mm)	New	\$113.00	\$80.00
L55	12lb Nelco Steel (103mm)	New	\$113.00	\$80.00
L63	12lb Nelco Stainless (5.45k)	New	\$143.00	\$99.00
P19	16lb Iron (125mm)	lite - must use "heavy" handle - practice	\$67.00	\$40.00

### THROWING WEIGHTS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
L112	16lb Outdoor Throwing Wt	Replaced Swivel	\$76.00	\$55.00

### 1K DISCUS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
	<b>Legal</b>			
	<b>Practice</b>			

### 1.5K DISCUS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
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	<b>Legal</b>			
	<b>Practice</b>			

### 1.6K DISCUS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
	<b>Legal</b>			
	<b>Practice</b>			
P503	1.6k Intern'l Athletics (LS)- Blue	Fat	\$43.00	\$18.00
P504	1.6k Cyclone (LS)	Fat	\$39.00	\$18.00
P505	1.6k Intern'l Athletics (HS) - White	Diameter	\$78.00	\$20.00
P862	1.6k Rubber (Blue)	discolored / texture	\$13.00	\$10.00

### 2K DISCUS

NUMBER	ITEM	ADD'L DESCRIPTION	RETAIL	SPECIAL PRICE
	<b>Legal</b>			
	<b>Practice</b>			

**INTERNET SPECIALS**

<b>ITEM #</b>	<b>ITEM</b>
<b>CONDITIONING / TRAINING</b>	
JU01	Vertical Leap Test Mat
JU02	Standing Long Jump Test Mat - Metric
AW01	Active Wrap Foot/Ankle
AW02	Active Wrap Foot/Ankle
AW03	Active Wrap Knee/Leg
AW04	Active Wrap Knee/Leg
AW05	Active Wrap Back
AW06	Active Wrap Back
DB17	Knee Wraps - Altus
DB16C	Lifting Straps - Cotton
DB16L	Lifting Straps - Leather
DB15	Barbell Pad - Leather
PVA9	Grrrip Plus - spray 2oz
PVA8	Grrrip Plus - lotion 2oz
	Grip Ball - 3.5K
	Rope Ball - Podium - 1k
	Med Ball 800g
	Med Ball (hard shell) 6k
	Med Ball -Double Handle -6k (hard shell)
	Plyo Box (stacking) - 30"
	Plyo Box (stacking) - 24"
HR100	Jump Rope/Heavy Rope - Weighted 1lb
HR200	Jump Rope/Heavy Rope - Weighted 1.5lb
HR300	Jump Rope/Heavy Rope - Weighted 2.5lb
HR400	Jump Rope/Heavy Rope - Weighted 3.5lb
HR500	Jump Rope/Heavy Rope - Weighted 4.5lb
	Step Hurdles - set
K850	Agility Hurdles - 6"
K851	Agility Hurdles - 12"
	Mini Hurdles - 12"
	Plastic Platforms (graduated) & bar for cone hurdle
	Run Hurdle (set of 6)
	Run Hurdle (individual)
	Step Hurdle /Agility Ladder
	Training Pole
<b>ITEM #</b>	<b>ITEM</b>
<b>CONDITIONING / TRAINING (cont)</b>	
	Agility Pole
	Agility Pole
	Plyo Hurdle Posts
	Weight Belt Nylon - 4" Lrg- Altus Ultra Belt
	Weight Belt leather - 4"
	Weight Belt brushed leather - 4:
	Safety Helmet
	Sports Chutes
	The Trainer - speed trainer



BT100L	BASTrainer - Large (Black) w/2 stones
BT100M	BASTrainer - Medium (Blue) w/2 stones
BT100L	BASTrainer - Large (Red) w/2 stones
BT100M	BASTrainer - Medium (Yellow) w/2 stones
	Balance Dome
	AquaRunners - Resistance Footwear (Aqua Jogger)
	AquaRunner RX - Resistance Footwear (Aqua Jogger)
	Aquatic Training Shoes
	Aquatic Training Shoes
	Deep Water Running Shoes
	Deep Water Running Shoes
<b>APPAREL</b>	
	Soffe Brand Sweat Pants
	Soffe Brand Sweatshirts
	Tricot track shorts
	Tricot track singlets
<b>MEETS &amp; MEASUREMENTS</b>	
M203	Keson Roadrunner Measuring Wheel - English model
M201	Keson Metal Professional Measuring Wheel - English
M202	Keson Metal Professional Measuring Wheel - Metric
	Officials Flags - H.S. Red/White
	Officials Flags - H.S. Yellow/White
	Officials Flage - International White
	Field Canopy Side Panels - 10' x 10'
<b>ITEM #</b>	<b>ITEM</b>
<b>EQUIPMENT</b>	
	Reconditioned High Jump Standards
	Reconditioned Hurdles - dark green riser tubes
	Scholastic II Pole Vault Weather Cover - New
	Hollowcore 128mm Training Shots
	Wood Hurdle Boards
	Batons - Dull Silver
	Track Spikes - Steel / Pyramid
	Track Spikes - Steel / Needle
	Hammer Gloves
	Hammer Handles
	Bag - Starting Block Bag
	Starting Block - Newton (used)
	Starting Block - Chrome
	Starting Block - Recordmaster I
	Starting Block - Recordmaster II
	Starting Block - Maxwell
	Starting Block - Maxwell
	OTE 600g 40m Javelin - rebuilt
	OTE 600g Comp 50m Javelin- rebuilt

	Apollo Laser 600g 55m Javelin - rebuilt by OTE
	Apollo Laser 600g 55m Javelin - practice
	Apollo Laser 600g 60m-70m - rebuilt by OTE
	Apollo Laser 600g 60m-70m - old rule
	OTE 700g Headwind Javelin
	Crown 600g 40m Rubber Tip

### **BOOKS /POSTERS**

B540	Better Training for Distance Runners
B541	Training for Young Distance Runners
B640	Encyclopedia of Weight Training
B02-04	Mind & Muscle
B01-3	Stronger Legs & Lower Body
	Plyometric Exercises with the Medicine Ball
	NFHS Track & Field & Cross Country Rules Books
FB00-1P	Pocket Video Poster -Shot Put Rotation
FB00-3P	Pocket Video Poster -Shot Put Rotation
FB00-2P	Pocket Video Poster -Shot Put Glide

### **ITEM # ITEM**

### **BOOKS /POSTERS (cont)**

FB00-4P	Pocket Video Poster -Shot Put Glide
FB00-5P	Pocket Video Poster - Discus
FB00-6P	Pocket Video Poster - Discus
FB00-7P	Pocket Video Poster - Javelin
FB00-8P	Pocket Video Poster - Javelin
FB00-9P	Pocket Video Poster - Long Jump
FB00-10P	Pocket Video Poster - Long Jump
FB00-11P	Pocket Video Poster - High Jump
FB00-12P	Pocket Video Poster - High Jump
FB00-13P	Pocket Video Poster - Triple Jump
FB00-14P	Pocket Video Poster - Triple Jump
FB00-15P	Pocket Video Poster - Pole Vault
FB00-16P	Pocket Video Poster - Pole Vault
FB00-17P	Pocket Video Poster - 100m Start
FB00-18P	Pocket Video Poster - 100m Start
FB00-19P	Pocket Video Poster - 110m Hurdle Start
FB00-20P	Pocket Video Poster - 100m Hurdle Start
	Pole Vault Poster w/quote

### **DVD'S/VIDEOS**

### **POLE VAULT**

<b>DVD</b>	
DV98-16	T & F Drills Series - Pole Vault Drills
DV04-1	C'mon - Neovault
DV05-1	Bring It - Neovault
DV11-1	Sean's Excellent Adventure - Neovault
DV06-6	Becoming a Champion Pole Vaulter
DV09-6	Beyond the Basics - Becoming a Champion Pole Vaulter
	Begginer to Bubka - silent DVD

<b>VHS</b>	
	Dellinger's Track & Field Fundamentals - Pole Vault
<b>HIGH JUMP</b>	
<b>DVD</b>	
DV98-16	T&F Drills Series - High Jump Drills
DV98-24	Common Errors & Corrections High Jump
DV09-5	Beyond the Basics - Becoming a Champion High Jumper
<b>ITEM #</b>	<b>ITEM</b>
<b>DVD'S/VIDEOS (cont)</b>	
<b>HIGH JUMP</b>	
<b>VHS</b>	
	Women's High Jump
	Drills for Teaching the High Jump
<b>LONG JUMP</b>	
<b>DVD</b>	
DV98-13	T&F Drills Series - Long Jump Drills
DV09-3	Beyond the Basics - Becoming a Champion Long Jumper
<b>VHS</b>	
	Women's Long Jump & Triple Jump
	Long Jump
<b>TRIPLE JUMP</b>	
<b>DVD</b>	
DV98-14	T&F Drills Series - Triple Jump Drills
DV98-23	Common Errors & Corrections - Triple Jump
DV06-4	Becoming a Champion Triple Jumper
DV09-4	Beyond the Basics - Becoming a Champion Triple Jumper
<b>VHS</b>	Triple Jump Drills
	Common Errors & Corrections - Triple Jump
<b>SHOT PUT</b>	
<b>DVD</b>	
DV98-17	T&F Drills Series - Shot Put Drills
DV98-27	Common Errors & Corrections - Shot Put
DV09-7	Beyond the Basics - Becoming a Champion Shot Putter
<b>VHS</b>	
	Progressions for Teaching the Women's Shot Put
	Drills for Teaching the Shot Put
	Basic 70's Shot Put
<b>DISCUS</b>	
<b>DVD</b>	
DV98-26	Common Errors & Corrections - Discus Throw
DV09-8	Beyond the Basics - Becoming a Champion Discus Thrower
<b>VHS</b>	
	Discus II
<b>ITEM #</b>	<b>ITEM</b>
<b>DVD'S/VIDEOS (cont)</b>	

<b>JAVELIN</b>	
<b>DVD</b>	
DV98-28	Common Errors & Corrections - Javelin Throw
DV98-19	T&F Drills Series - Javelin
	Turbo Jav Training - Lesson Plans
<b>VHS</b>	
	240 Javelin Throws
	Larry Stuart on Javelin Throwing
	Dellinger's T&F Fundamentals - Javelin
<b>SPRINTS/RELAYS/RUNNING</b>	
<b>DVD</b>	
DV98-10	T&F Drills Series - Sprint Drills
DV06-1	Becoming a Champion Sprinter
DV09-1	Beyond the Basics - Becoming a Champion Sprinter
DV98-11	T&F Drills Series - Relay Drills
<b>VHS</b>	
	Sprinting: Technique & Training for Women
	Dellinger's T&F Fundamentals - Sprints
	World Class Series - Sprints, Starts, Relays
	Common Errors & Corrections - Sprints & Relays
	Drills for Teaching the Relays
	Dellinger's T&F Fundamentals - Middle Distance/Distance
	Coaching 1600 & 3200 Meter Runners
	Cross Country Training
	The Steeplechase
<b>HURDLES</b>	
<b>DVD</b>	
DV98-12	T&F Drills Series - Hurdle Drills
DV98-21	Common Errors & Corrections - Hurdles
DV06-2	Beyond the Basics - Becoming a Champion Hurdler
<b>VHS</b>	
	World Class T&F Series - 300 & 400 Meter Hurdles
	Drills for Teaching the Hurdles
	Common Errors & Corrections - Hurdles
	Dellinger's T&F Fundamentals - Hurdles
	T&F Event Video - Jim Bush Hurdle
<b>ITEM #</b>	<b>ITEM</b>
<b>DVD'S/VIDEOS (cont)</b>	
<b>PLYOMETRICS</b>	
<b>VHS</b>	
	Jumping into Plyometrics
	Speed for Sport & Fitness
	Speed Drills
	MedBall Exercise Video
<b>COACHING &amp; EVENT VIDEOS</b>	
<b>VHS</b>	
	Coaching by the Experts, Part I: Running Events

	Coaching by the Experts, Part II: Jumping Events
	Coaching by the Experts, Part III: Throwing Events
V88-2	Throwing Events Multi Video
V88-3	Sprints & Hurdles Multi Video
<b>McMURRY EVENT VIDEOS - SILENT (VHS)</b>	
V86-1	High Jump - Men
V86-2	Pole Vault - Men
V86-3	Long Jump - Men
V86-4	Triple Jump - Men
V86-5	Jumping Events - Men & Women
V86-8	Throws Events - Women
V86-9	Sprints & Hurdles - Men
V86-10	Sprints & Hurdles - Women
V86-11	Javelin Throw - Men & Women

<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
	2	\$235.00	\$70.00
Metric Measurements	1		\$40.00
S/M	3	\$35.00	\$19.00
L/XL	2	\$35.00	\$19.00
S/M	4	\$46.00	\$29.00
L/XL	3	\$46.00	\$29.00
XS-M	4	\$40.00	\$23.00
L/XXL	1	\$40.00	\$23.00
3" x 78" - Heavy Duty rubber elastic/cotton material	7		\$7.00
1.5" x 21" - Adjustable (one size)	6		\$4.00
2" x 21" - Adjustable (one size)	3		\$7.00
Fits 1" bar, poly focus padding	3		\$9.00
	17		\$3.00
	10		\$3.00
	4	\$41.00	\$27.00
black (faded)	7		\$15.00
	1	\$18.00	\$10.00
	1	\$45.00	\$30.00
	5		\$30.00
Black (orig. sold in a set)	1		\$85.00
Black (orig. sold in a set)	1		\$75.00
			\$9.00
			\$11.00
			\$13.00
			\$16.00
			\$18.00
set of 4 training hurdles 14", 12", 10" 8"	1 set		\$32.00
solid flat plastic			\$3.00
solid flat plastic			\$4.00
Used, faded green, round tube	7		\$2.00
(cones not included)	1 set		\$10.00
Adjustable height plastic training hurdle	1		\$25.00
Adjustable height plastic training hurdle	2		\$9.00
7 hinged-step hurdles connect to form an agility ladder	1		\$12.00
round plastic base w/plastick pole (2 poles)	1		\$5.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
round dome base w/plastic pole (tall)	1		\$5.00
round dome base w/plastic pole	1		\$5.00
round dome base with poles (measurement indicators on poles)	1 set		\$9.00
black nylon belt w/foam core & velcro closure	1		\$19.00
fits waist 25" - 33"	3		\$19.00
black, double prong - fits 28"-37"	1		\$19.00
Protec helmet - size Lrg	1	\$42.00	\$15.00
misc - out of package			\$5.00
Speed Trainer w/2 waist harness & rope?	1	\$229.00	\$95.00

floor model	1	\$199.00	\$150.00
floor model	1	\$199.00	\$150.00
floor model	1	\$199.00	\$150.00
floor model	1	\$199.00	\$150.00
small crack at bottom base of dome	1		\$5.00
1 size	1		\$20.00
1 size	2		\$20.00
Men's size 9	1		\$15.00
Women's size 8	1		\$15.00
Men's size 9	1		\$15.00
Women's size 7	1		\$15.00
Maroon, Green, Black, Red, Gold, Royal Blue	limited qty & sizes		\$10.00
Maroon, Green, Royal Blue, Lt Blue, Purple, Ash	limited qty & sizes		\$10.00
assorted sizes & colors	limited qty & sizes		\$5.00
assorted sizes & colors	limited qty & sizes		\$5.00
Floor model	1	\$80.00	\$50.00
Floor model	1	\$160.00	\$125.00
Floor model	1	\$146.00	\$125.00
Used	1		\$5.00
Used	1		\$5.00
slightly discolored	5		\$2.00
Blue (6), Green (3), White (2)	6		\$40.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
screw down clamps, wheels on bases, newly painted, new scales	1 set	\$895.00	\$395.00
Aluminum, rocker (non stacking) w/cross bar	7	\$89.95	\$30.00
Color Royal Blue	1	\$1,450.00	\$995.00
shots range in weight from 10lb - 13lb (hollow core - no plug)	many	\$35.00 - \$36.	\$1 per pound
	50+	\$12.00	\$9.00
	50	\$2.50	\$1.50
1/8" pyramid, 1/2 pyramid (OT label)		\$9.75	\$5.00
1/8" needle, 1/4" needle, 3/8" needle (OT label)		\$9.75	\$5.00
Left Hand (sml, med, large) - *run small to size		\$20.00	\$6.00
for 4k hammers and under only	4	\$18.00	\$5.00
Black International Athletics Bag	2		\$25.00
Newton Competition Starting Block (good condition)	1	\$200.00	\$50.00
Heavy Weight Chrome Block - detachable pedals	1	\$175.00	\$45.00
One-piece, fixed angle pedals	1	\$56.00	\$20.00
One-piece, fixed angle pedals	1	\$58.00	\$20.00
Side channel for slide adjust.-adjustable angle pedals	1	\$175.00	\$45.00
Wide Pedal, detachable adjustable pedals	2		\$50.00
meets official specs	2	\$264.00	\$199.00
meets official specs	1	\$300.00	\$250.00

meets official specs	1	\$300.00	\$250.00
meets official specs	2	\$300.00	\$95.00
meets official specs	1	\$600.00	\$475.00
practice - ("old rule")	4	\$600.00	\$95.00
	1	\$375.00	\$275.00
	1	\$250.00	\$125.00
David Martin PhD & Peter N Coe / 2nd Edition (1997, 435 pgs)	3	\$25.00	\$15.00
larry Greene & Russ Pate / 2nd Edition (2004, 226 pgs)	1	\$20.00	\$10.00
Dr. Paul Ward & Dr. Robert Ward (1997, 367 pgs)	1	\$50.00	\$30.00
Blair Whitmaersh, PhD (2001, 289 pgs)	7	\$19.00	\$10.00
Keli Roberts & Linda Shelton (2002, 257 pgs)	4	\$17.00	\$10.00
Don Chu / 2nd Edition (2003, 196 pgs)	1		\$8.00
Previous Years		\$12.00	\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
Boys			\$2.00
Girls			\$2.00
"Act as if it were impossible to fail and it will be"			\$2.00
Rick Attig	4	\$39.00	\$15.00
	2		\$15.00
	1		\$15.00
	9		\$15.00
Rick Attig	1		\$15.00
Pat Licari	8	\$39.00	\$15.00
Alan Launder / John Gormley	8		\$10.00



Dan West	3		\$5.00
John Coughlan	4	\$39.00	\$15.00
John Coughlan	4	\$39.00	\$15.00
Mike Pullins	8	\$39.00	\$15.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
Sue Humphrey	3		\$5.00
John Coughlan	2		\$5.00
Phil Henson	2	\$39.00	\$15.00
Dennis Nobles	9		\$15.00
Kathy James	4		\$5.00
Roy McEachran	2		\$5.00
Scott Bennett	2	\$39.00	\$15.00
Irving Schexnayder	6	\$39.00	\$15.00
Rick Attig	1	\$39.00	\$15.00
Dennis Nobles	4	\$39.00	\$15.00
Scott Bennett	1		\$5.00
Irving Schexnayder	2		\$5.00
Mark Colligan	2	\$39.00	\$15.00
Ralf Uebel	6	\$39.00	\$15.00
Harlis Meaders	8	\$39.00	\$15.00
Jerry Clayton	2		\$5.00
Mark Colligan	1		\$5.00
Al Feuerbach	1		\$5.00
Brian Bedard	7	\$39.00	\$15.00
John Frazier	5	\$39.00	\$15.00
John Powell	7		\$5.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>

Scott Cappos	4	\$39.00	\$15.00
Bill Webb	5	\$39.00	\$15.00
Tom Petronoff	9		\$5.00
Duncan Atwood	3		\$5.00
Larry Stuart	1		\$5.00
Stewart Togher	2		\$5.00
Tom Tellez	3	\$39.00	\$15.00
Steve Lynn	2	\$39.00	\$15.00
Ken Harnden	8	\$39.00	\$15.00
Steve Lynn	5	\$39.00	\$15.00
Galina Bukharina	4		\$5.00
George Walcott	1		\$5.00
John Smith, Michael Marsh	4		\$5.00
Steve Lynn	4		\$5.00
Steve Lynn	1		\$5.00
	1		\$5.00
Doug Brown	1		\$5.00
Doug Brown	1		\$5.00
Doug Brown	3		\$5.00
Mike Poehlein	4	\$39.00	\$15.00
Walter Curry	5	\$39.00	\$15.00
Mike Holloway	9	\$39.00	\$15.00
Steve Lynn, Danny Harris	2		\$5.00
Mike Poehlein	2		\$5.00
Walter Curry	2		\$5.00
John Gillespie	3		\$5.00
Jim Bush			\$5.00
<b>ADD'L DESCRIPTION</b>	<b>QUANTITY</b>	<b>RETAIL</b>	<b>SALE PRICE</b>
Don Chu	1		\$5.00
	3		\$5.00
Bo McNair	2		\$5.00
			\$5.00
	3		\$5.00

