

# RUN! JUMP! THROW!

Presented By:



A full-day community event encompassing a Youth Run, Jump, Throw Clinic, Middle School & High School Throwing Clinic, and an evening of running events for middle school through masters participants competing in everything from the 60-meter dash to the 3,000-meter run.

**\$20**



**December 16,  
2023**

**9:00am-  
11:00am**

**The Podium**

(511 W Dean Ave,  
Spokane, WA 99201)



SCAN FOR DECEMBER EVENT

SCAN FOR FEBRUARY EVENT



**February 28,  
2024**

**4:45pm-  
6:15pm**

**The Podium**

(511 W Dean Ave,  
Spokane, WA 99201)

Search our website at  
[www.register.skyhawks.com](http://www.register.skyhawks.com) for all programs!

**QUESTIONS? CALL  
1-800-804-3509**