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- Shaped to fit over shoulder. Carries two Discus
- Extra outside pouch added

Elite Discus Carrier

Fax: 888.415.5212 Phone: 800.676.7463 VSAthletics.com VSAthletics.com

6k (M50-59)

17lb

18lb

20lb

24lb

\$29.95 \$33.95

\$34.95

\$34.95

\$35.45

\$37.95

\$39.95

\$41.95

\$43.40



Vinyl Carry Case w/handle Heavy-duty, water-repellent double nvlon construction. Holds 2 Shots/Discus... 3825 Carrier w/handle

School Colors: Red, Royal, Navy, Black & Green. Specify color or Navy will be sent.

3825S

Vinvl Carry Case w/Shoulder Strap. **Handle & Extra Pouch**

Same construction & features as 3845 w/shoulder strap and side pouch. Holds two Shots/Discus

Color: Navy color. 3825S

w/Shoulder Strap, Handle & Pouch





2-SHOT BAG W/SNAP

Top closure, shoulder strap & handle

- Heavy-duty, water-repellent double nvlon construction.
- Both Hand Carry. Shoulder Strap & Snap top closure.
- Color: Navy color.

3827S 2-Shot Bag



ELITE SHOT CARRIER

- Made w/Cordura nylon & padded soft nylon inner liner.
- Shaped to fit over shoulder.
- Side pouch for personal items. 3828S Elite Shot Carrier \$39.95



\$15.95

INDOOR SHOTS

SOFTSHELL

- Soft and "sticky" outer shell.
- Excellent gripping surface.
- One year guarantee.

3897s	3k	\$57.00
3905	6lb	\$57.00
3980	8lb	\$60.00
3906	4k	\$61.95
3922	10lb	\$68.00
3913	5k	\$79.00
3907	12lb	\$73.00
3914	6k	\$86.00
3908	16lb	\$94.00
3909	18lb	\$101.00

HARDSHELL

■ Firm outer shell with some "give"

One vear guarantee

3k 4k \$66.00 5k \$72.00 12lb \$78.00 3916 6k \$80.00 14lb 3910 \$81.00 15lb 3911 \$88.00 16lb 3904 \$92.00



4K - 108mm HARDSHELL

*HARDSHELL in DIAMETERS

- Same Diameters as Outdoor Shots
- LEAD Filled:
- For competition only

3981 4k-108mm Hardshell \$69.00

TUNGSTEN FILLED by Dominator Ath.

*One year Warranty

DA4P55 4k-108mm \$300.00 DA12P55 12lb-114mm \$350.00 **DA16P55** 16lb-127mm \$400.00



HEADS-UP SIGN

CAUTION

1

HEADS UP OF

18" x 12" Metal

\$21.95

THROWING ACCESSORIES 2311 Magic Grip Spray 3oz. can

Long lasting dry firm grip!

2313 Stickum Spray 4oz. can \$7.95 Great to increase hand grip!

2314 Chalk 8-2oz. bars ■ For a dry firm grip!

\$13.95



COMPETITION IRON SHOTS

Lathe turned iron, shots balanced to exact size and weight.

to ondot o	izo aria worgina	
3928	4k (100mm)	\$54.95
3929	4k (104mm)	\$45.95
3934	4k (108mm)	\$49.95
3938c	5k (100mm)	\$46.95
3984	10lb (108mm)	\$46.95
3987	10lb (117mm)	\$46.95
3937	12lb (108mm)	\$66.95
3935	12lb (115mm)	\$49.95
3936	6k (124mm)	\$59.95
3955	12lb (117mm)	\$59.95
3939	16lb (120mm)	\$74.95
3926	16lb (125mm)	\$69.95
3954	16lb (129mm)	\$59.95











3919

3917

3925

3924

3733

3971

3970

3969

3968

3966

 A very long lasting rough finish that top throwers prefer. **4810** 4K-108mm 4814 12lb. 116mm \$114.95 **4825** 5k-110mm \$109.95 **4826** 6k-115mm \$119.95

POLANIK

STEEL SHOT

POLANIK 4811 16 lb.128mm \$124.95

SHOT/HAMMER RETRIEVER

■ Telescoping tube adjust from 26" — 31" in length

Easy to Scoop up Shots & Hammers.

Retriever \$34.95

• "An officials & coaches dream"

All Steel Construction

No more bending over again & again.

NISHI

IRON SHOTS

The shot THROWN by ALL Medalists at 2012 Olympic Championships!

- Superior balance & unique feel
- Dense inner core
- Precision Machined
- No external plug.

4808 4k/103mm IAAF \$193.00 4k/109mm IAAF \$237.75 4806 16lb/125mm IAAF **\$265.00** 4805 16lb/129mm IAAF \$325.00





16lb (129mm)

STAINLESS STEEL SHOTS

STEEL SHOTS by Sportland

IRON SHOTS

At a price less than most cast iron shots.

\$14.95

\$14.95

\$16.95

\$17.95

\$19.95

\$22.95

\$24.95

\$24.95

\$84.95

\$79.95

\$115.95

\$119.95

3957

3962

3956

3961

3960

3959

3958

- Accurate Weight, Perfectly Round.

- High Quality Turned Iron

Shots at Cast Iron prices.

2k

3k (W50+)

4k (M70+)

5k (M60-69)

■ Smooth Steel Shots. Precision

Machined, Perfectly Round

4k (95mm)

4k (109mm)

12lb (102mm)

12lb (117mm)

16lb (110mm)

Machined to exact minimum diameters.

4k (95mm) **\$111.95** 12lb (102mm) **\$129.95** 16lb (110mm) **\$143.95** 3931



BRASS SHOTS

Machined to exact minimum diameters.

■ For throwers w/small hands. **3933** 4k (95mm) **3932** 12lb (102mm) \$109.95



*Colors may vary!

Over/Under Weight Same Diameter

TRAINING SHOTS

Machined Turned Cast Iron

Same Diameter as competition shots

4K Throwers: 3.5k -108mm

12 lh Ti	rnwers.	
	Set of 3	\$125.0
3986	4.5k -108mm	\$49.9
3934	4k -108mm	\$49.9
0000	0.010	Q-10.01

	-
12 lb.	Throwers:
2007	10 lb

10 lb.- 117mm \$55. 3955 12 lb.- 117mm \$59. 14 lb.- 117mm \$55. Set of 3



IO IU.	IIIIUWEIS.
	- 445

0.00		Set of 3	\$165.00
.95	3990	18 lb 128mm	\$69.95
.95	3954	16 lb 128mm	\$59.95
.95	3989	14.5 lb128mm	\$59.95

Fax: 888.415.5212 Phone: 800.676.7463 VSAthletics.com VSAthletics.com



T = Tailwind H = Headwind U = Universal

CERTIFIED PRODUCT

JAVELINS

- Steel Nordic Javelins are the most popular in the world.
- Used by both beginners and world class throwers. Nordic javelins have won more championship medals and broken more records than any other javelin in the world.

Javelin Results:

2012 Olympics

Gold, Silver & Bronze Decathlon: Gold, Silver & Bronze Heptathlon: Gold & Silver

THE NORDIC JAVELIN REVOLUTION!

nordic

sport

The experts at Nordic saw that the common practice of labeling javelins in meters does not indicate which javelin may best suit a thrower's strength and technique, or the actual distance it might fly. A "60m" javelin could easily go 80 meters depending on how and by whom it is thrown. Flex: The Best Measure of a Javelin... By far!

Nordic used proprietary advanced technology to develop a measuring system based on a "flex scale" from "0" to "20" - with "0" being the stiffest and "20" the softest.

Whatever your preference, the Nordic Flex chart (see web link below) will help you find the old or new Nordic javelin that best matches your individual needs and requirements.

Talk FLEX and see how much farther you throw!

Idin	I LEX did 300 now mad	ıı ıaıtıı	٠. ١	,ou tillow	•
MEN	600 gm - IAAF, College & H	I.S.			
3708	Trainer (legal)			11.4/40m	\$230.00
3707	Viking 800			8.7/50m	\$307.00
3706	Master 60	T		7.8/60m	\$505.00
3705	Master 70	Н		7.5/70m	\$525.00
3704	Super Elite 80	Н		7.2/80m	\$895.00
3703	Super Elite 90	T		7.0/90m	\$908.00
3716	Super Elite 800	U		6.8/100m	\$945.00
3702	Champion 800	Н		6.4/90m	\$950.00
3709	Orbit 800	T		6.6/100m	\$1,072.00
3734	Air Glider 800	U		6.1/95m	\$1,157.00
3700	Carbon Champion 800	Н		4.8/90m	\$1,234.00
3701	Carbon Orbit 800	T		5.0/100m	\$1,234.00
3736	Carbon Airglider	U		4.5/95m	\$1,225.00
WOM	<u>IEN 600 gm — IAAF, College</u>	<u>& H.S.</u>			
3710	Saphire Trainer (legal))		9.2/30m	\$230.00
3715	Viking 45			8.8/45m	\$291.00
3714	Star 50	T		8.8/50m	\$370.00
3713	Diana 50	Н		7.7/50m	\$479.00
3712	Diana 60	Н		7.2/60m	\$978.00
3711	Diana 70	U/T		6.8/70m	\$939.00
3635	Diana 80	Н		6.2/80m	\$939.00
3634	Carbon Diana 600	Н		5.3/80m	\$1,200.00
3737	Olympia Carbon Cham	pion H		5.9/80m	\$1,197.00

Nordic Javelin Flex Chart:

StackhouseAthletic.com/Nordic-Flex

RUBBER TIP:

800 gm -	High School	ol Boys	
3716R	Viking 50	10.4/50m	\$323.00
3705R	Master 60	7.8/60m	\$484.00
3717R	Master 70	7.5/70m	\$518.00
3636R	Super Elite	7.2/80m	\$625.00
600 gm -	High Schoo	l Girls	
3718R	Viking	8.8/35m	\$349.00
3719R	Diana 50	7.7/50m	\$470.00
MASTERS	/ 700 gm		
3637	Viking	10.7/50m	\$329.00
3629	Pegaus	7.4/60m	\$501.00
3626	Eagle	6.1/80m	\$934.00
<u>500 gm</u>			
3639	Viking	11.6	\$307.00
<u>400 gm</u>			
3638	Viking	11.9	\$307.00

TURBO JAVELIN

The safe way to practice both Indoors and Outdoors. TurboJav VII

300 gr. TurboJav VII* \$34.95 400 gr. TurboJav VII **\$39.95** 3660-4 3660-5 500 gr. Long Tom \$44.95 600 gr. Long Tom \$49.95

Long Tom

JAVELINS

Current World & American Records

Xtra models made from advanced aluminum alloy

 All Carbon models are uniform stiffness throughout 				WOMEN	600gm - IAAF, College &	H.S.		
· · · · · · · · · · · · · · · · · · ·				3683	Intermediate	35m	\$302.00	
	3677	Intermediate	60m	\$390.00	3683RT	Intermediate Rub.Tip	35m	\$337.00
	3677RT	Intermediate Rub.Tip	60m	\$430.00	3605	Heptathlon	40m	\$314.00
	3606	Special Headwind	70m	\$460.00	3610	Special 45m	45m	\$333.00
	3627	Xtra Headwind	80m	\$791.00	3616	Special 55m	55m	\$371.00
					3682	Xtra Headwind	60m	\$435.00
	3608	Comp Tailwind	95m	\$815.00	3684	Xtra Tailwind	70m	\$453.00
	3618	Composite FX	90-95m	\$1,095.00	3611	Composite FX	80m	\$1,045.00
	3617	Composite FX Headwind	90-95m	\$1,095.00	3686	Composite FX Headwind	80m	\$1,140.00



The Aussie javelin provides me with the perfect blend of flexibility and stiffness. It is forgiving enough to allow me to throw regularly in training, yet stiff enough to help me work on my release. I would recommend the Aussie to any javelin thrower from beginner to professional.

Paul Pisano - Elite Javelin Thrower



MAUSSIE 2000 JAVELIN by Sportland

The BEST VALUE in a Competition Javelin

- Excellent BALANCE, FEEL & FLIGHT
- Hardened Aluminum Alloy w/ Steel Tip
- Great for Beginning & Intermediate Throwers

MEN	WOMEN				
800 gm - IAAF, College & H.S.			600 gm - IAAF, College & H.S.		
3690			3693		
Multi/Comp	50m	\$149.95	Multi/Comp	40m	\$124.95
3691			3694		
Comp. I	60m	\$159.95	Comp. V	45m	\$129.95
3692			3695		
Comp. II	70m	\$169.95	Comp. VI	55m	\$139.95
3697			3696		
Comp. III	80m	\$179.95	Comp. VII	65m	\$149.95
MASTERS			RUBBER TIP		
3689	700gm	\$124.95	3691R		
3678	500gm	\$109.95	800gm	45-60m	\$129.95
3679	400gm	\$99.95	3695R		
	="		600gm	35-50m	\$115.95
			-		

CERTIFIED PRODUC



PRACTICE JAVELIN

A Quality, Practice Javelin

- Constructed of hardened & tempered aluminum
- Bright and Distinctive Colors
- Same CORD GRIP as competition javelins

3666	400 gm	\$59.95
3665	500 gm	\$64.95
3664	600 gm	\$69.95
3663	700 gm	\$75.95
3662	800 gm	\$81.95
3661	900 gm	\$119.9
3660	1,000 gm	\$124.9

Softer and more flexible than competitive javelins





ORBIT TIP JAVELIN

Thrown over 80m in competition

- Exclusive BLUNT OrbitTip flies better in both Head & Tailwind.
- Hard "stiff" shaft for less vibration
- Thin tapered tail slips through the air.
- Hardened Aluminum Alloy
- AFFORDABLY PRICED for Intermediate and Advanced Throwers.

\$185.00

MEN	800	gm	
3672		Jet	50m

3673 3670	Satellite 60m Orbit I 75m+	\$205.00 \$275.00
WOMEN 6	00 gm	
3668	Flame 40m	\$175.00
3669	Galaxy 50m	\$195.00
3671	Orbit I 60m+	\$225.00

Ron Johnson Javelin Rebuilding

■ Rebuilding Javelins since 1982 ron@thejavelinman.com / 541-679-4400

HAMMER WIRES



HAMMER WIRES by Lance Deal

- Very High Strength wire that resists bending and kinks.
- Made by American Record Holder Lance Deal.

Qual	lity	<u>3mm</u>	wires

3757A	24"	\$10.95	3757D	38½"	\$10.95
3757B	37½"	\$10.95	3757E	38¾"	\$10.95
3757C	38"	\$10.95	3757F	39"	\$10.95
3757K	381/4"	\$10.95	3757G	39¼"	\$10.95

T HAMMER WIRES

		•	*****	
3763B	371/2"	\$	9.50ea.	
3763D	38"	\$	9.50ea.	
3763E	381/4"	\$	9.50ea.	
3763F	38½"	\$	9.50ea.	
3763G	38¾"	\$	9.50ea.	
3763H	39"	\$	9.50ea.	
3763J	391/4"	\$	9.50ea.	
3763K	39½"	\$	9.50ea.	
3763L	39¾"	Ś	9.50ea.	

HAMMER HANDLES



ブ polanik

Top quality Polanik Hammer Handles

- Curved sides for ease of release
- 86 gms

4820	Polanik Straight	\$24.95
4821	Polanik Curved	\$24.95



CANTABRIAN

Wt. 81 grams

High quality Dye Cast Aluminum.

xxxx Cantabrian Handle \$55.00

Strong Aircraft Aluminum

- IAAF Certified
- 3755\$ VS Straight **3755C** VS Curved
 - \$17.95 \$17.95

■ Wt. 81 grams

LEXCALIBER:

The strongest/heaviest handle available 3761 Lexcaliber \$20.95

ADJUSTABLE SPANNER WRENCH

■ For Hammer Swivel and Shot Plug Removal 3778 Adjustable Spanner Wrench \$8.95 ea



HAMMER GLOVES



COMPETITION GLOVE

BETTER RELEASE CONTROL

- A lighter glove with a more responsive feel.



Small Right 3651S Small Left 3650S 3651M Medium Right 3650M Medium Left Large Right 3651L 3650L Large Left 3651XL X-Large Right 3650XL X-Large Left \$18.95 Each

NISHI GLOVE

Worn by the 2011 World Champion

- Verv flexible glove
- Thin soft leather front
- Second leather layer at Palm & Fingers
- Back side lightweight cloth

4870L Left 4870R Right



Sportland HAMMER MEASURING TOOL

Ensure Hammers are LEGAL before going to meets.

- Easy to measure hammer length
- Mounts on wall or lay flat on table

Hammer Measuring Tool



ELITE HAMMER CARRIER

- Cordura nylon on outside
- Padded soft nylon inner liner
- Outside pouch for personal items

3827H Elite Hammer Carrier \$39.95



'y polanik

Thrown by many of the World's best throwers.

- Strong & easy turning swivel.

	Wire	
4k/95mm	385/8"	\$156.95
5k/100mm	385/8"	\$166.95
6k/105mm	39"	\$186.95
16lb/110mm	387/8"	\$199.95
	- ,	4k/95mm 385/8" 5k/100mm 385/8" 6k/105mm 39"

T polanik WIRES

4815W for: 4815 & 4818	\$14.00
4817W for: 4817	\$14.00
4816W for: 4816	\$14.00

'y polanik

ZIOLKOWSKI HAMMER

- IAAF-certified
- Tight production tolerances during production guarantees the Ziolkowski Hammer will fly farther than other hammers using your same throwing technique.
- Mfg. w/High accuracy, perfectly balanced & ontimal dimensions

optiiii	ai aimonorono	
4912	4K/95mm Steel	\$509.0
4913	16lb/110mm Steel	\$675.00

Nishi Hammer Wires

4835W	39"	\$16.00
4836W	39 25"	\$16.00

STEEL HAMMERS

- Economically priced.

POLANIK

Szymon Ziolkowski: Gold Medal - 2000 Olympic

Games & 7th 2012 Games

Smallest diameter

3728

3794

3791

3792

3750

3793

3751

3752

3753

3754

Calibrated to IAAF Specifications

■ Perfectly Round

Precision Machined

IRON HAMMERS QUALITY Turned Iron Hammers

For both training and competition

3k(W 50+) 38½"

4k (M 70+) 381/4"

5k(M 60+) 381/2"

6k (M 50+) 381/4"

12 lb

14 lb

16 lb

18 lb

20 lb

STEEL HAMMERS

<u>Wire</u>

381/2"

38½"

38½"

371/2"

371/2"

38"

\$46.95

\$47.95

\$54.95

\$58.95

\$61.95

\$64.95

\$64.95

\$66.95

\$74.95

\$79.95

Caribrated to 17 th Opcomoditions			
		<u>Wire</u>	
3799	4k/95mm	38½"	\$115.9
3800	12lb/102mm	38½"	\$144.9
3779	6k/105mm	38½"	\$149.
3801	16lb/110mm	38½"	\$154.

RS

TRAIN	IING HAI	MMERS
5200	3.5k	\$47.95
5201	3.75k	\$47.95
5202	4.25k	\$54.95
5203	4.5k	\$54.95
5204	5.25k	\$58.95
5205	5.75k	\$58.95
5206	6.5k	\$64.95
5207	6.75k	\$64.95
5208	7k	\$64.95
5209	7.5k	\$64.95



STAINLESS STEEL HAMMERS

- Smallest Diameter
- Precision Machined
- Stainless Steel ball bearing swivel

 Calibrated to IAAF specifications 			
		<u>Wire</u>	
3783	4k S.S./95mm	38½"	\$139.95
3784	12lb S.S./102mm	38¾"	\$149.95
3781	16lb S.S./110mm	38¾"	\$159.95



CANTABRIAN

HAMMER

- IAAF-certified
- Minimum Diameters Steel Construction
- Perfect Balance

XXXX	4k/95mm	\$116.00
хххх	12 lb/102mm	\$136.00
хххх	16 lb/110mm	\$144.00



IAAF

DiMarco **HAMMER**

- Stainless Steel Swivel w/precision needle bearings
- Retaining screw locks swivel
- Titanium Alloy Handle

4891	16 lb (110mm)	\$325.00
4892	4k (95mm)	\$299.00



\$225.00

SOFT HAMMER

- Unique design allows hammer to disperse the landing impact force, eliminating damage to throwing surface.
- Innovative "soft landing" design for ANY surface 4881 \$186.00 4k

4880 16lb \$242.00 4882 1k **\$38.20** (add-on weight)



ELITE HAMMER TRAINING SYSTEM

Strength, Power & Speed development program for the Hammer. ■ By: Glenn McAtee, Clemson & USATF Level III cert.

4655 College/Open: 6.75k, 7.26k, 7.75k Hammers + 7 diff. Lgth wires... \$235.00 **4656** H.S. Boys: 5k, 5.45k, 6k

Hammers + 7 diff. Lgth. wires.

Womens Packages:3.5k, 4k, 4.5k Hammers & 8 diff. Lgth. wires 4657H H.S. Girls Pkg. \$235.00

4657C Women's Pkg. \$235.00

THROWING EQUIPMENT /

THROWING WEIGHTS

'y polanik

STEEL THROW WEIGHT

- Europe's BEST Outdoor Weight!
- Small diameter (for longer throws)
- Powder coated steel ball
- Free rotating ball bearing swivel.
- Meets ALL rules
- Throw on dirt or grass

	on ant or grade	1111011
\$179.95	12lb.	4830
\$199.95	16lb.	4831
\$219.95	20lb.	4832
\$249.95	25lb.	4833
\$279.95	35lb.	4834







IRON THROW WEIGHT

 Turned iron throwing weights with ball bearing swivel and triangular steel handle

0111101	arra triariç	jaiai otooi mamaio.	
3767	12 lb		\$72.95
3768	16 lb		\$77.95
3769	18 lb		\$79.95
3747	20 lb	"College Women"	\$89.95
3748	25 lb		\$94.95
3749	35 lb	"College Men"	\$124.95
4750	44 lb		\$144.95
3746	56 lb		\$164.95



DOMINATOR WEIGHTS • One year warranty!

- Strong non-stretch polyester web harness
- Harness connected w/2 Stainless Steel Rings
- Tough and durable Ball
- No wt. "leakage" over 1,000 throws
- Strong Steel Handle
- Heavy Duty Stainless Steel swivel.
- Spacer kit inc. for max. length adjustment

LEAD:

DA20SW	20 lb.	\$339.00
DA25SW	25 lb.	\$359.00
DA35SW	35 lb.	\$389.00
Tungsten F	illed: (Smaller Ball))
DA20CW	20 lb.	\$699.00
DA25CW	25 lb.	\$849.00
DA35CW	35 lb	\$999.00
Pro: (Small	est Ball)	
DA20PSW	20 lb.	\$1,199.00
DA35PSW	35 lb.	\$1,799.00

Meets NCAA & IAAF specs. Lead Filled:

VS010 (white/black)

Sizes: 5-12.13.14.15

Reinforced Heel Cup.

Reg. Retail \$94.99

Our Price: \$84.99

Luu I II	icu.	
3974	16 lb.	\$302.00
3975	18 lb.	\$328.00
3978	20 lb.	\$365.00
3997	25 lb.	\$375.00
4887	30 lb.	\$388.00
2070	35 lh	ሳለበባ በበ

INCREASE YOUR LIFTING PERFORMANCE!

(midsole = 2.8 cm. sole = .5 cm)

Weight Lifting Shoe w/Straps

Leather upper & sole plate w/hard rubber material on bottom of shoe.

TWO "Hook & Loop" straps over laces for added support.

Leather reinforced flat rubber sole. Size 10 Heel Height = 3.3 cm





THROWING WEIGHT

- Stainless Steel Handle w/double swivel hardware
- Slips through air better w/Nylon Straps and sleeker design
- Meets NCAA & USATF Rules

787	20 lb.	\$320.00
798	25 lb.	\$335.00
788	35 lb.	\$350.00

THROWING WEIGHT MEASURING TOOL

 Sturdy Welded steel construction. Wt. Measuring Tool \$250.00





JAVEE TRAINER

Used by ELITE throwers worldwide

- Three stretch cords to vary resistance for training
- Simulate Javelin throwing motion
- Perfect for resistance and flexibility drills
- Practice throwing without interfering with your arm motion

2674-6 600gm **\$41.95 2674-8** 800gm **\$41.95**





JAVELIN VINYL CARRY CASE

- Made of durable nylon reinforced vinyl material with reinforced ends and shoulder carry strap.
- Holds 3 to 5 javelins.
- Easy access with velcro strip on opening flap.

3730 Vinyl Carry Case \$39.95



- Adjustable ABS hard plastic javelin carrying case provides extra protection for up to 5 javelins at a time.
- Allows a snug fit up to 700 gram javelins. **3729** Javelin Tube **\$79.95**





TRAINING BALLS

00	JTDOOR (CAST IRON	INDOOR Synthetic Rubber		
3724	400gm	\$9.00	- VERY DURABLE-		RABLE-
3725	600gm	\$9.25	3655	400gm	\$14.95
3726	800gm	\$9.50	3656	600gm	\$16.95
3731	1kg	\$11.00	3657	800gm	\$18.95
3732	1.5kg	\$11.50	3659	1kg	\$21.95
3733	2kg	\$14.95	3680	1.6kg	\$23.95
			3681	2kg	\$28.00



JAVELIN NOCKENBALLS

For indoor and outdoor training - Soft cover.

3720	400gm	\$11.95
3721	600gm	\$14.95
3722	800am	\$18.9





Rubber "stand up" bottom

■ Bridge the gap between the throw & weight room

■ Helps develop the raw throwing power

	necessary to be an elite thrower.	neces
\$19.95	1921-4 4k/ 9 lbs	4921-4
\$34.95	1921-8 8k/ 18 lbs	4921-8
\$39.95	1921-12 12k/ 26 lbs	4921-1
\$49.95	1 921-16 16k/ 35 lbs	4921-1
\$64.95	1921-20 20k/ 44 lbs	4921-2
\$75.95	1 921-24 24k/ 53 lbs	4921-2
\$85.95	1922 4k, 8k, 12k Set	4922
\$159.9	1923 16k 20k 24k Set	4923



HEADS UP SIGNS

HEADS-UP SIGN

- DISCUS SIGN
- JAVELIN SIGN
- SHOT SIGN

4896 18" x 12" Metal **\$21.95**









- Medicine balls with rope for versatility
- Durable synthetic rubber
- Small diameters for easy use
- Use with rope for dynamic exercises ■ Use without rope as a regular medicine ball
- Exercise chart included



1k / 2.2 lbs (19 cm / 71/2") \$38.95 4761 2k / 4.4 lbs (19 cm / 71/2") \$49.95 3k / 6.6 lbs (25 cm / 93/4") \$64.95 4762 4k / 8.8 lbs (25 cm / 93/4") \$74.95 5k / 11.0 lbs (25 cm / 93/4") \$84.95



13 12 Fax: 888.415.5212 VSAthletics.com VSAthletics.com Phone: 800.676.7463

THROWING EQUIPMENT PACKAGES

RUBBER MEDICINE BALLS

RUBBER MEDICINE BALLS

- Two tone, easy to see pattern
- Textured surface for needed grip-ability
- Air valve to adjust bounce
- 2 year warranty

4751	2lb Med Ball	\$16.00
4752	4lb Med Ball	\$25.00
4753	6lb Med Ball	\$30.00
4754	8lb Med Ball	\$38.00
4755	10lb Med Ball	\$46.00
4756	12lb Med Ball	\$55.00
4757	15lb Med Ball	\$65.00





CALL for Quantity Pricing for 5 or more!

MEDICINE BALLS

- Improved Synthetic Rubber!
- TEXTURED surface for better grip
- Small diameter for more varied
- training exercises
- Can be used indoors or outdoors
- THEY BOUNCE!
- Exercise chart included
- 3742 2k / 4.4 lbs (19.5 cm / 8") 3743 3k / 6.6 lbs (23 cm / 9") 3744 4k / 8.8 lbs (23 cm / 9") 3745 5k / 11.0 lbs (27.5 cm / 11") 4746 6k / 13.2 lbs (27.5 cm / 11") 4747 7k / 15.4 lbs (27.5 cm / 11")

8k / 17.6 lbs (27.5 cm / 11")

1k / 2.2 lbs (19.5 cm / 8")

\$24.95

\$34.95

\$44.95

\$54.95

\$61.95

\$69.95

\$75.95

THROWING BALL WITH HANDLE

- Great for all throw training.
- Built in handle for variety of exercises
- Develops Strength, Flexibility and Technique
- Throw underhand, sidearm or overhand
- Range of weights for different exercises
- Used indoors or outdoors

4770 Fill you	Throwing Ball self (up to 10 lbs. o	\$16.95 of sand or water)
4731	2 lbs / .9k	\$17.95
4732	4 lbs / 1.8k	\$19.95
4733	6 lbs / 2.7k	\$24.95
4734	8 lbs / 3.6k	\$28.95
4735	10 lbs / 4.5k	\$32.95
4736	12 lbs / 5.4k	\$38.95



CALL for Quantity Pricing for 5 or more!

KORE BALL

- Unique design for multi purpose use
- Work on core strength with multiple exercises
- Perform single-handed or double-handed exercises
- All kore halls built to the same 27.5cm diameter

- VII KUI	5 Dalls Dullt t	o the same 27.50m that
4720	8 lb	\$42.95
4721	9 lb	\$44.95
4722	10 lb	\$46.95
4723	12 lb	\$50.95
4724	14 lb	\$56.95
4725	16 lb	\$64.95
4726	18 lb	\$71.95
4727	20 lb	\$79.95



4748

D BALLS

- Soft and easy to grip ■ Durable — they will not break
- Ideal for overload on one arm throwing movement
- Softness and texture of the ball make grip and catching easy

800	1.5lb (Base	eball Size) \$21.95
801	4lb (Softba	II Size) \$41.95
802	8lb	\$74.95
803	12lb	\$89.95
804	20lb	\$115.95
CALL	for Quantity Price	ing for 5 or more!



JAVELIN NOCKENBALLS

For indoor and outdoor training - Soft cover. 400gm \$11.95 600gm \$14.95 3721 \$18.95 3722 800gm



High School Girls Throws Package

1 - 3819 1k Official Rubber

1 - 3842 1k Challenger

1 - 3862 1k Hurricane

1 - **3805** 1k Lady Champion

1 - **3968** 4K Turned Iron 1 - 3929 4K 104mm Turned

3 - 3825 Shot/Discus Carry Cases

Regular Price: \$267.55 8150 Package Price \$227.50

HIGH SCHOOL THROWS PACKAGE





Includes all items in H.S. Boys and Girls Throws Packages.

Regular Price: \$589.50 8155 Package Price: \$501.00

High School Boys Throws Package

1 - 3818 1.6k Official Rubber 1 - **3841** 1.6k Challenger

> 1 - **3861** 1.6k Hurricane 1 - 3806 1.6k H.S. Champion

1 - **3965** 12lb Turned Iron 1 - 3937 12lb 108mm Turned

3 - 3825 Shot/Discus Carry Cases

Regular Price: \$321 60 8160 Package Price \$273.50

HIGH SCHOOL ELITE THROWS PACKAGE

GIRL'S H.S. Elite Throws Package

Discus: 1 - 4868 1k Denfi Ultimate Spin

1 - **4862** 1k Denfi Classic

Shots: 1 - **3919** 4k 95mm Steel 1 – **4810** 4k 108mm Polanik

1 – **3827D** Elite Discus Carrier

1 - 3828S Elite Shot Carrier

Regular Price: \$797.80 Package Price \$678.00

JAVELIN PACKAGE

1 - Any 800 gm

Regular Price: \$307.30

Package Price: \$261.00

Regular Price: \$268.30

Package Price: \$228.00

1 - Any 600 gm

1 - 3657

1 - 4453

1 - 3656

1 - 4453

Boys Package Includes:

■ Aussie 2000 Javelin

■ 800 gm Training Ball

■ The Throws Manual

Girls Package Includes:

Aussie 2000 Javelin

■ 600 gm Training Ball

■ The Throws Manual

■ Vinyl Javelin Carry Case 1 - 3730

■ 800 gm Practice Javelin 1 - **3662**

■ Vinyl Javelin Carry Case 1 - 3730

■ 600 gm Practice Javelin 1 - 3664



■ Medicine Ball 4k

■ Underweight Shot

BOY'S H.S. Elite Throws Package

Discus: 1 – **4867** 1.6k Denfi Ultimate Spin 1 – **4861** 1.6k Denfi Classic

1 - **3925** 12lb 102mm Steel 1 - **4814** 12lb 116mm Polanik

1 – **3827D** Elite Discus Carrier 1 – **3828S** Elite Shot Carrier

Regular Price: \$847.80 Package Price \$720.00 8170

THROWS TRAINING PACKAGES

 Medicine Ball 4k Jurgen Schult Discus Training Tool 1.66K Rubber Discus w/strap 1.6k Wood Discus1.6k 360 degree Rotational Belt Throwing Ball w/Handle Throws Manual 	Boys: 3744 4841 3876 3815 2598 4770 4453	Girls: 3743 - 3k 4840 - 1.3l 3877 - 1k 3816 - 1k 2598 4770 4453
Regular Price: Rov's	Discus	\$247.75



Boys:

3744

3987



3.5k/108mm (10lb/117mm) Overweight Shot 14 lb. 3986 3988 4.5k/108mm (14lb/117mm) ■ Throws Manual 4453 4453 Regular Price: Boy's Shot

8210 Package Price Boy's Shot: \$152.00 Regular Price: Girl's Shot \$153.80 8220 Package Price Girl's Shot: \$130.00



THROWING CIRCLES / TOEBOARDS



PRO DOWN HIGH SCHOOL DISCUS

- Sturdy Galvanized steel construction
- 11' High with 6 2¾" uprights angled at top
- Weather treated netting hangs from 1" top rung
- Mounted in PVC Ground Sleeves or on Portable Steel plates
- Meets H.S. Rules

Sleeved Steel Discus Cage 3898S \$1,545.00 Portable Steel Discus Cage \$2,525.00 3898 Replacement Net (60' x 11' 6" 3898N \$ 910.00



CANTILEVERED H.S. DISCUS

- 6 2 3/8" Zinc plated cantilevered poles
- Heavy duty net hangs 10' 4" from ground to top of pole
- Fast raising and lowering of net with halyard system and quick release clips
- Meets H.S. Rules

3873 Cantilevered Discus Cage \$1,834.00 Replacement Net \$ 985.00 3874



EJILL HAMMER / DISCUS

- 3865 Large enough to enclose both Hammer and Discus circles
- 3865-1 For one discus circle & a (3764) hammer conversion circle insert
- Steel frame at top ensures maximum net height
- Net secured at ground to shock absorbing hinges for added safety
- Net made of 765 lb. test #84 knotted weather treated nylon cord
- Net height: 20'6"
- Door height: 21"

Call for Price



GILL H.S. ALUMINUM DISCUS

- All aluminum poles 14' tall, 2-7/8" O.D.
- 6 pole cage, net 14' x 56"
- 7 pole cage, net 14' x 68'6"-available w/or w/o rear entry
- Net height 13' 6"
- 180lb knotless nylon weather treated net

6 Pole Cage \$2,600.00 7 Pole Cage \$2.855.00 5004R 7 Poles w/rear entry \$3,775.00



GILL SHOT

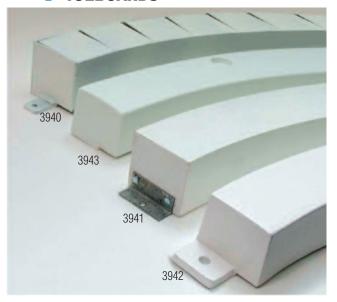
- 2.5" square 14 ga. Steel poles.
- Net height: 13'
- Weather treated Nylon netting
- Net secured to ground w/stakes

Shot Cage



For More Throwing Equipment Please Visit VSAthletics.com/throwing_equipment.

TOEBOARDS



SHOT PUT TOEBOARDS

■ Meets **ALL** Official Requirements. ■ Works on all level surfaces

■ All toeboards are 4" high

- All tobboards	ait 4 myn			
3940	Steel	\$175.95		
3943	Polyethylene (Tough-No rust)	\$258.00		
3941	Wood (level circle)	\$251.00		
3942	Cast Aluminum (level circle)	\$265.00		
IAVELIN TOEDOADD				

JAVELIN TOEBOARD

■ Painted white steel folding toeboard. NOT PICTURED

Javelin Toeboard \$289.00



- 3¼" board for drop into circle
- Meets IAAF Rules

Cast alumimum (into depressed circle) \$295.00

THROWING CIRCLES



■ Meets High School rules.

Steel Shot Circle (7 Dia.)*

\$206.00

Steel Discus Circle (8' 2.5" Dia.)

ALUMINUM

- 3/4" x 1" x1/4" aluminum angle.
- Mounts on concrete pad.
- Meets all rules.

3946 Aluminum Shot Circle (7 Dia.) \$155.00 3823 Aluminum Discus Circle (8' 2.5" Dia.) \$155.00 Aluminum Hammer Circle (7 Dia.) \$155.00

\$219.00

HAMMER CONVERSION CIRCLE



CONVERTS A DISCUS CIRCLE TO A LEGAL NCAA/IAAF HAMMER CIRCLE!

- Four interlocking sections of pliable PVC plastic
- Guaranteed not to crack

3764 Hammer Conversion Circle \$813.00

STARTING BLOCKS

STARTING BLOCKS



BUY 8 VS GOLD MEDAL (2513) OR VS INTERNATIONAL (2511) STARTING BLOCKS

RECEIVE VS UNIVERSAL BLOCK CART (2519) FREE!!!

See Cart Below.



NEWTON STARTING BLOCKS

Preferred by many of the world's best athletes

- High quality all light weight Aluminum construction
- Long lasting urethane pads on all pedals
- Pedals will not come off center rail
- Threaded spike inserts for easy spike changes



INTERNATIONAL

- Pedal easily adjusts to 4 different angles
- Carry handle on center rail
- Low angle pedal setting allows for a 3 point or standing start **2510** International Block \$307.00

ELITE ■ Same as International Block but set at the most preferred angle 2516 Elite Block \$204.00



GILL FUSION I

Will NOT Slip!!

- Spike placement angle holds block tightly to track
- Easy Pedal adjustment on center rail
- Extra wide (8") Pedals
- 30, 40, 50, & 60 degree Pedal angles
- For all weather tracks
- Pedals don't fall off when carrying block

Used at all USAT&F championships

2532 Fusion I \$389.00 (Other Fusion Block styles available at: VSAthletics.com



GILL FUSION II

- Same features as Fusion I
- Width of Pedals 4-5/8"
- Fixed Angle Pedal (60 degrees)
- Pads come in; Blue, Red, Gray & Black

2533 Fusion II \$296.00



STARTING BLOCK CART

- Carries up to 12 starting blocks
- Made of heavy duty steel & solid rubber tires
- All metal parts are zinc plated ■ 2 year warranty

Starting Block Cart

\$349.95

GILL FUSION III

- Same features as Fusion I
- Standard Width Pedals (4-5/8")
- Fixed Angle Pedal (60 degrees)

2534 Fusion III \$245.00





CART **FREE** See Offer on Page 18

INTERNATIONAL by Sportland

- Pedal 4 3/4" wide, 4 angle adjustment
- Durable & replaceable textured rubber pad
- Solid locking bar on back of pedal cannot come apart
- Double thick spike plates, will not bend or warp
- Anti-strip spike holes
- For both synthetic or dirt tracks

2511 International Block

\$165.00



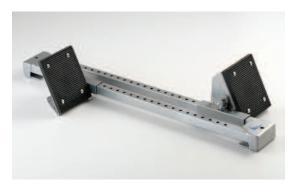
GOLD MEDAL

- AFFORDABLE INTERNATIONAL STYLE BLOCK
- EXCLUSIVE SPRINGCO DESIGN
- Cast aluminum pedal adjusts to 4 different angles
- Chrome steel center rail
- Anti-strip spike holes in chrome steel spike plates
- For both synthetic or dirt tracks

2513 Gold Medal Block

2513P Block Pedal

\$104.95 \$35.00



RECORDMASTER

- A DURABLE. TOP QUALITY RUBBER FACED BLOCK
- Welded steel frame for greater durability
- Extra WIDE & taller fixed angle foot pedal 5" wide x 6" high
- Easily adjustable pedal position with snap-lock plunger

■ For both synthetic or dirt tracks

Recordmaster Starting Block Replacement Snap Lock Plunger \$ 3.95 ea 2503 2502 Replacement Anchor Spikes \$ 3.95 ea Replacement Rubber Pad \$ 5.50 ea (Aluminum pedal model)



INDOOR STARTING

TALL PEDAL MODEL

- For use indoors, where no pegs or nail holes are allowed.
- Apply pressure with foot and blocks provide a non-slip starting block.

2512 Indoor Blocks \$16.95/pr





CHAMPIONSHIP

EXCLUSIVE SPRINGCO DESIGN

- Welded steel frame for greater durability
- Easy twist pedal angle adjustment
- Wider base for greater stability

■ For both synthetic or dirt tracks 2505 Championship Block

Replacement Anchor Spikes Replacement Snap Lock Plunger \$64.95 \$ 3.95 ea

\$ 3.95 ea



ALUMINUM BATONS

2631 RY Blue **2631 SI** Silver **2631 OR** Orange 2631 BK Black **2631 GD** Gold 2631 PR Purple 2631 GR Green

2631 RD Red



All Aluminum Batons \$2.95 ea 6 or more \$2.75 ea 12 or more **\$2.60** ea

18 or more \$2.50 ea

HURDLES

HURDLES

GILL ALUMINUM SCHOLASTIC

- Adjusts to all 5 hurdle heights
- Plastic hurdle board
- Available in school colors
- Meets High School pullover weight requirements
- -Specify gate tube color!

2477 Scholastic Aluminum Hurdle 2472 School Name on Hurdle Board

\$110.00 ea \$39.75 (per order)

GILL COLLEGIATE ALUMINUM

- Plastic Hurdle Board
- Meets HS & NCAA specifications
- Adjusts to all 5 hurdle heights
- Sliding weights adjust quickly for offical pullover resistance
- Specify gate tube color!

2459 Collegiate Aluminum Hurdle 2472 School name on hurdle board

\$187.00 ea \$ 39.75 (per order)



THURDLE DOLLY

■ MAKES HURDLE SET UP, TAKE DOWN AND MOVEMENT AS EASY AS 1, 2, 3...

- 1. Place hurdles in a stack of 8 to 10 on the track.
- 2. Tilt the stack and slide the Hurdle Dolly underneath.
- 3. Pull the hurdles back toward you.
- The Hurdle Dolly will tilt onto it's wheels ready to roll.
- Works best with "'L" type hurdles!

2401 Hurdle Dolly 2 or More

\$199.00 ea **\$175.00** ea





20

6-WHEEL HURDLE CARTS

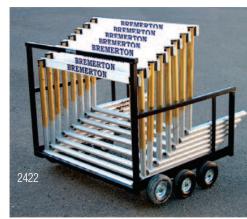
- Heavy duty steel construction
- Lower center wheels for easy maneuverability
- Holds up to 16 hurdles

Fax: 888.415.5212

Adjustable to fit any size hurdle

Rocker Hurdle Cart \$425.00 "'L"' Hurdle Cart \$425.00

> (Please provide hurdle base dimensions when ordering "L" Cart)



\$ 1.895.00



PACER

STEEPLECHASE BARRIERS

FOR MEN'S AND WOMEN'S COMPETITION!

- ■Top beam is steel covered with Synthetic track material
- Heavy duty adjustable powder coated steel bases
- Water Jump barrier available

■ Meets NCAA & IAAF specs

2491 Steeple Hurdles (set/4) \$ 7,590.00 Steeple Hurdle 4m/13' \$ 1,860,00 2492-4 Steeple Hurdle 5m/16' \$ 1,975.00 2492-5 Water Jump Barrier 2492W \$ 2,110,00 w/Surface Mount

Water Jump Barrier w/Ground Sleeve

*Call For Wheeled Barriers





INTERNATIONAL ALUMINUM HURDLE by

Adjusts to all 5 hurdle heights

- Sliding weights adjusts for official pullover resistance
- Available for 42" & 48" Lanes
- Meets HS, NCAA & IAAF Specifications
- School Name on Hurdle Board Included

VS International Alum. Hurdle

\$195.00 ea



H.S. ALUMINUM ROCKER



■ Stacks like L-Shaped Hurdles

- Welded ONE PIECE Aluminum base
- Fixed weight in base meets H.S. rules
- Unique button latch design for easy height adjustment
- Adjusts to all 5 hurdle heights

Rocker Hurdle* (Unassembled) **\$84.95** ea Rocker Hurdle* (Assembled) **\$94.95** ea School Name on Hurdle Board \$ 3.00 ea

*Specify gate tube color



ALUMINUM INT. AND H.S. HURDLE CART

■ Sturdy Steel Construction ■ Tough Powder coat finish ■ Stack 10 -12 hurdles

2454I VS Alum Int. Hurdle Cart (48") \$295.00 2454H\$ VS Alum H.S. Hurdle Cart (42") \$295.00

Sportland



ALUMINUM H.S. HURDLE

- A DURABLE High School Hurdle!
- The hurdle base has one-piece construction with no bolts or screws to loosen over time.
- Permanently sealed weights to ensure legal pullover weight at all heights
- No assembly required
- Adjusts to all 5 hurdle heights

Aluminum Hurdle/Plastic Board* 2481 School Name on Hurdle Board 2471 (per order) *Specify gate tube color





\$85.95 ea \$55.00



Phone: 800.676.7463

TREPLACEMENT HURDLE BOARDS

■ The best replacement boards for the money

• Fit any hurdle on the market

■ No predrilled holes

Wood Board **\$16.50** ea \$16.50 ea 2411 Plastic Board Solid Plastic Board \$17.50 ea 2412

GOLD MEDAL HURDLE



- All Aluminum construction
- Grooved base design for ease of stacking hurdles
- Fixed Weight H.S. model meets H.S. rules
- Adjusts to all 5 hurdle heights
- No assembly required

HIGH SCHOOL

Gold Medal Hurdle HS / Plastic Board* \$134.95 ea School Name on Hurdle Board (per order) 2471 \$ 55.00

*Specify gate tube color

VSAthletics.com

COLLEGE

Gold Medal Hurdle / Plastic Board* \$164.95 ea School Name on Hurdle Board (per order) \$ 55.00

*Specify gate tube color

21

TRAINING HURDLES

THROWING EQUIPMENT //

MINI TRAINING HURDLES

- ■6" & 12" Training hurdles can be used for beginning hurdlers or plyometric drills
- Teaches proper running mechanics by making the athlete develop sufficient knee lift
- Strong, lightweight plastic tube construction

2577	6"' Mini Hurdle	\$7.95 ea
	12 or more	\$6.95 ea
2576	12" Mini Hurdle	\$9.95 ea
	12 or more	\$8.95 ea
2578	18" Mini Hurdle	\$12.95 ea
	12 or more	\$11.95 ea



■ Collapsible for easy storage

■ Great for Plyometric Training

,33", 36", & 39"

\$24.95 ea



MADJUSTABLE TRAINING HURDLE

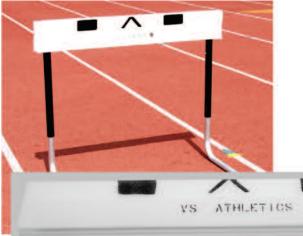
New Strong Wood Boards

- DEVELOP BETTER HURDLERS
- Teach your Athletes to Sprint over Hurdles 8 heights 9", 18", 24", 27", 30" Not Jump!
- FREE Carry Bag with purchase of 10 or More.

Training Hurdle Bag

2476	Adjustable Training Hurdle	\$27.95 ea
	5 to 9	\$25.95 ea
	10 or More	\$22.95 ea
2476 B	Replacement Board	\$9.95 ea

HURDLE TRAINING PAD



- Allows your hurdlers to attack the hurdle without fear
- Easy to use with maximum protection
- Tough polypropylene foam 3" high over board **2405** Training Pad \$13.95 ea

ALUMINUM TRAINING HURDLE



\$44.95

\$39.95 ea

\$24.95 ea

Aluminum Tng. Hurdle

Training Hurdle Bag

Set of 4

This item may have additional shipping charges due to its heavy weigh

CANOPIES WITH FULL SUBLIMATION SCREENING.

10' x 10' w/Steel Frame	6070-S	\$1,340.00
10' x 15' w/Steel Frame	6071-S	\$1,980.00
10' x 20' w/Steel Frame	6072-S	\$2,480.00

ONE COLOR SCREEN ON PEAK AND VALANCE:

10' x 10' w/Steel Frame	6070-1	\$874.70
10' x 15' w/Steel Frame	6071-1	\$1,286.70
10' x 20' w/Steel Frame	6072-1	\$1,575.00
10' x 10' w/Alum. Frame	6077-1	\$1,029.40
10' x 15' w/Alum. Frame	6078-1	\$1,486.70
10' x 20' w/Alum. Frame	6079-1	\$1,890.70





10' x 10' w/Steel Frame	6070	\$500.00
10' x 15' w/Steel Frame	6071	\$550.00
10' x 20' w/Steel Frame	6072	\$670.00
10' x 10' w/Alum. Frame	6077	\$555.00
10' x 15' w/Alum. Frame	6078	\$750.00
10' x 20' w/Alum. Frame	6079	\$985.00
10' Wall Panel	6085	\$80.00
10' Wall w/Zipper	6085Z	\$95.00
15' Wall Panel	6086	\$110.00
15' Wall w/Zipper	6086Z	\$125.00
Clear Plastic 10' Wall	6076	\$100.00
Roller Carry Bag 10'	6080	\$75.00
Roller Carry Bag 15'	6081	\$80.00
Roller Carry Bag 20'	6082	\$85.00



INSTANT CANOPY

- A True Commercial Grade Canopy

 Sturdy Pro Steel and Aluminum frame offering years of lasting durability.
- Many sizes to choose from
- Adjustable height with pull pin on legs that eliminate finger pinching
- Reinforced truss for added durability (500lb. test weight from center)
- Commercial grade 500 denier polyester top that is UV protected and Fire and Water resistant

STANDARD:

1 – 2190 15'6" x 8' x 26" H.J. Pit

\$6,049.00

\$5.860.00

1 – 2191 Pit Weather Cover

1 - 2212 Scholastic H.J. Std

- D-ring tie downs on top of canopy
- Includes stakes and Cover Bag

HIGH JUMP PACKAGE

Y VALUE PACKAGES

POLE VAULT PACKAGE



ECONOMY:

- 1 2158 Essentials P.V. Pit
- 1 Pit Weather Cover
- 1 2099G Box Collar
- 1 2152 Base Protector Pads
- 1 7130 Gill Alum. P.V.Stds 1 – Gill P.V. Crossbar
- Regular Price: Package Price:

\$13.622.00 \$12,415.00

STANDARD: 1 - 2150 Scholastic I P.V. Pit

- 1 2151 Pit Weather Cover
- 1 2099G Box Collar
- 1 7130 Gill Alum. P.V.Stds
- 1 Gill P.V. Crossbar
- Regular Price:

- 1 2192 Essential H.J. Pit
- 1 2152 Base Protector Pads

\$16,317.00 Package Price: \$15,355.00

1 – 2193 Pit Weather Cover

ECONOMY:

- 1 2212 Scholastic H.J. Std. 1 – 2222 Gill H.J. Crossbar
 - 1 2222 Gill H.J. Crossbar

Regular Price:	\$4,597.00	Regular Price:	
Package Price:	\$4,190.00	Package Price:	
. donago i irooi	4 1,100.00	i donago i iloo.	

POLE VAULT & HIGH JUMP COMBO PACKAGE

Includes all items in High Jump & Pole Vault package.

Combo Price:

Regular Price: Economy: \$18,219.00 Combo Price: 8375 \$16,605.00 Standard: Regular Price:

\$22,366.00 \$21,215.00



EASYMEET MEET MANAGER II

For Track & Field, Cross Country & Road Races

- The ONLY Software that links directly to: FinishLynx, Chronomix Timer, Sprint Eight Timer, Time Machine Timer, Ultrak L-10 & 499, Eagle Eye, Interval 2000xc watch, Palm Pilots and RFID, IPICO, DAG
- Easiest software to use for ANY size & type of Track & Field, Cross Country or Road Race.
- Small Dual Meets to large multi-day invitationals w/prelims. semis & finals.
- ■Road races with age-group breakdowns, races started in Waves with calculated times.
- Can import Name & Team from Spreadsheets & Online Services. TFRRS Compatible!
- Many more outstanding features can be found on the web at:



■ No Refunds for Easyware Software **Z5990** Meet Manager II

HYTEK **Sports Software**

Used for USATF & NCAA Championships.

Meet Manager: for Windows Automates College, High School. USATF, IAAF, AAU, Cross Country, Road Racing & Master Track & Field meets.

Note: This Software can only be licensed to Schools/Organizations. 30 day return policy on Hy-Tek Software. Also note that Hy-Tek has moved to version 3.0. If you want to add options you must have version 3.

Z4900 Meet Manager Bronze: All the basic features needed to run a Track Meet including the Seeding Feature. (note: no XC support) \$275.00 Z4910 Pro Option Network/Web Module

Z4900S Meet Manager Silver: All features in the Bronze package + XCountry / Road Race Feature + Multi-Age Group Feature. \$395.00

Z4900G Meet Manager Gold: All features in the Silver package, Combined Event Feature, Age Grading Feature, Ribbon/Award Label Feature, Admin Label Feature.

Z4950U Upgrade from 2.x to 3.x. Your upgrade will package will match or exceed your existing features already purchased. \$229.00

Z4910	Button Interface (sprint8/TM/L10) Module.	\$99.00
Z4910	Finishlynx Interface Module	\$295.00
Z4910	Alpha Scoreboard Module	\$495.00
7/1910	Pro Ontion Network/Web Module	\$495 00

EASYMEET - TEAM MANAGER SOFTWARE

For Track & Field, Cross Country & Road Races.

- The ONLY Software that links directly to: FinishLynx, Chronomix Timer, Sprint Eight Timer, Time Machine Timer, Ultrak L-10 & 499, Eagle Eye, Interval 2000xc watch. Palm Pilots and RFID. IPICO. DAG
- Easiest software to use for ANY size & type of Track & Field, Cross Country or
- Small Dual Meets to large multi-day invitationals w/prelims, semis & finals.
- Road races with age-group breakdowns, races started in Waves with calculated times.
- Can import Name & Team from Spreadsheets & Online Services TERRS Compatible!
- Many more outstanding features can be found on the web at: VSAthletics.com

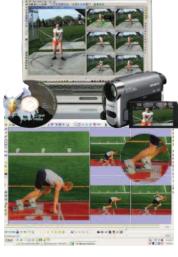
Easy -Team Manager

MOTION ANALYSIS SOFTWARE (ONLY WITHOUT AUTOMATIC TIMING)

• Included with the Eagle Eye Automatic Timing Software. A fully loaded motion analysis tool that makes technical analysis easier and more affordable than ever. Download video from a digital camera or record direct to PC. Compare athlete's or efforts in super slow motion or frame by frame, instantly determine angles, time and measure important segments and create documents with the click of a button. Video Chalkboard can record all on screen editing and voice over's that can be emailed, posted or burned to a CD for your athletes to review on their own.

Z8603 Single Camera \$299.95 Multiple Camera \$499.95





\$175.00



OMNI LITE SPIKES





■ Compatible with regular spike wrenches Bags of 20 Bags of 100

\$19.95

3/16"(5mm) **2681-A** Black **2681-B** Blue 1/4" (7mm) 2682-A Black **2682-B** Blue

3/8" (9mm) 2683-A Black **2683-B** Blue 1/4" XMAS TREE (7mm) 2684 Gold, Blue, Red, Black, and Silver

(SPECIFY COLOR)

STEEL HEX PYRAMID SPIKES WON'T STRIP OUT!

■ The ONLY spike with a Hexagon **2670** 1/8" \$8.95/100 base & Flat Side **2671** 3/16" \$8.95/100

> **2672** 1/4" \$8.95/100 **2673** 3/8" \$8.95/100 SPIKE WRENCHES

> > Hex Ratchet

"T" Handle Personal

2625 "T" Handle Spike Wrench 2625T Replacement Tip for "T" Handle \$2.50



2628 Personal Wrench (pkg./5) **\$5.95** 2627 Ratchet Wrench

Hardened Steel Tip

■ With spike storage in handle

Ratchet

Exclusive VSA design

2627H Hex Ratchet Wrench 2627T Replacement Tip Ratchet Wrench \$2.50

COACHES CUSTOM SPIKE KIT

- ■15 bags (YOUR CHOICE)-- Any Combination of Steel or Hex Steel spikes
- (Specify) ■1 x Tough plastic box w/adj. dividers for 4-15 compartments. Locking tabs on

cover. No carry handle on Box.

■1 x T-Handle or Ratchet Spike Wrench

SPECIFY Types, Sizes & Quantities of Spikes & Spike Wrench you want (or we will contact you & may delay your order).

Example: 8 x 1/4" pyramid, 4 x 3/8" needle, 3 x 3/16" Hex needle & T-Handle Spike Kit 2600 \$134.95





STALUMINUM BATONS

2631 RD Red **2631 RY** Blue 2631 SI Silver 2631 OR Orange 2631 BK Black **2631 GD** Gold 2631 PR Purple **2631 GR** Green



All Aluminum Batons \$2.95 ea **\$2.75** ea 6 or more 12 or more **\$2.60** ea 18 or more **\$2.50** ea

J-HEEL

- For HIGH JUMPERS & JAVELIN THROWERS
- Convert any shoe into a Javelin or High Jump shoe
- ■Will not roll or slip
- Spikes are replaceable J-Heel **\$26.00** ea



 Hard plastic or soft padded plastic models. \$9.95/dozen Plastic Padded \$18.00/dozen

TIMING EQUIPMENT

SIMPLE EVENT TIMERS

ULTRAK... 310

- Will only START, STOP & RESET
- No other features to confuse the operator
- Perfect for Finish Line Timers **3053** Ultrak 310** **\$7.95** ea **3053-6** Set of 6** **\$44.95**
- ** Specify color or black will be sent.





ACCUSELLT SURVIVOR

Magnum XL

- ■Will only START, STOP & RESET ■ No other features to confuse
- the operator
- Perfect for Finish Line Timers
- ■3 year battery

Survivor \$14.95



ACCUSPLIT

AX605

- Will only START, STOP & RESET
- No other features to confuse the operator
- Perfect for Finish Line Timers
- AX605

MEMORY TIMERS

ACCUSPLIT AX725

Display both cum & lap splits

** Specify color or black will be sent.

Computes average split

16 Memory

■ Two line display

Split counter

3056 AX725

\$18.95

BASIC LAP / CUM SPLIT TIMERS



ACCUSPLIT' **SURVIVOR III**

Magnum XL

- Large Display Start/Stop,
- ■Time-In/Time-Out
- CUM split w/ 24 hr. timing range

3008 Survivor III **\$10.95**

PRO SURVIVOR 601X

- Start/Stop.
- Time-In/Time-Out CUM Split w/
- 24 hr.timing range
- 5 year warranty
- Colors: Black, Blue, Green, Red, Yellow 3009 A601X \$17.95

MEMORY TIMERS



NEW

Robic SC-505W

12 Memory

- Displays current running lap or split time
- Lap, split or event timing Auto Lap counter to 199
- Auto lap/split release
- Comes in 5 colors: (OR, PR, BK, RD, BL, GR, YE)

ZSC505W Robic SC-505W **\$24.95**

Specify color or black will be sent

NEW

ULTRAK 460

16 Memory

- Displays lap or cum splits
- Auto lap/split release
- Recall & take splits during op.
- Lap counter to 99
- Long life Lithium battery

3038 Ultrak 460 **\$22.95**

MEMORY TIMERS



ACCUSPLIT[®] **AX602** 100 Memory

100 Memory

- Running split & lap times
- Memory recall during operation Stroke frequency mode
- Water resistant
- Long life Lithium Battery **3040B** AX602- Black **\$36.95 3040Y** AX602- Yellow **\$36.95**

- and Backwards
- 3 bar water resistant 3038B Seiko S056 - Black \$88.00

SEIKO S056

■ Lap or split & running time

0 00 00,0

- Memory recall during operation
- Recalls times Forward

Running split & lap times

300 Memory

- Display & recall fastest, slowest & average lap times
- Pesettable Pacer & Timer
- Countdown Timer modes
- Water resistant ■ Long life Lithium battery
- **3017** Ultrak 493 **\$38.95**

3025 Ultrak 494 **\$42.95**

000:00'000 D:00'0000 0:00'0000 **ULTRAK** 493/494 **ULTRAK** 495

100 Memory

0:00'00'01

0:00'00'00

- Running, split and lap times
- Memory recall during operation
- Stroke frequency mode
- Water resistant
- Long life Lithium battery

3022 495-Black **3027** 495-Yellow

*494 has Nightlight feature.

ULTRAK, 499

2000 Memory

- Uploads to Computer
- Multiple timing events saved
- ■3 line display; Lap, Split & Running times

3028 Ultrak 499 Stopwatch



ULTRAK 360

30 Memory

- Economy Timer w/Memory
- ■30 memory w/2 displays
- Back light
- Recalls times forward & backwards
- Long life Lithium battery **3042** Ultrak 360 **\$22.95**



ULTRAK, 485

60 Memory

- ■Running, split & lap times
- Displays & recalls fastest. slowest & average lap times
- Presettable Pacer & Countdown timer modes
- Water Resistant
- Long life Lithium battery 3018 Ultrak 485 \$33.95



ULTRAK, 350 SOLAR STOPWATCH

- Cum Split & Time-In/Time-Out
- Large Solar Powered Display
- ■B/U batteries last up to 10 years ■ Water resistant
- Three-year warranty

3014 350 Solar Stopwatch

\$19.95



ACCUSPLIT' **AX740**

50 Memory

- Two line display
- Cum & Lap Splits ■Long life Lithium battery
- 3057 AX740 \$34.95



SEIKO S141

300 Memory

The BEST Stopwatch Made!! Multiple timing events saved

- (Segmented memory)
- Running, Split & Lap times
- Recall times during operation
- 10 bar water resistant Stroke Frequency Mode
- 5 year Battery & Carry Case

3035 Seiko S141 \$249.00





ULTRAK, 498

STOPWATCH W/PRINTER

Uploads to Computer (w/interface)

■ Prints to 99 then starts over.

498 Computer Interface \$34.95

Lg. Thermal Paper roll (2360 line rolls) **\$2.00/roll**

CALL TODAY FOR KNOWLEDGEABLE.

FRIENDLY ADVICE. 800.676.7463

3033 Ultrak 498

3033-COMP

RECALL MODE

■ Displays & Prints finish times and/or split times

■ Comes w/neck strap, batteries & 2 rolls of paper

Multiple timing events saved (segmented memory)

\$325.00



ULTRAK L-10

- Meet Timing System
- Affordable Multi-Lane Track Cross Country Timing!
- ■Times & stores 10 lanes/8,000 places
- Start timer w/one button for increased accuracy
- Prints runners' numbers, lane, place & time
- Exports data to Runscore & EZ Meet Manager
- Comes w/2 rolls paper, 4-AA Batteries, AC adaptor
- Serial Port computer cable

Basic Set (one button) \$525.00 2770-1 2770-6 Six Button Set \$590.00 2770-8 Eight Button Set \$625.00 2770-10 Ten Button Set \$655.00 \$20.00 2771 Additional Buttons 4237 \$2.00/roll Thermal Paper Roll (2360 Line Rolls)



SPRINT EIGHT

MEET TIMING SYSTEM

- Prints runners numbers, lane, place & time
- One button start for increased accuracy
- ■6.000 memory
- Rechargeable NiCad batteries
- 2 rolls thermal paper & charger
- 4249 Track Package 6 Lanes Sprint 8 timer,

6-10 finish buttons

4250 Track Package 8 Lanes

same as above

w/8 finish buttons \$969.00

\$929.00

Cross Country Package 4251

-Sprint 8 timer, \$815.00

1-20 finish button **COMPONENTS & ACCESSORIES**

10 Finish Button **\$30.00** ea

4200 20 Finish Button \$32.00 ea Serial Port Cable **\$30.00** ea 4204

(connect to computer) **\$2.00** ea 4237 Thermal Paper Roll

SEE OUR WEBSITE FOR WIRELESS BUTTON OPTIONS

TIME MACHINE TX

Most Advanced Meet Timing System on the Market!



- Can seed races for semi's and/or finals
- Can merge times and bib numbers

ULTRAK 700

■ 1/100 second stopwatch

operate simultaneously

Calculator w/memory feature

■ Calculator & Stopwatch can

■ Both battery & Solar Power

Ultrak 700

■ Includes Ruler and Straight edge

■ Time single events & multiple splits

CLIPBOARD/CALCULATOR

 Comes with finish buttons, rechargeable battery, charger/adapter, RS232 upload cable, 2 rolls thermal paper and carry case

Auto scoring for C.C./Road Races.

- Prints COMPLETE RESULTS and TEAM SCORES
- ■Times & stores 10 lanes/8.000 places
- Exports data to any computer race scoring program, should read Exports data to any computer race scoring program.

2790 Time Machine TX – (Track, C.C. & Road Racing) w/2 finish buttons \$1,175.00

Time Machine TX – (Track, C.C. & Road Racing)

\$1,355,00

w/6 finish buttons Time Machine – (C.C. & Road Racing) w/1 finish button \$1,095,00

ACCESSORIES:

\$25.00 ea 2793 Finish Button 14 **2794** Thermal Paper – 5 rolls \$15.00

SEIKO INTERVAL TIMER



50 Memory Ideal for Interval Training

Dual countdown timers

- Countdown timers can be used with stopwatch simultaneously
- Each timer has different chime
- 5 bar water resistant
- 3 year SEIKO warranty

3005 Seiko SO57 \$106.00

Seiko SO58 \$143.00 (w/nightlight display)

SEIKO_{\$149} STOPWATCH W/PRINTER



OUR MOST POPULAR STOPWATCH/PRINTER!

- Displays & Prints finish times and/or split times
- Multiple timing events saved (segmented memory)
- Comes w/neck strap, batteries & 2 rolls of paper
- Prints to 99 then starts over

3 year Seiko warranty

Stopwatch w/Printer \$435.00 Thermal Paper – 1200 line rolls (Box = 5 rolls)\$8.95/hox

3004 External Pushbutton \$90.00 3030 Lg. Thermal Paper Holder \$53.95 Lg. Thermal Paper roll

(2360 line rolls)

\$2.00/roll



PRINTER:

rolls of paper

Prints lap and/or cum splits

■ Comes w/Carry Case, Batteries & two

- Times. Intermediate Times. Average Times, Split Time Projections And More.
- A MUST for distance coaches.

4180 Time Master II \$56.95

ULTRAK, 499 STOPWATCH+PRINTER

STOPWATCH:

■2000 Memory

- Uploads to Computer (w/interface)
- Multiple timing events saved (segmented memory) ■ 3 line display: Lap, Split & Running times

3028 499 Stopwatch \$ 65.95 **3029** 499 Printer Only \$229.95

3026 499 Stopwatch & Printer 3024 Windows interface/Software \$ 34.95

3002 Thermal paper(1200 Line Rolls)

(box = 5 rolls)\$8.95/box

TIME MASTER II™



Time Based Calculator

- CALCULATE: Splits, Cross Country Team
 - Training paces are based on % of VO2 Max given distance.

• Circular calculator provides the proper paces athletes should train at to achieve the best progress towards their fitness & racing goals.

THE ORIGINAL PACEWHEEL

pace, calculated from athlete's performance at a

\$16.95 The Original PaceWheel

PACE CALCULATOR



- Set Distance & calculator gives splits from 100m – Marathon.
- Heart Rate Calculator & Mile Pace Scale included.
- A "Must Have" for Sprint, Mid & Distance coaching.

Pace Calculator \$14.95

TIMING EQUIPMENT

FINISHLYNX FULLY AUTOMATIC TIMING SYSTEM

- Designed by Lynx the leader in Digital Photofinish Timing Systems.
- Connect your PC to an EtherLynx camera and you have a world-class photofinish system!
- Run on any Windows PC. Unlimited (disk based) Capture time-can be used for Cross Country.
- Automatic data interface with Wind Gauges and Scoreboards and raceclocks.(excludes scholastic package)
- Integrates with all popular track meet software.
- Designed and built in the USA.

Scholastic System:

Z5100SC \$4,995.00 Affordable Entrylevel FAT. Single Black and white camera (600fps), manual lens, FinishLynx Lite software (no

scoreboards, radiolynx plugin only), tripod and mounts. wired start cable/sensor*.



Call Doug Lynch, the VS expert, for a custom package tailored to your needs. 800-676-7463

Bronze System:

\$7,495.00

Basic Monochrome system

Single black/white camera (1000fps), manual lens, Lynx software, tripod and mounts, wired start cable/sensor.

*Options for Scholastic/Bronze packages: add \$1890 for wireless starting, add \$800 for remote c-mount lens.

Z5100B

Silver System: Z5100S \$11,295.00 Basic Color System

COLOR single camera, remote c-mount lens, remote positioner, Lynx

software, tripod and mounts, wired start cable/sensor. Option: add \$1890

for wireless starting.

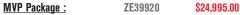


Z5100G **Gold System:**

COLOR single camera, remote c-mount lens, remote positioner, lynx software, wired and wireless starting (radiolynx), LED display clock, auto-capture plug-in, tripod and mounts.



F-Mount Color System COLOR single camera with F-Mount (Nikon) lens with scope (through the lens viewer), lynx software, Wireless starting (radiolynx), tripod and mounts.



2 Camera Championship System. Color DUAL camera system, 2nd camera is black/white. Remote c-mount lenses, remote positioners, Radiolynx wireless starting, Identilynx 2D camera package, Wind Gauge (wired), LED display clock.

For More Timing Equipment Please Visit **VSAthletics.com/timing_equipment.**



See our website for a complete selection of FinishLynx packages, software and accessories.

SPORT-TIMER 3000 ECONOMICAL FIELD EVENT & DISPLAY TIMER



■ Wireless belt pack controller 160yd. + range

■ Can also start w/Beams or Touch Pad

■ Count UP or DOWN

•6 Digit Displays: Hours, Minutes, Seconds, Tenths,

Hundredths & Thousandths

■ Visitble to 125' +

■Battery: 9V alkaline (20 hrs. +)

■ Weight: 3.5-6 lbs.

■ Belt Pack Controller

4 Digit Timer 6 Digit Timer

\$645.00 2730-6 2654T \$ 29.00 Tripod



MILE MARKER RACE CLOCK

- Display times at Mile Markers
- Displays hours, minutes and seconds only
- ■6" LED digits
- Rechargeable batteries w/10 hours
- An economical running Display Clock for Cross Country / Road Races
- Measure: 31" wide. 11" high & 5.5" thick

■Weight: 12 lbs.

2710 Mile Marker Race Clock \$970.00 Tripod Stand \$118.00 2711 Clock Carry Case \$420.00 2713 Carry Bag for tripod stand 2712



ULTRAK... T-150

VERY LARGE & BRIGHT 8" LED DIGITS

- Large Digits, Wireless Remote, Tripod & Carry Case
- $4 8 \frac{1}{4}$ " and $2 5 \frac{1}{2}$ " Digits
- Bright Double row LED digits for improved view
- Excellent brightness & visibility for indoor/outdoor activities
- Operate on side of unit and/or Wireless Remote Control
- Count-Up or Down & can preset start time.
- Resolution: 1 sec. 1/100 sec.
- Rechargeable battery last up to 5 hours
- Dimensions: 35 ½" X 11 ¾"

Z2715 Ultrak T-150 \$1,795.00

(Inc: Timer, Remote, Tripod & Carry Case)





Electro-Numerics RACECLOCK

- Displays Hours, Minutes, Seconds, Tenths & Hundredths
- Operate from side of clock, optional Keypad or Remote Control w/25' cable
- Rechargeable battery lasts 10+ hours
- 6" digits are visible up to 240'
- Counts Up or Down, Displays Finish Timje, Splits & more
- Interfaces w/FinishLynx w/RD option.
- 9" digit models available CALL

2741	5-digit LED, Single Sided, 6" digits	\$ 1,595.00
2742	5-digit, LED, Double Sided, 6" digits	\$ 1,895.00
2743	6-digit, LED, Single Sided, 6" digits	\$ 1,795.00
2744	6-digit, LED, Double Sided, 6" digits	\$ 2,095.00
2747-L	Tripod Stand	\$ 295.00
2748	Remote Control (Start/Stop/Clear/Mode)	\$ 235.00
2749	Remote Keypad	\$ 195.00
2750	Storage Case (2741, 42, 43, 44, 45, & 46)	\$ 435.00
2751	RD Option (Interface to FinishLynx) w/cable	\$ 125.00
2747-CB	Carry Bag for tripod stand	\$ 60.00

31 **30** Fax: 888.415.5212 VSAthletics.com VSAthletics.com Phone: 800.676.7463

POLE VAULT EQUIPMENT

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SKYPOLE

SHPACARBON

	1		Der		-	
Model	Tip	Test	Model	Tip	Test	Model Tip Test
No.	No.		No.	No.	Wt.	No. No. Wt.
11'		\$339.00	136145	13	145 lbs	14' \$564.00
110090	21	90 lbs	136150	13	150 lbs	C140125 18 125 lbs
110100	21	100 lbs	136155	13	155 lbs	C140130 18 130 lbs
110110	21	110 lbs	136160	13	160 lbs	C140135 18 135 lbs
110110	21	120 lbs	136165	10	165 lbs	C140140 18 140 lbs
110120	21	130 lbs	136170	10	170 lbs	C140145 16 145 lbs
110130	21	140 lbs	136175	10	175 lbs	C140150 16 150 lbs
110140	18	150 lbs	136180	10	180 lbs	C140155 16 155 lbs
12'		\$378.00	136185	7	185 lbs	C140160 13 160 lbs
120100	21	100 lbs	136190	7	190 lbs	C140165 13 165 lbs
120100	21	110 lbs	136195	5	190 lbs	C140170 13 170 lbs
120110	21	120 lbs	14'		\$455.00	C140175 13 175 lbs
120120	18	130 lbs	140120	16	120 lbs	C140180 10 180 lbs
120130	18	140 lbs	140120	16	120 lbs	C140185 10 185 lbs
					130 lbs	C146190 10 190 lbs
120150	16 16	150 lbs	140130 140135	16	135 lbs	14' 6" \$601.00
120160 12'6"		160 lbs		16 13	140 lbs	C146130 16 130 lbs
126115		\$395.00	140140	13		C146135 16 135 lbs
	21	115 lbs	140145		145 lbs	C146140 13 140 lbs
126120	18	120 lbs	140150	13	150 lbs	C146145 13 145 lbs
126125	18	125 lbs	140155	13	155 lbs	
126130	18	130 lbs	140160	10	160 lbs	C146150 13 150 lbs C146155 13 155 lbs
126135	18	135 lbs	140165	10	165 lbs	
126140	16	140 lbs	140170	10	170 lbs	C146160 13 160 lbs C146165 13 165 lbs
126145	16	145 lbs	140175	10	175 lbs	
126150	16	150 lbs	140180	7	180 lbs	C146170 10 170 lbs
126155	16	155 lbs	140185	5	185 lbs	C146175 10 175 lbs
126160	16	160 lbs	140190	5	190 lbs	C146180 10 180 lbs
13'	1.0	\$408.00	140195	5	195 lbs	C146185 10 185 lbs
131115	18	115 lbs	140200	4	200 lbs	C146190 7 190 lbs
131120	18	120 lbs	14' 6"		\$486.00	C150195 7 195 lbs
131125	18	125 lbs	146140	10	140 lbs	15' \$645.00
131130	18	130 lbs	146145	10	145 lbs	C150145 13 145 lbs
131135	16	135 lbs	146150	10	150 lbs	C150150 13 150 lbs
131140	16	140 lbs	146155	10	155 lbs	C150155 13 155 lbs
131145	16	145 lbs	146160	10	160 lbs	C150160 10 160 lbs
131150	16	150 lbs	146165	10	165 lbs	C150165 10 165 lbs
131155	16	155 lbs	146170	7	170 lbs	C150170 10 170 lbs
131160	13	160 lbs	146175	7	175 lbs	C150175 10 175 lbs
131165	13	165 lbs	146180	5	180 lbs	C150180 10 180 lbs
131170	13	170 lbs	146185	5	185 lbs	C150185 7 185 lbs
131175	10	175 lbs	146190	4	190 lbs	C150190 7 190 lbs
131180	10	180 lbs	15'		\$512.00	C150195 5 195 lbs
131185	7	185 lbs	150145	10	145 lbs	C156200 5 200 lbs
131190	10	190 lbs	150150	10	150 lbs	15' 6" \$690.00
13' 6"		\$433.00	150155	10	155 lbs	C156150 10 150 lbs
136120	16	120 lbs	150160	10	160 lbs	C156155 10 155 lbs
136125	16	125 lbs	150165	7	165 lbs	C156160 10 160 lbs
136130	16	130 lbs	150170	5	170 lbs	C156165 10 165 lbs
136135	16	135 lbs	150175	5	75 lbs	C156170 10 170 lbs
136140	16	140 lbs	150180	4	180 lbs	C156175 10 175 lbs
■ The F:	noct I	I C Dolo	150185	4	185 lbs	

SKYPOLE CARBON

Model No.		Test Wt.		Model No.		Test . Wt.	
14'		\$564.00	_	C156180	7	180 lbs	
C140125	18	125 lbs	•	C156185	7	185 lbs	
C140130	18	130 lbs		C156190	5	190 lbs	
C140135	18	135 lbs		C156195	5	195 lbs	
C140140	18	140 lbs		C160120	4	200 lbs	
C140145	16	145 lbs		16' 1"		\$734.00	
C140150	16	150 lbs		C160155	10	155 lbs	
C140155	16	155 lbs		C160160	10	160 lbs	
C140160	13	160 lbs		C160165	10	165 lbs	
C140165	13	165 lbs		C160170	10	170 lbs	
C140170	13	170 lbs		C160175	7	175 lbs	
C140175	13	175 lbs		C160180	7	180 lbs	
C140180	10	180 lbs		C160185	7	185 lbs	
C140185	10	185 lbs		C160190	5	190 lbs	
C146190	10	190 lbs		C160195	5	195 lbs	

Fax: 888.415.5212

C160195 5 195 lbs C160200 4 200 lbs C160205 4 205 lbs C160210 4 210 lbs 16' 5" \$776.00

C146135 16 135 lbs C146140 13 140 lbs C146145 13 145 lbs C146150 13 150 lbs C165175 7 175 lbs C146155 13 155 lbs C165180 7 180 lbs C146160 13 160 lbs C165185 7 185 lbs C146165 13 165 lbs C165190 5 190 lbs C146170 10 170 lbs C165195 5 195 lbs C146175 10 175 lbs C165200 4 200 lbs C165205 4 205 lbs C146180 10 180 lbs C146185 10 185 lbs C165210 4 210 lbs

■ With a lighter carry weight and slightly smaller grip diameter than conventional glass poles, the Sky Carbon facilitates faster runway speed and greater thrust off of the ground at takeoff. These factors in turn potentiate the clearance

of higher bars. If you are dissatisfied with the weight and lack of responsiveness of your current glass pole; and if it has been too long since you set a PR, the Sky Carbon is very C156165 10 165 lbs likely the answer you

C156170 10 170 lbs have been searching for. C156175 10 175 lbs Integration of carbon and S-glass design creates the lightest carry weight Skypole ever!

PACER MYSTIC

18 80 lbs

\$341.00

\$353.00

\$378.00

18 110lbs

16 120lbs

632541 18 90lbs

632545 18 100lbs

632550 18 110lbs

632554 18 120lbs

632559 18 130lbs

632563 18 140lbs

633536 18 80lbs

633541 18 90lbs

633545 18 100lbs

633550 18 110lbs

633554 18 120lbs

633559 16 130lbs

633563 16 140lbs

633568 16 150 lbs

635041 18 90lbs

635045 18 100lbs

635059 16 130lbs

635063 16 140lbs

635068 16 150lbs

636041 18 90lbs

636043 18 95lbs

636045 18 100lbs

636047 18 105lbs

636050 18 110lbs

636052 18 115lbs

636054 16 120lbs

636057 16 125lbs

636063 16 140lbs

636066 14 145lbs

636068 14 150lbs

637545 18 100lbs

637547 18 105lbs

637552 18 115lbs

637554 16 120lbs

637557 16 125lbs

637559 16 130lbs

637561 16 135lbs

637568 13 150lbs

637570 13 155lbs

637573 13 160lbs

640052 16 115lbs

640059 16 130lbs

640061 13 135lbs

640063 13 140lbs

640066 13 145lbs

640068 13 150lbs

16 130lbs

16 135lbs

18 110lbs

16 140lbs

13 140lbs

16 110lbs

16 120lbs

16 125lbs

\$408.00

\$395.00

636059

636061

12' 6"

637550

637563

637566

640054

640057

each stage of the vault.

• Great for beginners.

■ E-Z on Budget.

635050

635054

PACER MYSTIC Pole America's #1 women's pole. Engineered for the smaller vaulter, the Pacer Mystic features a small grip diameter and a sail piece to accommodate the needs of smaller vaulters. New, stronger S-type fiberglass construction is now 10% lighter than previous Mystic poles.

Model No. 10'	Tip No.	Test Wt. \$323.00
631001	21	70lbs
631002	21	90lbs
631003	21	110lbs
631004	18	130lbs

E-Z PLANT

	-		
Model No.	Tip No.	Test Wt.	Price
10' Pole			
T100090	21	90lbs	\$302.00
T100100	21	100lbs	\$302.00
T100100	21	110lbs	\$302.00
T100110	21	120lbs	\$302.00
11' Pole		120100	Q002.00
T110100	21	100lbs	\$319.00
T110110	21	110lbs	\$325.00
T110110	21	120lbs	\$325.00
T110120	21	130lbs	\$328.00
12' Pole	۷1	100103	QUZU.UU
T120130	18	130lbs	\$328.00
T120130	18	140lbs	\$332.00
T120150	16	150lbs	\$338.00
T120160	16	160lbs	\$345.00
T120170	16	170lbs	\$357.00
13' Pole	10	170103	Q001.00
T130130	18	130lbs	\$359.00
T130130	18	140lbs	\$368.00
T130140	16	150lbs	\$375.00
T130160	16	160lbs	\$388.00
T130170	13	170lbs	\$393.00
13' 6" Pol		170103	9030.00
T136160	1 6	160lbs	\$397.00
T136170	13	170lbs	\$406.00
T136180	10	180lbs	\$417.00
14' Pole	10	100103	04 17.00
T140190	10	190lbs	\$429.00

 Developed to meet the needs of the H.S. vaulters who are struggling to vault on a conventional pole rated at their body weight.

 The E-Z Plant bends easier and returns more slowly than conventional poles to allow young vaulters to achieve proper body position through

VSAthletics.com

PACER /X

■ The FX series vaulting poles are designed to **roll to** vertical more efficiently with an easier synchronization to the unbending during the later stages of the vault. They are Best Flex engineered and calibrated to provide the most accurate pole progressions possible.

Model	Tip	Test		Model	Tip	Test	
No.	No			No.	No.	Wt.	
11' 6"	,	365.00		741573	13	160 lbs	ш
735041	21	90 lbs		741575	13	165 lbs	
735045	21	100 lbs		741577	10	170 lbs	
735050	21	110 lbs		741580	10	175 lbs	
735054	21	120 lbs		14'		\$494.00	
735059	18	130 lbs		742557	16	125 lbs	ш
735063	18	140 lbs		742559	16	130 lbs	-
12' 0"		388.00		742561	13	135 lbs	W
736041	21	90 lbs		742563	13	140 lbs	
736045	21	100 lbs		742566	13	145 lbs	
736050	21	110 lbs		742568	13	150 lbs	
736054	21	120 lbs		742570	13	155 lbs	
736059	18	130 lbs		742573	13	160 lbs	A
736063	18	140 lbs		742575	10	165 lbs	u
12' 6"		392.00		742577	10	170 lbs	
737545	21	100 lbs		742580	10	175 lbs	
737550	21	110 lbs		742582	7	180 lbs	Pin
737554	18	120 lbs		14' 6"		505.00	L.
737559	18	130 lbs		744059	13	130 lbs	
737563	16	140 lbs		744061	13	135 lbs	
737568	16	150 lbs		744063	10	140 lbs	
13'		\$455.00		744066	10	145 lbs	
740050	18	110 lbs		744068	10	150 lbs	
740052	18	115 lbs		744070	10	155 lbs	
740054	18	120 lbs		744073	10	160 lbs	
740057	18	125 lbs		744075	10	165 lbs	
740059	18	130 lbs		744077	7	170 lbs	
740061	18	135 lbs		744080	7	175 lbs	
740063	16	140 lbs		744082	5	180 lbs	
740066	16	145 lbs		744084	5	185 lbs	
740068	16	150 lbs		15'		\$537.00	
740070	16	155 lbs		746063	10		ш
740073	13	160 lbs	ı	746066	10	145 lbs	-
13' 6"		484.00		746068	10	150 lbs	ш
741554	16	120 lbs		746070	10	155 lbs	
741557	16	125 lbs		746073	10	160 lbs	
741559	16	130 lbs		746075	7	165 lbs	
741561	16	135 lbs		746077	7	170 lbs	
741563	16	140 lbs		746080	7	175 lbs	
741566	13 13	145 lbs		746082	5	180 lbs 185 lbs	
741568		150 lbs		746084	5		
741570	13	155 lbs		746086	4	190 lbs	

MYSTIC

 Engineered for the smaller vaulter featuring a small grip diameter and a sail piece positioned to accommodate the needs of smaller vaulters. **NEW**: S-type figerglass construction is 10% lighter than prior Mystic poles. **Carbon**- A lighter, faster (80% energy return) and a smaller grip than any other women's pole.

CAPRONIMIVE

CARE	SON [WYSTIC
Model	Tip	Test
No.	No.	Wt.
13' Carbo	n	\$487.00
940054	18	120 lbs
940057	18	125 lbs
940059	18	130 lbs
940061	18	135 lbs
940063	16	140 lbs
940066	16	145 lbs
940068	16	150 lbs
13'6 Carb		\$528.00
941557	13	125 lbs
941559	13	130 lbs
941561	13	135 lbs
941563	13	140 lbs
941566	13	145 lbs
941568	13	150 lbs
941570	10	155 lbs
14'Carbo		\$564.00
942559	18	130 lbs
942561	18	135 lbs
942563	18	140 lbs
942566	18	145 lbs
942568 942570	16 16	150 lbs 155 lbs
942570	16	160 lbs
942373 14'6"Carl		\$601.00
944061	13	135 lbs
944063	13	140 lbs
944066	13	145 lbs
944068	13	150 lbs
944070	16	155 lbs
944073	10	160 lbs

Please inspect all poles for visible and concealed damage before signing Delivery Receipt. VS Athletics is not responsible for damage after Delivery Receipt is signed and shipment is accepted.

VAULTING POLES ARE NOT GUARANTEED AGAINST BREAKAGE

- World's Lightest, Strongest Vaulting Pole
- 20-25% lighter than traditional s-glass poles, and 10% lighter than earlier CarbonFX models.
- FX Integrated Technology
- 3 Years of Field Testing
- Lighter poles equal faster approach speeds, and greater speed lifts vaulting performance to greater heights. The Weave is designed to roll to vertical more efficiently. So it's more forgiving at take-off, and easier for the vaulter to synchronize with the unbending pole during the later stages of the vault. Translated: a smoother, higher, more controlled flight— a true competitive edge and a must-have pole for the advanced vaulter.

/lodel	Tip	Test
No.	No.	Wt.
5'		\$682.00
46063	13	140 lbs
346066	10	145 lbs
346068	10	150 lbs
346070	10	155 lbs
346073	10	160 lbs
346075	10	165 lbs
346077	10	170 lbs
346080	10	175 lbs
346082	10	180 lbs
346084	7	185 lbs
46086	7	190 lbs
5' 6"		\$723.00
47068	10	150 lbs
347070	10	155 lbs
47073	10	160 lbs
347075 347077	10 10	165 lbs
347077	10	170 lbs
147082	7	180 lbs
347084	7	185 lbs
347086	5	190 lbs
47088	5	195 lbs
6' 1"		762.00
	- 200 lbs	Call
6' 5"		802.00
70 lbs	- 210 lbs	Call
6' 9"		CALL
	- 210 lbs	Call
7' 1"		CALL
85 lbs	- 210 lbs	Call

Best Flex and FX Technologies provide the most scientifically tested poles in history! They are

JAN JOHNSON'S CRITICAL POLE VAULT **INFORMATION POSTER**

- Call 800.676.7463 or visit vsathletics.com to receive a FREE copy of Jan Johnson's Critical Pole Vault Information Poster

Includes recommended adjustments for pole speed, efficiency and safety. The Relative Stiffness Chart ... a guide to pole progression and selection and Basic Gymnastics for Pole Vaulting

Phone: 800.676.7463

accurate progressions from one pole to the next. **33**

engineered and calibrated to provide the user with

32

■ The Finest H.S. Pole

Available Medium Grip

Diameter allows H.S. vaulters to easily lower sail

piece and smaller diameters allows the "Mean

Green" to bend easier and "roll over" smoothly,

making your vaulters penetrate into the pit.

SAFETYMAX VAULT BOX INSERT

Strongly recommended by PV Safety Experts

- Increased protection around plant box & inside box
- Thicker 3" thick padding both inside & outside the box
- Tapered rear edges to allow pole to bend uninhibited
- Front edge & side padding allow poles to plant from all angles
- Patent Pending

2106 Gill SafetyMax Vault Box Insert \$554.00



7 POLE VAULT BOX COLLAR

- Meets H.S. rules
- Size: 55" x 48" x 2" ■ Color: Yellow

2099 P.V. Box Collar \$199.00

For Skyjumpers Pole Vault Camp Dates Please see Page 116

PR PLANT SLIDING VAULT BOX

Used by many Elite vault camps.

- Improves the Run, Plant & Take-Off
- Teaches: Sprint Mechanics.
- Plant / Take-Off Timing & Step Consistency "zero" mark for accurate takeoff point placement
- ■Tip-Proof design for stability & safety
- Easy-Lift handle for carrying
- Made of ultra-high impact resistant thermoplastic
- Designed by 19' vaulters; Scott Huffman & Pat Manson
- ■41" x 23" x 8" and weighs 13.8 lbs.

PR Plant Sliding Vault Box 2328

THE PERFECT PLANT

Used by many Elite vault camps.

Women's

Fax: 888.415.5212

PLEASE ALLOW 2-3 DAYS EXTRA SHIPPING TIME.



POLE VAULT SUPPLIES

2311 Magic Grip Spray 3oz. can. \$9.95

- Non-tacky grip enhancer! For a dry firm grip!
- 2313 Stickum Spray 4oz. can. \$7.95 **2314** Chalk 8-2oz. bars \$13.95 2312 Black Grip Tape \$3.95
- 3/4" x 60ft. two sided sticky tape for taping poles **2309** White Athletic Tape (4 rolls) \$10.95 2309C White Athletic Tape (32 roll/case) \$59.95
- ■1 1/2" x 15yd. rolls
- **2315** Pre Wrap (4 rolls)

■2 3/4" x 30yd. rolls



WATER SHED INSERT

\$4.50

- Water pooling on weather cover in low spots
- Increase the life of your HJ & PV landing systems

Water Shed Insert

PRO-TEC PV HELMET

VSAthletics.com

Meets ASTM Std. for Pole Vaulting.

- Meets ASTM Std. for Pole Vaulting
- Color: Black only.

2365

Pro-Tec PV Helmet Specify size; SM-XL \$56.25



Instant feedback for improper technique by forcing the vaulter backwards or sideways.

- Encourages correct body position
- Strengthens vault specific core muscles
- Safe and Portable
- Anchored on sturdy Door frames, Squat rack or Bleachers
- Men's & Women's models w/appropriate pole diameter & resistance level

The Perfect Plant Men's 2331 2332 The Perfect Plant Women's \$229.95

Illustrated History of the Pole Vault



By Jan Johnson, Russ VerSteeg, and Ray Kring ■240 pages with over 800 pictures

■ Twelve exciting chapters, documenting specific landmark periods in the sport, lead readers on a journey from its ancient roots to the modern fiberglass era.

4278 Illustrated History of the Pole Vault \$36.00

POLE TIPS

Soft Plugs

- ■90 durometer flexible plastic Tips
- Non-bounce & Durable
- Fit on outside of ALL pole brands

2364 (See chart/specify size) \$9.50 ea Mystic, Skypole & Pacer

 Original equipment replacement 2363 Pole Tip (Specify size) \$11.00 ea



- Made of Heavy Duty Cordura Nylon for extra long life and maximum pole protection.
- Adjusts from 12'-17'. Easy access with velcro strap opening flap.
- Carries up to 5 poles in their tubes.

2350 P.V. Pole Bag

HAWAIIAN PRINT

- Made of heavy duty polyester fabric
- Double-lined









Navy/Royal/White will be sent)



STEP MARKER

- Athletes and coaches can now easily view where the take off foot is planted for the vault.
- Great aid in determining corrections to vault technique.

2281 Plant Step Marker \$35.95

Pole Tip Conversion Chart: VS Athletic FX, Pacer, Skypole,

COACH JACK'S

Economical and easy to use.

- Light Aluminum tubes
- Telescoping from 6' 12'

PUTER UPPER

- Positive locking mechanism
- Grippy Surface "bar grabber"

\$59.95

2308 Coach Jack's Puter Upper

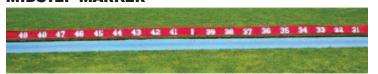
POLE VAULT & HIGH JUMP MEASURE STICKS

- (1") measure
- Measures 4' 9" 20' 4" & 1.45m 6.21m
- Yellow (Metric) background
- along with level
- Collapses to 58"

Pole Vault Measure Stick

\$187.00

MIDSTEP MARKER



■For Long & Triple Jumps & Pole Vault

See the exact position of your jumpers midsteps leading to the take-off/plant.

Lay flat on runway/grass or upright

w/stakes

2280-1 31'-39' section **2280-2** 41'- 49' section

2280-S 4 Stakes

■ Markings for Metric (in cm.) and English

- Measurements on White (English) &
- Comes with 16 rod to reach Stds. not abl to come past 15.5" zero point
- Snap lock buttons lock sections in place
- Light weight at 5 lbs.
- Comes with Carry Case w/shoulder strap

High Jump Measure Stick

\$157.00

SPEED BUMP



- All Jumps Training Ramp Provides a larger sweet spot for safer foot plant Surface is 1/2" thick & spike resistant
- Ridged reinforced fiberglass frame ■ High energy return
- Measures: 50" x 28" x 8"

■ For use on synthetic surfaces 2325 Speed Bump \$475.00



REPLACEMENT STICKERS FOR STANDARDS

- Multi colored coated self stick paper
- English & Metric Scales
- ■2 1/4" wide Multi colored 2226HJ H.J. Scale 4' - 8' **2226PV** P.V. Scale 8' - 19'

\$45.95/pr

\$24.95/pr

PIT PERIMETER PADS ■2" thick high density Polyfoam covered

w/18 oz Vinvl ■ Meets High School Rules

2096 2' x 4'x 2" **\$57.00** 2097 2' x 5 x 2" \$69.50 **2098** 2' x 6 x 2" **\$82.95**

(Specify color or blue will be shipped) See at vsathletics.com

35 VSAthletics.com Phone: 800.676.7463

34

POLE VAULT LANDING SYSTEMS

\$9.900.00

\$1.065.00

\$12,385.00

\$1,340.00

\$14,530.00

\$1,615.00

2158 Gill Essentials PV Pit

2151 Weather Cover

2160 Gill Scholastic II

2161 Weather Cover

19' 9" x 20' 5" x 28"

21' 6" x 23' 4" x 28"

19' 9" x 20' 5" x 26" (In blue only)

IAAF

ELITE STANDARDS by OUTSTANDING VALUE!

-NO RUST on Standard or Base

- ALL Aircraft Aluminum Construction
- Easy Slide Aluminum Base & Rails
- Adjusts 8'6" to 19'
- Metric & English measurement
- 9 Crossbar pegs 6" apart on uprights
- Adi. base allows 32" movement behind the box

2226 VS Elite PV Standards

\$2,995.00/pr





PREMIER STANDARDS

- Affordable Top Quality Standard
- Anodized Aluminum & Steel uprights Sturdy steel bases to eliminate wobble
- Polyglide rollers allow for easy
- standard movement Adjusts from 9' to 21'
- ■Bar rests at 6" increments
- ■Both English & Metric scales
- Meets H.S .& NCAA requirements
- ■IAAF certified
- Requires side mounted Base Protector Pads

2274 Premier Alum, P.V. Standard

\$2,040.00/pr



PACER NATIONAL VAULT **STANDARDS**

- Solid cast aluminum upper riser guide
- Risers and offsets of strong 6061 aluminum
- Dual offset positions allow height adjustments from 5' to 21'
- English & Metric scales
- Easy slide bases
- Meets H.S. & NCAA rules
- IAAF Certified 2221

National P.V. Standard \$3,710.00/pr



BASE PROTECTOR PADS

- Fits all center mounted standards 24" x 64" x 16"
- 3" dense polyurethane foam Color: Blue
- Complies with High School Rules
- 2152 Base Protector Pads Sloped Base Protector Pads

\$1,110.00pr for 32" Pits

STEEL STANDARDS

QUALITY ECONOMICAL STANDARD!

- ■H.S. model adjusts from 6 to 18
- ■College from 8 to 20
- Zinc plated steel construction for durability and stability
- English & Metric scales
- Uprights move on roller bearing wheels inside of a 60" long base with locking mechanism
- 32" of adjustment behind box
- Meets all rules

2215 High School (6 –18)

\$1.190.00/pr

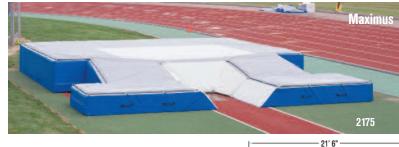
POLE VAULT LANDING SYSTEMS

- 18 oz. Vinyl coated woven polyester material
- •All seams are folded and triple stitched then heat sealed for 2159 Weather Cover 2150 Gill Scholastic I
- One piece velcro fastening system
- Zinc plated snap-hooks and stainless steel D-rings
- Heavy duty plastic zippers are corrosion resistant
- Carrying handles are double box "X" stitched with head sealed reinforcement behind stitching
- Limited 10 year warranty. If any failure occurs in the first 10 years, we will replace the damaged part.

Color: The blue/gray color combination provides superior resistance to Ultra Violet radiation damage. Custom Color: Available for an additional 5%. Longer delivery times apply.

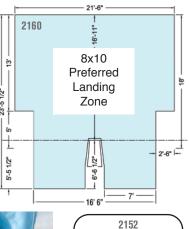








2158 2160 8x10 Preferred Landing Zone





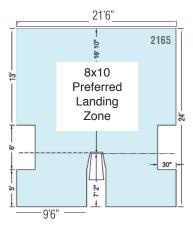
(for 28" Pits) \$774.00 Velcro: Avionic grade that

Flat base Protector Pads

exceeds grip requirements after 5000+ assembly cycles.

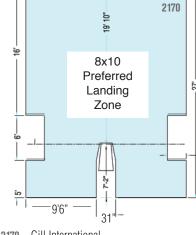
"Preferred Landing Zone"

is marked on all Landing Pads.



2165 Gill National

21' 6" x 24' x 32" **\$17,305.00** 2166 Weather Cover \$1.805.00



\$1.910.00

2170 Gill International 21' 6" x 27' x 32" \$18,450,00 2171 Weather Cover

2175 8x10 Preferred Landing Zone 9'6"

2175 Gill Maximus

21' 6" x 30" x 32" **\$20,370.00** 2176 Weather Cover \$2.030.00

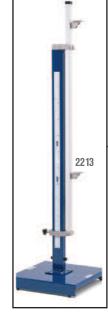
HIGH JUMP STANDARDS

HIGH JUMP LANDING SYSTEMS





IAAF





■ Complies with All Rules









HIGH JUMP LANDING SYSTEMS

- Limited 10 year warranty.
- If any failure occurs in the first 10 years, we will replace the damaged part.
- 18 oz. Vinyl coated woven polyester material
- All seams are folded and triple stitched then heat sealed for water resistance
- Zinc plated snap-hooks and stainless steel D-rings
- Heavy duty plastic zippers are corrosion resistant

The blue/gray color combination provides superior resistance to Ultra Violet radiation damage

Custom Colors: Available for an additional 5%. Longer delivery times apply

Specifications:

- All pits are compliant with the American Society of Safety Engineers ANSI Z359. 1-1992 R1999
- American National Standard fall arrest force requirements as well as the OSHA Regulation 29 CFR Section I, 1910.66 App C. Personal Fall Arrest System force requirements

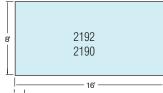
Velcro: Avionic grade that exceeds grip requirements after 5000+ assembly cycles



CUSTOM PADS AND COVERS

Custom 2" Top Pad \$5.75/Sq. Ft. Custom 18 oz. **\$4.10**/Sa. Ft. 2073 Weather Cover

Replacement 2" Top Pads and 18 oz. Weather Covers made for your existing pit. ■ Please provide dimensions and color.

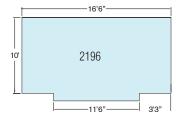


Gill Essentials

2192 16' x 8' x 24" \$3,490.00 2193 Weather Cover \$533.00 (Royal Blue Only)

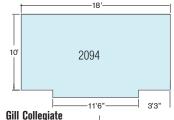
Gill Scholastic

2190 16' 6" x 8' x 26" 2191 Weather Cover \$705.00



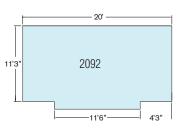
Gill Scholastic II

2196 16'6" x 10' x 26" \$6,120,00 2197 Weather cover \$865.00



2094 18' x 10' x 26" (Pad extends under crossbar) 2089 Weather cover

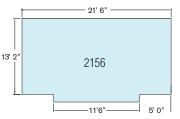
\$6,935.00 \$1.015.00



Gill National

2092 20' x 11' 3" x 28" (Pad extends under crossbar) 2093 Weather Cover

\$8,410.00 \$1.020.00



Gill Maximus

2156 21'6" x 13'2" x 29" (Pad extends under crossbar) 2157 Weather Cover

\$9.875.00 \$1.135.00

OFFICIALS EQUIPMENT



pars shipped from VS warehouse are in PVC tubes to minimize shipping damage.

■ Highly visable Bright Yellow color 1 1/8" diameter

• Superior quality crossbar ends add stability in windy conditions 2230 HJ Crossbar (13'1 ½")

■ Properly assembled meets HS & NCAA rules

Meets/exceeds all IAAF. NCAA. and High School rules

• One piece, thick-walled pulltruded fiberglass for minimum sag 2231 Replacement Ends

2225 PV Crossbar (14 10) *Three or More

\$ 51.95 *Three or More \$48.95 ea **\$9.00** ea

\$49.95 ea

\$117.00

\$132.00

*VS Athletics recommends buying 3 or more crossbars at a time to save on shipping costs.

-1195 **3-PIECE CROSSBAR** Ships Inexpensively & even overnight if needed! Made from same material as International Crossbar 2246 HJ Crossbar (13' 1 ½") \$112.00

PV Crossbar (14' 10")

HJ AGX Crossbar (13'11/2"/4m)

PV AGX Crossbar (14'10"/4.5m)



GILL AGX BAR

■ The Anti Gravity Crossbar

Durable pulltruded fiberglass rod

• Ends have a half moon profile which lowers the center of gravity of the bar

Meets High School, NCAA, and IAAF specifications



PACER INTERNATIONAL CROSSBAR Superior quality crossbar ends add stability in windy conditions

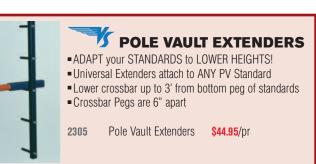
Meets/exceeds all IAAF, NCAA, and High School rules

• One piece, thick-walled pulltruded fiberglass for minimum sag

H.J. Crossbar \$91.50 2223 P.V. Crossbar \$93.50 International Ends \$9.80 ea 2231

SAFE!





POLE VAULT BOXES

■ Pole vault boxes that meet all rules! ■ Covers: Fit all standard vault boxes

Steel (12 gauge steel painted white) Fiberglass (reinforced with stainless steel) Aluminum (1/8 welded) 2322 Cast Aluminum \$573.00 2320 Stainless Steel \$577.00 (14 gauge)

Covers:

2317 Aluminum \$189.00 2321 Stainless Steel \$233.00 2323 Steel \$151.00



REQUIRED by NCAA & High School Rules

- Meets IAAF, NCAA and H.S. Rules
- ACCURACY: +/- 0.010M/S
- ■WATERPROOF case
- Simple & Easy Two Button Operation
- Fan mounted in jewel bearings
- User-replaceable battery
- Average battery life, 400 hrs.
- ■Includes Carry Case for Wind Gauge & Tripod

4245 Compact Wind Gauge \$299.00

ULTRASONIC WINDGAUGE

Accurate Wind Speed measurement & connects to Finish Lynx

- Measures Wind Speed & Direction using ultrasonic pulse technology
- Easily connects to Finish Lynx
- Mandated by IAAF for International Competitions

Gill Ultrasonic Wind Gauge \$2,100.00 \$132.00



TDIS - DIGITAL IMPLEMENT SCALE Economical - Accurate Scale



- Weighs lightest to heaviest implements
- Accurate to 0.1 ounce w/55 lb. capacity
- Easy to read Digital Scale
- Power; 4 "C" cell batteries (not included).
- Detachable faceplate

4240 Digital Scale \$109.00

THROWING WEIGHT **MEASURING TOOL** Sturdy Welded steel construction.

Wt. Measuring Tool \$250.00





IMPLEMENT CERTIFICATION KITS

- Self-contained unit, including scale and gauges.
- The gauges and labels are laser cut stainless steel.

HS Certification Kit (without javelin gauge) \$1,300.00 HS Certification Kit (with javelin gauge) \$2,430.00 4224 IAAF/WAVA/NCAA/NFHS Cert. Kit 4225 \$3,500.00

NDICATORS

MARKERS



SAFE Foam Padded Orange Vinyl

- Weighted bases
- ■15" tall with 11" numbers
- Each set displays distance for **Shot Put** (30' 35', 40', 45', 50', 55', 60') & **Discus** (100', 120', 140', 160', 180', 200', 220'). Flip the markers over to use for Shot or Discus distance. One set of #'s on inside & one on outside of marker.

Orange Distance Markers (set/7) Two or more (set/7)

\$299.00 \$258.00

***** CONES

SAFETY

- Tough, long-lasting vinyl cones with heavy weighted base.
- Easy to stack, carry and store.
- Available in 4", 6," 12" and 18" heights

u.	14 10	morgine.		
412	.9	4"	\$3.75	ea
412	5	6"	\$3.95	ea
412	6	12"	\$5.95	ea
412	7	18"	\$8.50	ea



SAUCER

■ 9" Diameter 4128 Saucer Cone 10 or more

TALL

■ 10" Tall

4118 Tall Cone \$2.50 10 or more \$2.25

\$1.00

\$.75

SUPERSTRIPER™

■ EASIEST way to stripe SECTOR LINES and FIELDS!

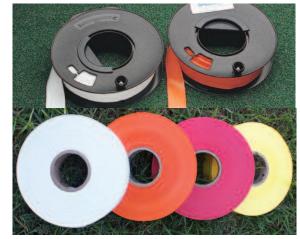


- PAINTS 2" to 5" line with specially formulated athletic paint (won't harm grass)
- Holds three 18 oz. paint cans that each stripe a 3" wide line over 100 yards long ■10 inch wheels for smooth rolling over
- Adjustable arrow guide

uneven turf

- Paint available in cases of 12 cans (White only)
- 4107 Superstriper 4108S Paint – White/12 cans

SECTOR MARKING TAPE



- Converts any field for throwing events
- Mark foul (sector) line with "easy to see" tape.
- Won't wash out with rain.
- Easily removed
- Mark meet or other records with colored Tapes

4101		130 yard roll	\$18.95
4100	orange	130 yard roll	\$19.95
4100 R	red	130 yard roll	\$19.95
4100 Y	yellow	130 yard roll	\$19.95

TAPE STORAGE SPOOL

- For easy installation, removal & storage of sector line tape.
- Holds one roll of sector tape.

4105 Storage Spool

GROUND STAPLES

■ 1/8 diameter stainless-steel staples securely fasten the tape to the ground. **4106** Package of 10

SECTOR LINE TAPE PACKAGE

2 rolls sector line marking tape, 2 storage spools, 2 packages of ground staples **4101P** Sector Line Tape Pkg. \$58.95

(specify color)

SECTOR FLAG

- Clearly marks the end of the sector lines and the foul area. Red "flag" is mounted on a steel pole.
- Meets IAAF rules.

4110 Pair



EASY MARKER

\$49.50

• Great for quickly marking your Cross Country course & Field Event sectors 4109 EZ Marker \$20.95 4109P Paint-White/12 cans \$54.95



NEW **ELECTRONIC** PERFORMANCE INDICATORS Large & Bright 8" LED Digits w/fractions

- Bright Double row LED digits
- Operate with a Wireless Remote Control
- Rechargeable battery lasts up to 5 hours

3308 Electronic Performance Indicator



PERFORMANCE INDICATORS

DISPLAY ATHLETES PERFORMANCE FOR ALL TO SEE!

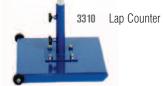
- •9" Digital units Durable powder coated steel frame
- Frame and digits can be rotated 360° for fans viewing
- Heavy Roll-a-way Steel Base or permanent Ground Sleeve

4-digit w/Roll-a-way base (As shown) 3304 5-digit w/Roll-a-way Base

\$499.00 \$549.00

LAP COUNTER

- ■9" Number units
- Durable powder coated steel frame
- ■LOUD 5" Cast Brass Bell
- Heavy 18" Roll-a-way Steel Base
- Cycling Model available w/adjustable height (4' 6"'-' 6' 6"')



\$385.00

WIND SOCK

■ For all Jumps where Wind Direction is a factor. 2906 Wind Sock **\$54.95**



P.V. STANDARD PLACEMENT INDICATOR

"Where do you want your standards???" ■ Speeds up the Pole Vault Competition

- Vaulter inputs the desired setting
- Helps Officials place standards at desired setting ■ Indicate placement in Metric or Imperial
- Used in major competitions worldwide
- 3331 Standard Placement Indicator \$325.00



REPLACEMENT DIGITAL UNITS

- Interchangeable with ANY indicator with similar looking digits
- 9" Numbers 0–9
- ■Unit Size: 13.5" x 7.5" x 11.5"

Red (#0 -9) 3335 Black (#0 -9) *\$64.00 3336 *When ordering 10 or more call for best price



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FIELD EVENT EQUIPMENT

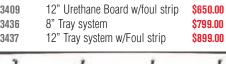
VS URETHANE BOARDS & TRAY SYSTEMS

Adjustable Urethane Covered Boards

- Plastic Board w/Non-yellowing Urethane cover
- Spikes easily penetrate for good grip
- Urethane cover is Firm but not soft
- PERFECT FIT w/Stainless Steel Screws for Height & Side adjustment
- 12" board w/4" colored urethane foul strip

■ Molded ½" thick hard polymer plastic tray

3409 12" Urethane Board w/foul strip 3436 8" Tray system	\$450.00 \$650.00 \$799.00 \$899.00
---	--













3401 3402 8" x 1 ½" x 48" 18" x 7/8" x 48"

TAKEOFF BOARDS

Long Lasting, Maintenance Free.

Not damaged by Water or Sun

Wood grain surface for spike grip

No warping, bowing or water damage

White Plastic Board.

Always WHITE

Non Splintering

\$125.00 \$125.00

ALL WEATHER ROLLOUT RUNWAY

CUSTOM LENGTHS - 5 YEAR WARRANTY

- Use over worn out all-weather runways, asphalt, concrete or gym floors
- Stronger European formulation (more urethane) results in a Rollout Runway that is second to none
- Made with 100% recycled SBR rubber
- Custom lengths in 10mm or 12mm thicknesses.
- Minimum order 50
- Excellent protective covering for all-weather tracks during football games or other activities
- No glue necessary for runways (can be glued if preferred)
- Call for free sample and compare with any other product

10MM (3/8" THICKNESS)

4300	32" width	
4301	36" width	CA

ALL FOR BEST PRICE

42" width 4302 48" width 4303

12MM (1/2" THICKNESS)

32" width 4305

36" width **CALL FOR BEST PRICE**

42" width 4307 48" width 4308

NOTE: We stock a limited number of short pieces (under 50) for repair or fill in. Call for pricing and availability.

ADHESIVE

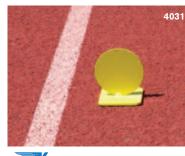
4309-2 Urethane Adhesive (2 gallon pail) **4309-4** Urethane Adhesive (4 gallon pail)

(Adheres 60–90 sq. ft. per gallon)

PIT RAKE

•Strong, durable, lightweight aluminum with straight edge on one side and teeth for raking on the other.

Pit Rake 36" 3421 \$44.95 Pit Rake 30" \$42.95





Y RUNWAY/ FIELD EVENT MARKERS

"WRITE-ON" SURFACE

- Write on athlete's name or number
- Mark step in vertical or horizontal jumps
- Distance markers for throwing events

\$14.95

4030 White grass markers (Set of 10) Yellow Synthetic Surface markers (Set of 10) 4031

\$18.95

MIDSTEP MARKER

2280-2 41'- 49' section

2280-S 4 Stakes



\$30.95

\$3.95

- For Long & Triple Jumps & Pole Vault
- See the exact position of your jumpers midsteps leading to the take-off/plant.
- Lay flat on runway/grass or upright w/stakes

Design Your High Jump Take-Off Area.



TAKE-OFF MATS

THE MOST DURABLE SURFACE WE SELL!

- Design your own high jump apron
- Mats can be laid over any level surface
- Size: (1 mat) 48" x 72" x 3/4
- Weight: 100 lbs.
- Made for outdoor use from rubber bound by urethane
- Minimum order: 4 mats

4310 HJ Take-Off Mat \$53.95ea 10 or more. \$49.95ea

COMPETITORS NUMBERS

COMPETITOR NUMBERS STOCK #'S ON TYVEK CLOTH

- Ships in 2-3 business days
- Numbers 1 1.000
- #'s Printed on Water Resistant & Tear Resistant Tyvek Cloth

ECONOMY

■Bib Size: 6" x 3" ■ Digit Size: 2 ¾" **4335** Economy I Numbers \$22.00/set (set/100 numbers) (specify numbers)



ECONOMY with Stub

Bib Size: 7 1/2" x 4 1/2" (including stub) Digit Size: 3 3/4"

4337 Economy Numbers w/Stub \$32.00/set (set/100 numbers) (specify numbers)



CUTSTOM #'S ON TYVEK CLOTH

Printed on water resistant and tear resistant Tyvek.

DELUXE

■ Bib Size: 7 ½" x 5 ¾" ■ Digit Size: 2 ¾"

Imprint design and color of your choice 4135 Deluxe Numbers (set /100 numbers)

1 set \$44.00/set 2 sets \$40.00/set 3 or more sets \$36.00/set



DELUXE with Stub

- Bib Size: 7 ½" x 5 ¾" (including stub)
- Digit Size: 2 ¾"
- Imprint design and color of your choice
- Tear-off stub at bottom

4137 Deluxe Numbers w/Stub (set/100 numbers)

\$49.00/set 1 set 2 sets \$44.00/set 3 or more sets \$39.00/set



STOCK #'S ON MANILA TAG

- Printed on strong manila tag
- ■Black 4 1/2" number
- Numbers 1 to 1000
- Sets of 100 \$15.25/set

4155 1-100 4156 4157 4158 4159 4160



G	101-200			
U	101-200			
7	201–300	416	1	601-700
8	301-400	416	2	701-800
9	401-500	416	3	801-900
0	501-600	416	4	901-1000

EVENT CARDS

SHORT FORM

Field Events

event competitors

■ Color Coded for all Track &

■ Now on heavy index card stock and

3-part NCR paper 5 1/2" x 8 1/2"

■Space for 10 runners or 12 field



4141 Running Events 4142 SP. Discus. LJ. TJ 4143 PV. HJ

Card Stock **\$10.95**/100 **\$18.95**/100 **\$ 5.50**/50 **\$18.95**/50 **\$ 5.50**/50 \$18.95/50

**To Specify NCR forms add "NCR" to item number - (example: 4141NCR)

LONG FORM



- CAN BE USED WITH TRACK/CC TAGS
- Color Coded cards for all Track & Field Events
- Printed on heavy index cardstock -8 1/2 x 11
- Packaged in sets of 50 (field events) and

100 (running events) 4149R Running Events

\$ 18.95/100 4149H SP. Discus. LJ. TJ **\$ 10.95**/50 4149V PV. HJ **\$ 10.95**/50

MAKE YOUR OWN BIB NUMBERS



- Prints on Laser & Ink Jet Printer
- ■Bar codes, Tear Tags, NAMES or Numbers
- Color, Vertical hip #'s
- Special tear-resistant and waterproof printer paper
- Import from a text file, Windows compatible

Bib Number Program \$20.00 4148 Paper for Bib Numbers \$38.00 /100

Stick Back Bibs \$38.00 /100 (100 sheets can make 100 numbers)



COMPETITOR HIP NUMBERS

Sticks to Uniforms better than any other on the market,

no more litter on the track.

- ■3 1/2" Numbers on "Sticky Back" paper
- Flexible and stick to ALL uniforms
- Improve officials accuracy at finish line
- Identify athletes faster

Can be used on hips, chest, back, leg, etc.



BEST VALUE

25 sets of each number 100 sets of each number 250 sets of each number

			TOO GOTO OF GROWING HAMMED				
Lanes	Style #	Price	Style #	Price	Style #	Price	
1 thru 8	4040	\$13.20	4041	\$43.20	4044	\$88.00	
1 thru 9	4150	\$14.85	4151	\$48.60	4188	\$99.00	
10 thru 18	4152	\$14.85	4153	\$48.60	4194	\$99.00	
19 thru 30	4154	\$19.80	4201	\$64.80	4208	\$132.00	
1 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1							

Individual Numbers (0-30)

Please specify number

TRACK/CROSS COUNTRY TAGS

FRONT

Sticks to virtually anything

■ AVAILABLE IMPRINTED OR BLANK

■ Made of waterproof non-tear Tyvec cloth

Style # **Price** Package of 100 \$8.80 4190-100 Roll of 250 4190-250 \$11.00 1,000 (4 rolls of 250) 4190-1000 \$40.00

Size 3 1/2" and 15/16"

\$39.50/1000

\$36.50/1000

\$34.00/1000

\$32.50/1000

\$37.00 /1000

\$35.00 /1000

\$33.00 /1000

\$31.95 /1000

4147 Imprinted

5,000+

10,000+

15,000+

<5,000

5,000+

10.000 +

15,000+

4147B Blank



HIP NUMBER DISPENSER

Easy to store and organize Hip Numbers at your meets.

■ Holds 9 rolls of numbers

■ Tear off bar

SPECIAL for Cross Country & Large Race ■Roll of #'s 1-200 **4190-200**



4210 Hip Number Dispenser

THE MOST POPULAR TRACK & FIELD SCOREBOOK



SCOREBOOKS

TRACK SCOREBOOK: Scores 8 places, 17 teams for 20 meets 0103R \$4.95 ea

RELAY AND INVITATIONALS:

Scores 8 places, 29 teams for 12 meets 0104R

CROSS COUNTRY SCORESHEETS



- = 4-PART CARBONLESS FORM
- Scores up to 4 teams
- Copies to coaches instantly
- Lists runner's time, place & team score
- ■Time check sheet provided
- ■Scores 20 races

\$11.95/pkg 20

OFFICIALS EQUIPMENT / MEASURING TAPES



STARTING GUNS & AMMO

 European made Alfa Starters Pistols are of high quality and reliable.

RIANK	e e	
2653	Nylon Holster	\$20.95
2649	.32 cal 6 Shot Alfa	\$209.95
2648	.22 cal. 6 Shot Alfa	\$209.95
Swin	g-out chamber for easy loading	

BLANK	.ð	
2655	.22 cal. Crimped (100 box)	\$11.95
2656	.22 cal. Black Powder (50 box)	\$11.95
2657	.32 cal. Black Powder (50 box)	\$43.95
2658	.38 cal. Black Powder (50 pkg.)	\$51.95
STARTI	ER SLEEVE	

Starters Sleeve

\$1.00

\$.75

\$2.50

\$2.25

Saves money on shells



- Tough, long-lasting vinyl cones with heavy weighted base.
- Easy to stack, carry and store.
- Available in 4", 6," 12" and 18" heights.

4129	4"	\$3.75 ea
4125	6"	\$3.95 ea
4126	12"	\$5.95 ea
4127	18"	\$8.50 ea



- Compact lightweight and operates

Megaphone

CONES

SAUCER

■ 9" Diameter 4128 Saucer Cone 10 or more

TALL

■ 10" Tall

4118 Tall Cone 10 or more



- Back lit display & Built-in Flashlight
- Includes; 2 radios, 2 belt clips,. 1 dual drop in charger, 1 charging adapter & 2 NiMH rechargeable battery packs.



TalkAbout MH230R

\$59.95 pr

MEGAVOX TALK TO YOUR STADIUM



- 22 Watts of power handles crowds of over 1,500
- Runs up to 10 hours on a single charge
- Rechargeable built-in batteries
- Wireless microphone available
- Weighs only 14 lbs.

Includes microphone with 10' coil cord & shoulder strap 4230 MegaVox \$717.00

w/ Wireless Microphone 4230W \$1,437.00 and Speaker Stand 4230T Speaker Stand \$162.00 Companion Speaker (w/50' Cable) \$282.00

ROLLING WATER REMOVER



- CIRCLES for IMMEDIATE USE
- Pushes water ahead and off the track
- ■36" wide super tough roller

3350 Rolling Water Remover \$69.95

SAFETY START

GREAT FOR PRACTICE STARTS!

Makes loud noise with a flick of the wrist

2661 Safety Start \$27.95

■ Can be used by anyone

MEGAPHONE

- Range 150 ft. With 12 watts of power
- on 8–C batteries (not included)
- Great for meet and practice

TALKABOUT MH230R by Motorola

- Up to 23 mile range
- 22 channels, ea. w/121 privacy codes
- 10 hr. alkaline (3AAA) or 8 hr. NiMH est. battery life
- iVOX hands-free communication
- Low battery alert & Charging port



- DRY your TRACK. RUNWAYS and THROWING

3350R Replacement Roller \$32.95 ea

FIBERGLASS/STEEL

- Common "0" point for Metric & English measure
- Our Tape Measures are "Blank End" Tapes unless specified otherwise.

E
d) \$4.95
\$17.95
\$26.9
\$44.9
\$74.95
Blank End
-0
* 8

4067M100m / 100m (Both Sides) \$39.95





without stooping 100'/30m \$44.95 200'/60m \$56.95 4057 \$66.95 4058 330'/100m



"0" End

MEASURING CANE

Easily attach tape measure to this extremely durable device.

4032 Measuring Cane \$14.95 ea **4032-4** Set of 4



FIBERGLASS "Strongest Tape Made!"

\$27.95

\$43.95

- More than 42,000 fiberglass strands = greater tensile strength & superior accuracy when tension is applied.
- Temperature correction not necessary.
- Steel reinforced handles ■ Common "0" point for
- Metric & English. "0" point at end of hook on tape.

4035	507/15m Closed Reel
4036	100'/30m Open Reel
4037	165'/50m Open Reel
4038	200'/60m Open Reel
4039	300'/90m Open Reel





OFFICIALS' FLAGS

HIGH SCHOOL

- ■14" x 13" flags made of strong nylon cloth mounted on ends of 5/8" wooden dowel.
- Required at High School meets.
- Signal foul (Red- Field Events, Yellow Running Events) or no foul (White) 4113R Red/White \$8.95 ea 4113Y Yellow/White \$8.95 ea



- Used at ALL Major U.S. Championships
- ■12" x 12" flags made of strong nylon cloth

10 or more **\$8.00** ea

■ Attached to ¾" x 19" dia. aluminum tube Easily fits into most small carry bags

	me me more oman	· · · · ·	~ ~
4112R	Red Flag	\$4.95	ea
4112W	White Flag	\$4.95	ea
4112Y	Yellow Flag	\$4.95	ea
4112 G	Green Flag	\$4.95	ea





OFFICIALS INSTRUCTION CARDS

- All rules, diagrams & information for: Starting Line, 5-Alive/Time Limits, High Jump, Shot Put, Long & Triple Jumps, Pole Vault, Umpire/Hurdles/Relays, Discus/Hammer/Weight, Javelin. Finish Line/Photo Finish.
- 8 Colored & Laminated Cards
- Verified by NCAA & USATF rules committees.

Officials Instruction Cards \$24.95



METRIC CONVERSION CALCULATOR

- Quickly converts between metric and English measurements
- Great aid for coaches, officials and spectators Can also be used as a regular calculator
- Metric Calculator

49 48 Fax: 888.415.5212 VSAthletics.com VSAthletics.com Phone: 800.676.7463

TRAINING HURDLES



CROSS COUNTRY CHUTE & FIELD EVENT POLES

For: DIRT & GRASS

- New easy-to-place Step On pole
- Made of 3/8" Steel Rod that measures 34" high when in ground.
- Loop on top end to hold flags or chute rope

C.C./Field Event Poles \$11.95 ea 10+\$11.25 ea 20+\$10.50 ea

Cross Country Kit includes:

20 chute posts and 2-100 lengths of our "Flags on a Rope" (Multi Color flags will be sent unless flag colors specified when ordering). 4108KIT

Cross Country Kit \$229.90



For: SYNTHETIC & HARD SURFACES

\$15.95

- GREAT on Synthetic Turf & Surfaces where other poles can't be used.
- Heavy weighted 19" Round base supports a 42" high pole with split flag loop for easy threading of Flags on a Rope.

4103 Syn. Surface Flag Poles \$17.95 5+ \$16.95

20+

MEASURING WHEEL

Metric

- Durable Economical Measuring Wheel
- Folding handle for easy storage
- Counter measures to 9,999 meters
- Comes w/Canvas Carry Bag & Wheel Stand 4099 Econo Metric Wheel \$79.95



MEASURING WHEELS

Strongest Frame & Wheel in the Field!

- Rugged steel tubing frame
- Strong steel spoke wheel
- Large numbers on counter
- Measures to 100,000 meters or feet without resetting.
- Handle folds for easy storage.
- Built in Stand.

4097 Metric \$133.95 **4096** English **\$133.95**

FLAGS ON A ROPE



- Our most durable flag is available in vour school colors
- 6 X 12 poly flags on a rope in 100 strings.
- Great for marking both cross country courses and track infields.
- 4133 Black/Orange \$17.95 4121 Red/White \$17.95 4138 Black/White \$17.95 Blue/White \$17.95 4122 Black/Red

4119 Blue/Yellow

4132 Black/Yellow

4120 Red/White/Blue

\$17.95 Green/White \$17.95 **4123** Multi Colors \$17.95

\$17.95

\$17.95

\$17.95 4130 Red/White/Black



THE ORIGINAL PACEWHEEL

 A circular calculator that provides the proper paces that athletes should train at in order to achieve the most progress towards their fitness and racing goals. The training paces provided are based on percentages of VO2 Max pace as calculated from an athlete's performance at a given distance

The Original PaceWheel 4181

\$16.95

MINI TRAINING HURDLES

■6" & 12" Training hurdles can be used for beginning hurdlers or plyometric drills

■ Teaches proper running mechanics by making the athlete develop sufficient knee lift Strong, lightweight plastic tube construction 6" Mini Hurdle \$795 ea

2311	O Milli Hulule	91.33 Ga
	12 or more	\$6.95 ea
2576	12" Mini Hurdle	\$9.95 ea
	12 or more	\$8.95 ea
2558	18" Mini Hurdle	\$12.95 ea
	12 or more	\$11.95 ea

...

ADJUSTABLE TRAINING HURDLE

New Strong Wood Boards

- DEVELOP BETTER HURDLERS
- Teach your Athletes to Sprint over Hurdles Not Jump!

\$25.95 ea

\$22.95 ea

\$9.95 ea

\$24.95 ea

2476 Adjustable Training Hurdle \$27.95 ea 5 to 9

10 or More **2476B** Replacement Board **2475** Training Hurdle Bag

TRAINING HURDLE BAG

NEW

■ Great Beginner Hurdle

■Very Portable

■41" Board

8809

■ Light weight training hurdle

Set of 4

2475 Training Hurdle Bag

SMART HURDLES

The Smart Hurdle Collection

includes 36 individual hurdles

(four models) and the Training CD.

8814 Smart Hurdle Collection \$1,830.00

COLLECTION

■12 Smart Hurdles #2

■12 Smart Hurdles #3

20" wide and 6" high

■ Adjusts to 30", 33", 36", 39" & 42" heights

Aluminum Tng. Hurdle



ALUMINUM TRAINING HURDLE

2475 Training Hurdle Bag

SMART HURDLES

\$24.95 ea



- Yellow & Black color = easy visibility
- 3 point base for stability on all surfaces making drills safer.
- Durable, lightweight & easy to carry.

SMART HURDLE #4

- ■36" wide and height adjusts from 21" to 36" in 3" increments
- Can be used for both over and under bar drills
- Folds flat for storage

\$44.95

\$24.95 ea

\$39.95 ea

8812 Smart Hurdle #4

\$67.50 ea **SMART HURDLE #5**

- ■36" wide and height adjust from 27" to 42" in 3" increments
- Folds flat for storage

8813 Smart Hurdle #5 \$83.25 ea

SMART HURDLES #2

■ 20" wide and 12" high

■ Set of 6 comes with carry handle 8810 Smart Hurdle #2 (set of 6) \$105.00

SMART HURDLE #3

- 30" wide and height adjusts from 12" to 18" in 3" increments
- Folds flat for storage

8811 Adjustable Training Hurdle \$57.25 ea

51 50 Fax: 888.415.5212 VSAthletics.com VSAthletics.com Phone: 800.676.7463

* TRAINING EQUIPMENT

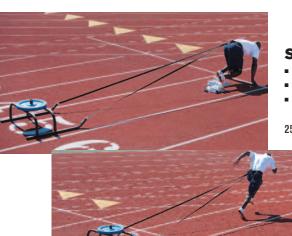
TRAINING EQUIPMENT



SPEED SLED

- -Lightweight (16 lbs) design!
- Add weight (not included) to increase resistance
- Adjustable sprint harness attaches to two rail-anchored straps that keep sled stable during runs

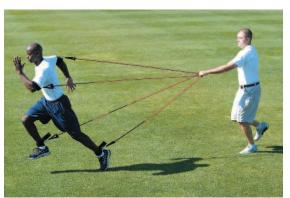
Speed Sled 2530 2531 Extra Harness \$ 39.95



SPRINT START SLED

- Provides Resistance Training coming out of Starting Blocks
- Clearance to pass over and around all starting blocks.
- Olympic style weight plates may be added.

2523 Sprint Start Sled **\$234.00**



POWER SPRINTER

■ Both Arm & Leg Running Resistance in one device.

Power Sprinter

- For use with partner or alone
- Includes: 2 resistance cables, 2 upper body & 2 lower body adjustable attachments + one add-on attachment (to connect to sled or have partner hold).

\$91.75



Fax: 888.415.5212

52

POP BELT

- The Bullet Belt "Pop" release is the basic design in the Bullet Belt series.
- Used to train explosive sport-specific skills.
- Regular use will increase an athlete's ability to apply force to the around.

VSAthletics.com

2528 Pop Belt

\$55.25



OVERSPEED TRAINER



- Two person assisted running (over speed) very effective for speed training
- Safety tubing stretches up to 20 yards pulling the trail runner up to 20% faster than normal top speed
- Safety tube prevents it from being overstretched
- ■Includes 20' of safety tubing and two easy to use waist belts

2520 Overspeed Trainer

SPORTCHUTE



Superior design = Best Chute on the Market

- Improves SPEED. ENDURANCE. STRENGTH & RUNNING TECHNIQUE.
- **ONE-PIECE DESIGN** pulls wind into chute for OPTIMAL DRAG and REDUCED SHIFTING
- Only ONE attachment cord means NO UNNECESSARY SHROUD LINE TANGLES
- Storage pouch doubles as Waist Belt
- Use 2 chutes together for 70-75% more resistance
- Sizes: Small -- for younger athletes
- Medium & Large for stronger athletes **2595** Sport Chute—Small (40" diameter) \$39.95

2596 Sport Chute–Medium (48" diameter) \$41.95

2597 Sport Chute—Large (56" diameter) **\$43.95**

RESISTANCE HARNESS



BEST RESISTANCE DEVICE YOU WILL EVER USE!

- Develops maximum strength and power for running and change of direction
- Design allows work to begin for proper running form
- ■10 strong nylon harness and handle included

Resistance Harness \$45.95 ea 6 or more

2525W Waist Belt \$24.00

BULLET BELT SYSTEM



release gives the ability to create a contrast workout where the athlete goes from resistance to free running. Adjustable and comfortable.

Bullet Belt System \$90.00 Extra Bullet Waist Belt \$39.50

LEGSPEED TRAINER

- Increases hamstring, quadriceps and abdominal muscles for sprinting
- Emulate the sprinting motion without the pounding
- Comes with flexicord and two ankle harnesses which fit over your shoes

2575 Leg Speed Trainer **\$79.95**

53 Phone: 800.676.7463 VSAthletics.com

TRAINING EQUIPMENT





OVERSPEED PACER

- Improve your speed with this revolutionary training device!
- Can be used for both overspeed and resistance training.
- TWO ITEMS IN ONE!
- Pulley system provides gradual buildup to enable assisted runner to gain top speed
- Increase your stride rate and your stride length

FOR OVERSPEED TRAINING:

Simply adjust belt to a snug fit, then place swivel hook on Sprinter's belt. The Pacer leads the way, having the rip-cord pass through the pulley at his

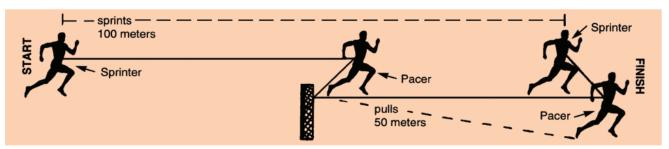
back. Attach the shorter cord to a stationary object near the midway point of the chosen training distance. Designed for use up to 100 meters in training distance.

Note: The lead Pacer runs at 50% speed, which enables the Sprinter to move at a rate greater than 100% of their usual top speed. If done correctly, both the Pacer and the Sprinter will reach the desired training distance at the same time, causing the rope to release at its end.

FOR RESISTANCE TRAINING:

Sprinter leads the way, with the Pacer following behind holding back the Sprinter. The Pacer keeps the pulley on his belt's swivel hook, but must now have the swivel hook in front rather than in the back of his belt. Extremely safe product allows Sprinter a speedy release if they are moving too quickly.

4000 Overspeed Pacer \$89.95



TC - TIMING SYSTEM 2

■ Completely automatic wireless system

4350 TC — Timing System 2 \$1,095.00

(Includes set of Infrared Sensors with

Tripods, Microphone, Monitor,

Touch Pad, & Carry Bag)

 4352
 Extra Set of Sensors
 \$430.00

 4355
 Track Display Timer
 \$620.00



USB INTERFACE for TC - Timing System 2

- Allows all times to be uploaded into a computer.
- •Works with Speed Trap units from 1998 and newer.
- ■Works with Windows XP.
- Comes with a Cable and Software.4356 USB Interface \$163.00
- 4 different starting methods available



LAUNCH PAD



- Allows more jumps per session from shorter run without sacrificing performance
- Increases ground resistance at take-off = accelerated jumping power development.
- Synthetic track material on take-off surface
- Powder coated Welded Steel construction w/ support braces
- Many spike holes on bottom for stability

7 Launch Pad



BASIC AGILITY LADDER



- ■15' In length
- ■12 slates
- ■1 complete ladder

2572

Basics Agility Ladder \$39.95



- Develops foot quickness, agility and coordination.
- Ladder can be positioned straight or at various 90 degree angles for quick change of direction
- 10 yards long and 16" wide with spacers
- 17" apart Instructions and drills included

Can be separated to create 2 shorter ladders

Agility Ladder \$59.95

ACCELERATION LADDER



ADJUSTABLE AGILITY LADDER

IMPROVE THE ABILITY TO ACCELERATE

with this versatile training tool!!

- Helps optimize speed by increasing stride frequency and stride length
- 10 adjustable plastic slats move along the 35' long ladder
- Comes with instructions and sample workouts

2555 Acceleration Ladder \$69.95

KETTLE BELLS



Rubber "stand up" bottom

- Bridge the gap between the throw & weight room
- Helps develop the raw throwing power necessary to be an elite thrower.

1921-4	4k/ 9 lbs	\$19.95
1921-8	8k/ 18 lbs	\$34.95
1921-12	12k/ 26 lbs	\$ 39.95
1921-16	16k/ 35 lbs	\$ 49.95
1921-20	20k/ 44 lbs	\$ 59.95
1921-24	24k/ 53 lbs	\$ 69.95
1922	4k, 8k, 12k Set	\$ 85.95
1923	16k, 20k, 24k Set	\$159.95

2571 Adjustable Agility Ladder \$39.95

■ Easily snap together for sport specific workout

■ Four 7' different colored sections

■28' in total length

JUMP ROPES

SPEED



- Ball Bearings in handle to reduce drag
- ■9' Rope
- ■51/4" Plastic Handle

10387 Speed Jump Rope \$8.95

LICORICE

■9ft speed rope



Contoured plastic handle

10384 Licorice Speed Jump Rope \$5.95

LEATHER ROPE



- ■9' Leather jump rope
- Heavyweight Ball Bearings

2850 Leather 9' \$10.95

CALL for Quantity Pricing!





- Strong welded steel frame contruction
- Plywood top with 10mm thick rubber
- Anti-skid rubber located at the base corners
- Plyobox 12" \$96.00 Plyobox 18" \$107.00 Plyobox 24" \$118.00 Plyobox 30" \$128.00 Plyobox 36" \$138.00 Plyobox 42" \$151.00 10736

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PLYOMETRIC BOXES



BEST PLYOMETIC BOXES MADE!

- Strong welded steel frame construction
- Large landing area covered with our 1/2" rubber 4795 for soft landing surface.
- ■Will endure spiked shoes and any jumping load
- Combine set of three for Victory Stand!
- Stackable for easy storage
- 12" Height \$139.95 4796S 18" Height \$169.95 4797S 24" Height \$189.95 4798S 30" Height \$219.95 4799S 36" Height \$229.95

Z-BALL QUICKNESS. REACTION. EXPLOSION!



- Latest innovation for developing hand and eye quickness
- More lively than any other agility development ball
- Use for any sport that requires quick feet and agility

2541 Z-Ball \$7.95 ea 6 or more \$6.95 ea

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Free instructional video with each purchase!!!



- Straps onto your shoes to create the world's most popular plyometric exercise platforms
- Strengthens the leg muscles associated with running and jumping by distributing body weight to the front of the foot

worgin	to the home of the foot	
4790S	Small (5-7)	\$79.95/p
4790M	Medium (8-10)	\$79.95/p
4790L	Large (11-14)	\$79.95/p
4790XL	Extra Large (15-20)	\$79.95/p



TRUBBER MEDICINE BALLS

TWO TONE IN LBS



- Two tone, easy to see pattern
- Textured surface for needed grip-ability
- Air valve to adjust bounce
- 2 year warranty

	-	_
\$16.00	2lb Med Ball	4751
\$25.00	4lb Med Ball	4752
\$30.00	6lb Med Ball	4753
\$38.00	8lb Med Ball	4754
\$46.00	10lb Med Ball	4755
\$55.00	12lb Med Ball	4756
\$65.00	15lb Med Ball	4757

POWERMAX MED BALLS



A106	1K	\$23.00
A108	2K	\$30.75
A109	3K	\$43.00
A110	4K	\$53.00
A111	5K	\$63.25
A112	6K	\$69.25
A131	7K	\$71.25
A1132	8K	\$83.75

THROWING BALL WITH HANDLE

- Great for all throw training.
- Built in handle for variety of exercises
- Develops Strength, Flexibility and Technique
- Throw underhand, sidearm or overhand ■ Range of weights for different exercises
- Used indoors or outdoors

- 0360 IIIC	ioors or outdoors	
4770 Fill yourse	Throwing Ball elf (up to 10 lbs.	\$16.95 of sand or water)
4731	2 lbs / .9k	\$17.95
4732	4 lbs / 1.8k	\$19.95
4733	6 lbs / 2.7k	\$24.95
4734	8 lbs / 3.6k	\$28.95
4735	10 lbs / 4.5k	\$32.95
4736	12 lbs / 5.4k	\$38.95







KORE BALL

- Unique design for multi purpose use
- Work on core strength with multiple exercises
- Perform single-handed or double-handed exercises ■ All kore balls built to the same 27.5cm diameter

14 lb 4720 \$56.95 8 lb \$42.95 4724 \$64.95 4721 9 lb \$44.95 4725 16 lb 4722 10 lb \$46.95 4726 18 lb \$71.95 12 lb 4727 20 lb \$79.95 4723 \$50.95



T D BALLS



- Soft and easy to grip
- Durable they will not break
- Ideal for overload on one arm throwing movement
- Softness and texture of the ball make grip and catching easy

\$21.95	1.5lb (Baseball Size)	8800
\$41.95	4lb (Softball Size)	8801
\$74.95	8lb `	8802
\$89.95	12lb	8803
\$115.95	20lb	8804

CALL for Quantity Pricing for 5 or more!



■ EVA foam is spread evenly through out the belt to enable you to stay in an upright position while training

■Three sizes to ensure a snug fit Small (100-160 lbs.)

\$29.95 ea Medium (160-220 lbs.) 4197 \$29.95 ea

Large (220 lbs. & up) **\$29.95** ea 5 or more **\$26.95** ea

AQUAJOGGER ACTIVE BELT



Contoured styling for a comfortable fit

■ Economical alternative ■48" adjustable waist belt

Agua Jogger Active \$34.95 ea 5 or More \$29.95 ea

AQUA HITCH

Sturdy 5 foot elastic tether w/ plastic hook fasteners

Tethers AguaJogger to teh poolside or a partner

Agua Hitch

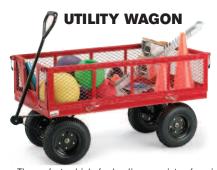
ULTIMATE WEIGHT VEST



One Size fits all.

- Form fitting featuring stretchable neoprene strapping system—allowing vest to expand to accommodate your breathing during exercise.
- Padded shoulder area helps prevent chafing.
- Short Vest: Comes with 10 1 lb. wts.---holds up to 20 lbs.
- Long Vest: Comes with 20 1 lb. wts.---holds up to 40 lbs.
- Extra weights available.

Short Vest 10-20 lbs \$119.95 Long Vest 20-40 lbs. \$145.95 Set of 5-1 lb. wts. \$28,95



■ The perfect vehicle for hauling a variety of equipment from storage to the training area. Fold down gates, pneumatic tires, 500lb capacity. 51" x 24" x 12" Utility Wagon

THERAPEUTIC EXERCISE ROLLER



10266 6"D. x 36"L. \$19.95 ea. 10262 6"D. x 12"L. \$10.95 ea

One of the most widely used **Therapeutic & Conditioning** products available.

Easy to adapt to a variety of techniques including mobilization, balance & strength training

AOUAJOGGER

- Used effectively in many positions—supine, prone, sitting, kneeling, lying on your side or standing.
- For specific exercise techniques, free downloadable pdf. pamphlet

STIM-O-STAM PHOSPHATE TABLETS

RECOVER FASTER AND TRAIN HARDER!

- Reduces lactic acid
- Increases available oxygen
- Extends endurance
- Accelerates recovery
- Minimizes muscle soreness, cramps and heat related problems

1 Bottle 500 Tablets \$ 27.95 6 PACK 3000 Tablets \$144.00 12 PACK 6000 Tablets \$264.00



THE STICK

- The patented mechanical features are designed to segmentally compress and stretch muscles.
- Successfully deliver myofascial release and trigger point therapy.
- Can be used with or without assistance 3 sizes for different massage therapy

10747 Little Stick 14" (6 spindles, shortest model) \$21.50 10748 Travel Stick 17"(8 spindles, standard flexibility) \$27.50 **10749** Sprinter Stick 19"(9 spindles, short & stiff) \$35.00 10750 Marathon Stick 20"(10 spindles, short & flexible) \$32.00

10751 Original Stick 24"(15 spindles, standard flexibility) \$42.50 **10752** Big Stick 30" (18 spindles, longest & stiffest) \$54.00



- StretchRite's patented design features make stretching much easier and efficient
- The handgrips allow you to increase the tension by changing handgrip position and visually monitor vour improvement
- Made of heavy duty nylon webbing and ABS plastic for years of trouble free use
- Ask about custom embroidery for school name 4939 StretchRite \$25.95

PRO-TEC



PREVENTATIVE and PAIN REDUCING Sports Medical Devices!

■These devices help reduce pain that comes from the overstressing of muscles in practice and competition.

Simple devices that really work!

4970 Knee Strap S - (10"'-12"') \$14.95 **4971** Knee Strap M - (12"' - 13 5/8"') \$14.95 **4972** Knee Strap L - (13 5/8" - 15 ½") \$14.95 4973 Knee Strap XL - (15 5/8"' -171/2"') \$14.95 4974 Shin Splint \$20.95

4976 Arch - M (Size 7-10.5)

\$21.95pr **4977** Arch - L (Size 11+) **\$21.95**pr



- Our most popular VS Massage Stick!
- TA deep tissue massage tool with firm depth rollers to Penetrate Muscles Effectively.
- Call for team pricing on orders of 5 or more.

10740 VS Massage Stick \$19.95

BOCKTAPE is great for runner's knee (IT Band), shoulder separations, sore back, ankle injuries, Achilles tendon, shin splints, plantar fasciitas, and muscle recovery.



- Stickier, hypoallergenic adhesive, won't fall off during competition
- Stretches 190%, same elasticity as skin, promotes full range of motion
- ■97% cotton / 3% nylon, low moisture absorption
- Tighter weave enables muscle to more easily "snap back" to neutral
- ■5 meters per roll, about a month's supply depending on usage
- Water resistant
- Colors: Black (BK), IM White (IMWH), IM Yellow (IMYE), Light Blue (LTBL), Logo Red (LRED), Tan (TAN). "IM" colors can be written on with a marker!

2304 RockTape

1 roll: \$96.00 6-pack: Carton (24 rolls): \$348,00 Master Pack (60 rolls): \$795.00

FOOT FLEXR

- Simple device attaches to shoe to teach proper running technique and increase speed
- "Loads" foot for explosive ground strike and makes proper foot position a habit
- Increases turnover rate and prevents "braking while running"
- Helps prevent shin splints

2552 Foot Flexr \$22.95/pr





ECONOMY BALANCE BOARDS

- Help improve balance and stability
- Allows for better proprioceptive awareness for injury prevention

\$33.95

\$33.95

\$33.95

\$33,95

\$33.95

- Increase leg strength and ankle motion
- Made from 1/2" plywood with a non-slip surface
- All board angles are fixed

2562 Economy Rocker - 2" High Beginner Economy Rocker - 2.5" High Intermediate

Economy Rocker - 3" High Advanced Economy Wobble - 2.5" High Intermediate

Economy Wobble - 3" High Advanced



BOSU BALANCE TRAINER

■ Regardless of your sport or athletic ability, the BOSU Balance Trainer can help make you a better athlete. From rehabbing a reconstructed knee to setting world records. BOSU allows you to find your "point of challenege" and develop beyond that point. A truly unique balance, core-stability and proprioception training device. Includes programming manual, training video and free pump. Fitness and health professional version. 25" x 9"

4701 BOSU Balance Trainer \$169.00

BALANCE DISC-CUSHION

\$27.50

 Develop balance and coordination with various balance and activity exercises.

Difficulty can be changed by varying air pressure. Lower pressure increases difficulty by becoming softer and less stable. Measures 13 ¼" diameter, 2 ½" high. Uses standard ball needle to inflate. Pump and

needle not included.

CORDISC

Designed to maximize total

body balance training. The

CorDisc is an unstable air

various torso stabilizing

workouts. Vary cushion air

difficulty. Perform standing,

kneeling, sitting, and lying

exercises. Measures 24" in

\$66.75

diameter. Colors varv.

4702 CorDisc

pressure to increase exercise

cushion which accommodates

4703 Balance Disc-Cushion





- Burst Resistant Balls at Non-Burst Resistant Prices!
- Used for core strengthening and rehab work
- Helps improve flexibility, muscular control and agility
- Select Ball size from chart below

	<u>Height</u>	Ball Size	
4707	Up to 4' 8"	42 cm	\$20.95
4708	4' 8"-5' 3"	53 cm	\$24.95
4709	5' 3"-6' 0"	65 cm	\$ 27.95
4710	6' 0"-6' 7"	75 cm	\$32.95
4711	6' 7" and Up	85 cm	\$ 41.95
4765	Hand Pump		\$ 7.00
4766	High Volume	Pump	\$20.95



PROSTRETCH™



STRETCHES THE LOWER LEG EASIER AND MORE EFFICIENTLY THAN ANY OTHER METHOD

- Patented design enables you to stretch, increase range of motion and strengthen hamstrings, calf muscles, achilles tendons and plantar fascia quickly and easily
- Reduces risk of injury and helps in rehabilitation
- Single and dual leg models available
- Detailed directions with each purchase show how to use ProStretch for a variety of stretches.
- Free instructional video with dual leg model
 4705 Single ProStretch
 4706 Dual ProStretch
 459.95
 (comes with instructional video)

VERTIMAX V8 PRO

Vertical Jump & Speed Training System



- Designed for On and Off Platform Training
- Comes with Six Resistance Bands



- Leave bands attached for work on or off platform to create precise resistance vectors for individual sports moves.
- Train with up to 6 bands that can be attached to hands, hips or feet individually or simultaneously.
- Allows for Increase Or Decrease of The Applied Resistance
- Band Resistance Settings Range From 4 to 28 Pounds

V8ELG VertiMax V8 Pro \$3,925.00

RESISTANCE TRAINER



(VS) BYRDBAND ARM TRAINER

- Maintains upper arm and lower arm at 90 degree angle.
- Allows you to concentrate on proper running form.
- Easy to use.
- Adjusts for all body types.

4714 Bryband Arm Trainers

\$20.95



(VS) GLUTE/HAM BENCH

- Handles for reverse hypers
- Unit is available in either Silver Metallic or White powder coat paint with Black upholstery.
- Dimensions: Width 55" Depth 30" Height - 50"
- Shipping Weight: 150 lbs.
- •Unit Pictured: Frame Color: Silver Metallic
- Upholstery Color: Black

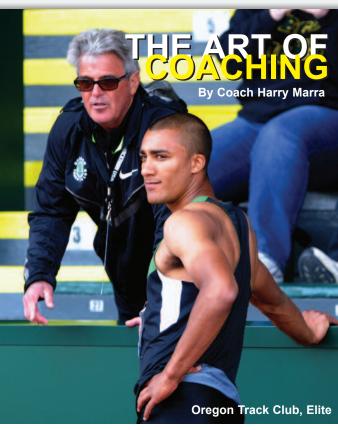
Glute/Ham Bench

\$905.00



For more VS Strength and Conditioning products please go to VSTRAINING.com





INTRODUCTION

Today marks the start of my 52nd year in the sport of Track and Field. Reflecting on more than half a century as both an athlete and coach, I know a lot of water has gone over the falls in that period of time. The experience I have gained, coupled with a view of coaching as an *art*, has allowed me to evolve my own athletes from good to better to best. This short essay concerns that knowledge-driven evolution. I believe this to be the *critical factor* when assisting an athlete to reach his/her potential. The shoulders of a coach are broad and carry the huge responsibility to improve and continue to improve his/her athletes. Every coach must take this responsibility seriously and incorporate specific tools to accomplish this if the expectation is to be successful.

TOOLS OF THE TRADE

MASTERY OF SKILL

It is my firm belief that in the sport of Track and Field - regardless of the level – it is imperative that each and every coach know the basics of every skill/event being taught/coached. This is primal when discussing successful coaching. *If in fact you do not have a clear understanding of the simple science/movement behind each of the skills* (i.e. Newton's laws of motion, basic exercise physiology relative to rest and recovery, exercise metabolism, laws of rotation and object flight, Central Nervous System (CNS) training principles), *my first piece of advice would be to get training/education in that particular area.* Once you have developed an understanding of the mechanics of the events, the successful coach will be able to transfer this information to he/she athletes in a seamless manner. This is the *Art of Coaching* – bridging the gap between potential to perform the skill and actually executing the skill correctly.

SPECIFICITY and TRANSFERANCE

Consider what Track and Field athletes must do in order to improve in one single Track and Field event: jump on boxes; press on benches; balance on balls; swim in vests; throw mini projectiles; perform A's, B's and C's; throw medicine balls; and among other things, hurdle having completed their "leads and trails." A quality Track and Field coach is, therefore, charged with writing meaningful training prescriptions, inclusive of all the aforementioned methods, that will collectively result in the proper execution of the event. In other words, the competition should be an artful display of all the skills practiced during the training period, having been transferred to the skill. As you consider your practice plan, ask yourself if it results in the development of a skill that is portable to the enhancement of an event. Do not waste practice time on anything else. A power-lifting coach may be the only coach exempt from this principle. For instance, an athlete training/preparing for the World Championships in Power Lifting is in the weight room <u>as an end in itself.</u> That is, he/she wants, - on the day of competition – to lift more in the clean and jerk than he/she has in the past. Moreover, that single personal best, achieved in the weight room, may win the competition for that athlete. Conversely, a Track and Field athlete (i.e. a high jumper) is in the weight room during the Fall/Winter preparatory period <u>as a means to an end.</u> The goal of the Track and Field athlete is to get stronger AND THEN <u>APPLY</u> THAT STRENGTH TO THE EVENT FOR WHICH HE/SHE IS TRAINING. The principles of specificity of training must be adhered to in the weight room in order to attain desired results on the track/field. It really does not matter how much an athlete can squat, if in fact he/she cannot apply that strength to improvement in her/his event. Simply stated, strength gains without application are a total waste of time. This overview of specific strength training applied to event improvement is just one example of perfecting the *Art*

SIMPLICITY OF APPROACH

Keeping it Simple Stupid (the ever-famous KISS principle) is an important aspect concerning the Art of Coaching. Most readers would agree that the Decathlon is a pretty involved event. Ten events are folded into a single competition; a myriad of skills must be perfected; and by the nature of competition alone (most involving just one event!), the many variables associated with the Decathlon equate to a multiplicative number of missteps that could spell disaster for the athlete and coach, or both. Because the complexity of competition offers its own challenges, I would strongly suggest that you keep your approach to coaching very simple. I have used this model concerning Ashton Eaton's Decathlon preparation with great success. For instance, the cues for his decathlon preparation amount to only 18 words! Moreover, his Long Jump event preparation is defined by just one word: perpendicular. You may ask how this is possible. Because of the simplicity of my approach to Ashton's training, these 18 words recall cues that easily evoke, in-a-nutshell, the complexities involved in the successful execution of the event. These cues have evolved over the course of the training season where the coach and athlete have become one in their COMMUNICATION SKILLS. Critical in the process of developing this communication is also the ability of the coach to LISTEN to the athlete. Each athlete will have a unique way of articulating his/her understanding concerning performance of a particular skill. Listening, coupled with a wide base of knowledge, will allow a successful coach to develop cues that the athlete can easily understand and enhance skill visualization. It is important to emphasize that the athlete must understand the cues, illustrating once again the need to keep cues simple. If I am coaching three to four athletes in an event, in all probability, each will have different cues/understanding of a particular skill. Hence, I suggest a well-qualified coach carry a small notebook with the cues for each athlete.

DEMONSTRATION and OBSERVATION OF MOVEMENT

A coach's ability to demonstrate physically what is being taught is critical to artful coaching. This demonstration does not need to be dynamic or explosive; it simply needs to mirror EXACTLY what point is being made. In the same vein, a successful coach is not afraid to bring into the demonstration/explanation movements from other sporting



activities. This, in fact, may help clarify a component of the skill, as the athlete may have a familiarity with the analogous event (i.e. hitting a baseball and turning the hip in the delivery of a throw in Track and Field). These events are not exacting in their delivery, BUT the commonalities may allow for an understanding that will resonate with the athlete. The tennis serve is another great way to teach the proper movement patterns in the javelin delivery and release.

A successful coach will practice the art of **Observation**. I have often said you can't coach if you don't have a critical eye. Good coaches are trained observers who can successfully breakdown an ill-performed skill affording the athlete a comprehensive understanding of his/her performance. This is valuable in identifying both quality and poor performance markers. Both coach and athlete should practice the art of observation, including watching film. Once the correction/identification has been made, the coach can reconstruct the skill moving slowly toward competitive speed. As a sidebar, be mindful of all observations – even those off the track. Ashton's sprint start improved tremendously because of what I observed when he was in the weight room **resting** between sets of the bench press! Now his cue for the sprint start is BENCH PRESS!! He knows what that means.

SHADOWS AND RHYTHM

I use the term shadows to describe a mock drill performance of a skill emphasizing only one or two specific aspects of the skill. This technique can be accomplished with or without the use of an implement. As I mentioned earlier, breaking down skill is so important for comprehension, and mastering the art of coaching. For example, while working to improve the discus throw, a particular shadow may emphasize the wind up to result in a correct start position. After successful repetitions, resulting in proper positioning, the successful coach may add in the successive movements of the skill. This idea aligns itself with a most important aspect of performing a skill; **IF THE START IS PERFORMED INCORRECTLY, THE SKILL WILL SIPMLY CONTINUE TO DETERIOATE**. To illustrate this, consider a spinning top. A top spinning with smooth rotation (no nutation) but with less speed than an opposing top started at a higher rate of speed but with initial nutation, will spin longer.

Rhythm is the Smooth uninterrupted execution of a skill and is the product of a good shadow. Please note that performing shadows right up to the day of competition is critical to proper firing of the CNS and therefore to rhythmic success. In that vein, warm-up completed the day prior to competition should include performance of all skills to be contested the following day. This should dispel the thought that two to three days of complete rest from an event will bring about excellence. Rest is a very important factor in peaking in all Track and field events that rest; however, is GROSS in nature.

BLUEPRINT FOR SUCCESS

Blueprints (season-long plans) are vital to good coaching and thus, the mastery of the art coaching. A good coach will meticulously outline all of the fragmented components of track and field training to align with proper execution of the event on competition day.

IN SUMMARY, THE ART OF COACHING INCLUDES: LISTENING, COMMUNICATING, TRUSTING, SHADOWING, OBSERVING, DEMONSTRATING, AND HAVING A SOLID BLUEPRINT FOR SUCCESS.

This short essay broadly touches on a few of the many areas a coach needs to develop in order to become a master in the Art of Coaching. Experience and success will enhance this journey. After 50+ years, I am still challenged each day when I arrive at practice. This challenge keeps my work exciting and enjoyable, while my confidence insures my athletes of quality and consistence. Good luck to all of you!

December, 2012







	DAY 1		
	Shoe/Implement	Mark	Points
100m	Nike Zoom Superfly R2	10.21	1,044
Long Jump	Nike Zoom TJ III	8.23m 27-0'	1,120
Shot	Nike Structure Triax	14.2m 46 - 7 1/4	741
High Jump	Nike Zoom HJ III	2.05m 6-8 3/4	850
400m	Nike Zoom Superfly R2	46.70	973
	Day 1 Total Points		4,728

	DAY 2		
	Shoe/Implement	Mark	Points
110m Hurdles	Nike Zoom Superfly R2	13.70	1,014
Discus	Nike Zoom SD Gill-Pacer FX Carbon Discus	42.81m 140-5	722
Pole Vault	Nike Zoom TJ III Pacer Carbon FX Pole	5.30m 17-4 1/2	1,004
Javelin	Nike Jav Elite OTE Composite FX Javelin	58.87m 193-1	721
1500m	Nike Zoom Mamba	4:14.48	850
	TOTAL Points		9,039

ALL GILL EQUIPMENT WAS USED IN SETTING THE NEW WORLD RECORD. PITS, STANDARDS, AGX CROSSBARS, FUSION BLOCKS, CONTINUUM HURDLES.

VS ATHLETICS

The Absolute FIRST STEP in this Journey is to make certain you Sign Up for the VS Athletic West Coast Super Clinic featuring Harry Marra, Jeremy Fisher, Toni Campbell, John Rembao, Tony Veney, Bob Larsen and many other excellent speakers

I have been very fortunate to have been exposed to some of the very best Multi-Event Athletes our country has ever produced. This has given me multi-faceted experiences and unique perspective. My first exposure came as the Head Track & Cross Country Coach at Foothill College in Los Altos Hills, California. The legacy of Russ Hodge (school record of 8100 pts) was still fresh and the former Coaches (Hank Ketels, Vern Wolfe, Ken Matsuda, etc.) prided themselves on producing State Championship caliber Hep and Dec kids year in and year out. I simply inherited and continued the

Tradition. Foothill College ALWAYS had State Quality Hep and Dec kids, culminating with Steve Roberts (7,200) who finished second to Venezuelan Olympian Doug Fernandez (LBCC) in 1984.

My next exposure, by far the most impactful, began in 1988 where I was fortunate enough to work with one of the Greatest Decathletes of All Time, Rafer Johnson, who was the CIF/Reebok Ambassador to California High School Sports. This relationship lasted 6 years, and the friendship will last for a lifetime!



Coach "Peanut" Harms

Then came the famous "Dan & Dave" Reebok advertising campaign prior to the 1992 Olympics, again, I was fortunate to work with both of these incredible athletes. All along the way I maintained a strong friendship with the Former Coach of San Francisco State College, a gentlemen by the name of Harry Marra! Harry (and Brian Clay's Jump Coach Jeremy Fischer) will BOTH be Speaking at the 4th Annual VS Athletics West Coast Super Clinic on Feb. 2nd! Now at the High School level I find myself "looking for & mentoring" potential High School athletes who share some of the same characteristics of the athletes mentioned above in their own reference groups (high school athletes).

So, where do you start? The first thing to do is check your Coaching Philosophy. Do you encourage kids to do "all of the events" or do you tend to "pigeonhole" them into just the event(s) they are good at? At El Dorado we want Everyone who has any desire to explore their athletic ability, to try ALL EVENTS! This makes sense for so many different reasons, the best two being that it increases your talent pool for dual/league meets AND secondly, it keeps the kids interested. The other important aspect of this is that you need well versed, well trained, open assistant coaches who Coach All Kids....not just the good ones. Now comes identifying the more talented ones.

I have heard two schools of thought regarding the Identification of potential Dec and Hep kids on your team. The first, one that I reject, is "if a kid can't do anything real well, push them towards the Multi's", and the approach that makes the most sense, "if a kid shows above average athleticism in general, displays an aptitude for several different events and has the desire to explore those talents, then these are the kids you commit to." Yes, you commit to, teach them and provide competitive opportunities where they can refine their skills. The day to day integration of "event coaching" is different for each program. For us, we are Running and Hurdling work on Monday-Wednesday-Friday and Field Events/Resistance Training on Tuesday-Thursday. Communication between All Coaches is absolutely essential.

Exposure looks like this. Make sure they are Coached in the Basics of running, jumping and throwing and they are able to Try All Events in Dual Meets. From this you will get marks for each of the events.

Then you provide the athletes who now have become "prospects" with Competitive Opportunities outside of the normal High School experience. I would look into the USATF Multi-Event programs and contact the Organizers of Hep and Dec competitions to get an idea of the marks it takes to be entered in the competitions they offer. I know Arcadia and Mt SAC in California have had Multi's affiliated with their programs in the Past so check with those excellent Meets.

So what does a High School Dec or Hep prospect look like? Currently I have a kid who Pole Vaults 13', runs 40 in the 300mh, High Jumps 6'2", and was 4th man on a State Qualifying Cross Country Team. I have taught the Javelin in the past and I have a Throws & National Class Heptathlete (Coached by Harry Marra!) and so all of the elements are in place to help this kid get to the next level.

Good luck with your search and Have a Great Season! comments/questions? peanut@vsathletics.com

Best of Luck in Your Coaching This Season Coach "Peanut" Harms El Dorado High School - Placerville, California Vice President of Field Sales & Marketing VS Athletics

A note from **VS Athletics**...Peanut has coached at every level from Youth through the Olympic, when he served as the coach of the Nigerian National & Olympic Distance/Cross Country teams from 1974 to 1976. He also has over thirty years of experience working for some of the most well known running and track & field companies in the world. So take our word for it, the man knows what he's talking about!









Yes, it's true, you can make whatever design you like. Check our site, VSAthletics.com for some other ideas. Get the whole set, top and bottom, or match a top with our solid shorts. Your benefit, is that you will have a uniform totally unique to your school. Show your school, your mascot, your pride, your tradition.

• Sizes: Adult XS-2X Youth MD-LG

31001 (M) CUSTOM SINGLET Retail: \$69.00 (12+) \$39.99 (24+) \$37.99 (50+) Call





CUSTOM SLEEVELESS Retail: \$69.00







337551 (M) PERFORMANCE S/S **Retail:** \$69.00 (12+) \$39.99 (24+) \$37.99 (50+) Call

32821 (M) CUSTOM SPLIT SHORT Retail: \$69.00 (12+) \$39.99 (24+) \$37.99 (50+) Call















32871 (M) **CUSTOM 7" SHORT Retail:** \$69.00 (12+) \$39.99 (24+) \$37.99 (50+) Call



46170 (M) CUSTOM HALF TIGHT **Retail:** \$69.00 (12+) **\$39.99** (24+) **\$37.99** (50+) **Call**











Sublimated Uniforms Worksheet

Dye Sublimation is a process in which all design elements including team names, team mascots, numbers, logos, individual names, essentially anything you want is dyed directly into the fabric. This has the advantage of being permanent; the art becomes part of the fabric. The result is much better than silk screening in that it will not peel, crack, or fade. Additionally, the uniform stays light and breathable. The advantages are having your team look unique and feel comfortable.

Design your "one of a kind" Uniform

STEP 1: ITEMS AND SIZES. (WHAT STYLE UNIFORM DO YOU WANT?)

A. Provide the style number, description, and sizes of the sublimated style uniform desired.

B. The sublimated uniforms fit the same as our VS stock uniforms

You may order a sizing kit of our stock uniforms. (Fully refundable upon return Product Code)

Item #	Description	12+	24+	50+		
31002	Custom Singlet Womens	\$39.99	\$37.99	Call		
43002	Custom Shimlet Womens	\$39.99	\$37.99	Call		
32712	Custom Short Womens	\$39.99	\$37.99	Call		
46902	Custom BoyCut Short Womens	\$39.99	\$37.99	Call		
32821	Custom Split short Unisex	\$39.99	\$37.99	Call		
37552	Custom Perf S/S Shirt	\$39.99	\$37.99	Call		
31001	Custom Singlet Mens	\$39.99	\$37.99	Call		
47331	Custom Sleeveless Top Men	\$39.99	\$37.99	Call		
37551	Custom Perf S/S Shirt	\$39.99	\$37.99	Call		
32851	Custom 5" short Unisex	\$39.99	\$37.99	Call		
32871	Custom 7" short Unisex	\$39.99	\$37.99	Call		
32821	Custom Split Short	\$39.99	\$37.99	Call		
46170	Custom Half Tight	\$39.99	\$37.99	Call		
Minimum order is 12 pieces per style.						

COLOR CHART

COLOR	PANTONE	COLOR	PANTONE
Black	BlackC	Maroon	216C
Brown	4975C	Navy	289C
Cardinal	201C	Orange	172C
Columbia I	Blue 284C	Purple	268C
Gold	123C	Royal	286C
Grey	9 C	Scarlet	186C
Forest	3435C	Texas Orai	nge 📕 159C
Kelly	347C	Vegas Gol	d 7403C

STEP 2: ARTWORK (HOW DO YOU WANT THE UNIFORM TO LOOK?)

There are several ways to provide us with artwork.

A. Provide your own artwork. Download the uniform template at http://www.vsathletics.com/section.php?xSec=197&xPage=1 or use your own design.

Adobe Illustrator is preferred, however, you may use the graphic program of your choice. You supply the art, it's FREE! (NOTE: ensure you include Pantone PMS colors.)

B. VS creates artwork. Sketch out your idea and email or fax to customer service. Artwork Charge \$65.00

We will email an art mock up for your approval before sending to the factory.

NOTE: Please see chart. You may select other colors, as long as you provide the Pantone PMS color. Also note, colors differ with the type of fabric. For example,

royal blue will have a different tint on poly/mesh fabric than on spandex fabric.

STEP 3: FACTORY APPROVAL.

70

The factory takes the art file and converts it to patterns for each size item. Time permitting, and especially with large orders, VS prefers producing an actual fabric sample for your approval. Without this, you assume responsibility for the finished design and color. Once the sample is approved, your order will go into production.

HOW LONG DOES IT TAKE? Delivery time depends on many factors, the complexity of the art, the colors involved, the size of the order, as well as the factory schedule. Call us to discuss your custom sublimated uniform needs. It's a detailed process and we want to get it right so you and your athletes look great!

CUSTOM PREMIER II UNIFORMS

Find the performance and style you're looking for!

- 1. Select a style
- 2. Choose colors for each panel



PREMIER II SINGLET

31661 (M) 31662 (W) 31661 (Youth) Poly Tech Fabric

(9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call

(9+) \$24.99 (14+) \$20.99 (24+) \$18.99 (48+) Call

Separate your team from the field! Create your own unique look.

FABRICS & COLORS

Poly Tech Fabric:

100% polyester. 4oz. knitted fabric with moisture management and anti-microbial properties for cool and dry comfort. Available colors: black, brown, pink, Columbia blue, cardinal, forest green, gold, grey, neon green, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white.

Comp Tech Fabric:

82% nylon / 18% Lycra spandex. Lightweight 5.6oz. compression fabric with 4-way stretch. Contains moisture management and anti-microbial properties.

Available colors: black, Columbia blue, forest green, gold, grev, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white

Order minimums: 9 units per style/color

Production time: 10-12 days plus additional time in transit!

SIZES: Men S-3X Women S-3X Youth S-L

PREMIER II SHORT 2'

32620 Poly Tech Fabric

(9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call



PREMIER II COMPRESSION TOP



23661 (M) 23662 (W) Comp Tech Fabric (9+) \$31.99 (14+) \$27.99 (24+) \$25.99 (48+) Call



32650 Poly Tech Fabric (9+) \$29.99 (14+) \$25.99 (24+) \$23.99 (48+) Call



32634 Poly Tech Fabric (9+) \$26.99 (14+) \$22.99 (24+) **\$20.99** (48+) **Call**



PREMIERE II COMPRESSION SHORTS Comp Tech Fabric

26032 Women's 3" Boycut Short (9+) \$22.99 (14+) \$18.99 (24+) \$16.99 (48+) Call

26050 Adult 5" Compression Short (9+) \$23.99 (14+) \$19.99 (24+) \$17.99 (48+) Call

26080 Adult 8" Compression Short (9+) \$25.99 (14+) \$21.99 (24+) \$19.99 (48+) Call

71 Phone: 800.676.7463 VSAthletics.com Fax: 888.415.5212 VSAthletics.com



CUSTOM ZONE UNIFORMS

Find the performance and style you're looking for!

Separate your team from the field! Create your own unique look.

FABRICS & COLORS

Poly Tech Fabric:

100% polyester. 4oz. knitted fabric with moisture management and anti-microbial properties for cool and dry comfort. Available colors: black, brown, pink, Columbia blue, cardinal, forest green, gold, grey, neon green, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white.

Comp Tech Fabric:

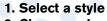
82% nylon / 18% Lycra spandex. Lightweight 5.6oz. compression fabric with 4-way stretch. Contains moisture management and anti-microbial properties.

Available colors: black, Columbia blue, forest green, gold, grey, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white

Order minimums: 9 units per style/color

Production time: 10-12 days plus additional time in transit!

SIZES: Men S-3X Women S-3X Youth S-L



2. Choose colors for each panel



ZONE SINGLET

31991 (M) 31992 (W) 31993 (Youth) Poly Tech Fabric

(9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call

(9+) \$24.99 (14+) \$20.99 (24+) \$18.99 (48+) Call



JONE SHORT 2"

32920 Poly Tech Fabric (9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call



COMPRESSION SHORTS

Comp Tech Fabric 26032 Women's 3" Boycut Short (9+) \$22.99 (14+) \$18.99 (24+) \$16.99 (48+) Call

26050 Adult 5" Compression Short (9+) \$23.99 (14+) \$19.99 (24+) \$17.99 (48+) Call

26080 Adult 8" Compression Short (9+) \$25.99 (14+) \$21.99 (24+) \$19.99 (48+) Call



ZONE SHORT 5"

32950 Poly Tech Fabric (9+) \$29.99 (14+) \$25.99 (24+) \$23.99 (48+) Call



32943 Poly Tech Fabric (9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call



Comp Tech Fabric (9+) \$31.99 (14+) \$27.99 (24+) \$25.99 (48+) Call

Find the performance and style you're looking for!

YCUSTOM BLADE UNIFORMS

1. Select a style

2. Choose colors for each panel

BLADE SINGLET

31881 (M) 31882 (W) 31883 (Youth) Poly Tech Fabric

(9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call

(9+) \$24.99 (14+) \$20.99 (24+) \$18.99 (48+) Call

Separate your team from the field! Create your own unique look.

FABRICS & COLORS

Poly Tech Fabric:

100% polyester. 4oz. knitted fabric with moisture management and anti-microbial properties for cool and dry comfort. Available colors: black, brown, pink, Columbia blue, cardinal, forest green, gold, grey, neon green, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white.

Comp Tech Fabric:

82% nylon / 18% Lycra spandex. Lightweight 5.6oz. compression fabric with 4-way stretch. Contains moisture management and anti-microbial properties.

Available colors: black, Columbia blue, forest green, gold, grev, kelly green, maroon, navy, orange, purple, red, royal, texas orange, vegas gold, white

Order minimums: 9 units per style/color

Production time: 10-12 days plus additional time in transit!

SIZES: Men S-3X Women S-3X Youth S-L



(9+) \$26.99 (14+) \$22.99 (24+) \$20.99 (48+) Call



BLADE COMPRESSION TOP



23881 (M) 23882 (W) Comp Tech Fabric (9+) \$31.99 (14+) \$27.99 (24+) \$25.99 (48+) Call



SELADE SHORT 5" 32850 Poly Tech Fabric

(9+) \$29.99 (14+) \$25.99 (24+) **\$23.99** (48+) Call

BLADE YOUTH SHORT 4"

32834 Poly Tech Fabric (9+) \$26.99 (14+) \$22.99 (24+) **\$20.99** (48+) **Call**



BLADE **COMPRESSION SHORTS** Comp Tech Fabric

26032 Women's 3" Boycut Short (9+) \$22.99 (14+) \$18.99 (24+) \$16.99 (48+) Call

26050 Adult 5" Compression Short (9+) \$23.99 (14+) \$19.99 (24+) \$17.99 (48+) Call

26080 Adult 8" Compression Short (9+) \$25.99 (14+) \$21.99 (24+) \$19.99 (48+) Call





Fax: 888.415.5212

VSAthletics.com



DUAL SHIMLET

27222 (W)

- ■80% nylon / 20% spandex
- ■Women's stretch fit top, full front lining
- Dual contrast panels
- Colors: black/white, forest/white, maroon/white, navy/white, scarlet/black, royal/white
- Sizes: Women XS-XL

Retail: \$31.00

Phone: 800.676.7463

\$14.99

INSEAM2,5INCH



DUAL BOY CUT SHORT

22222 (W)

- ■80% nylon / 20% spandex
- ■Women's stretch fit short, lined crotch gusset
- Dual contrast panels
- Colors: black/white, forest/white, maroon/white, navy/white, scarlet/black, royal/white
- Sizes: Women XS-XL

Retail: \$29.00

\$14.99

DUAL COMPRESSION TOP

43221 (M)

- ■89% polyester / 11% spandex Dry Sensor fabric
- Sleeveless silhouette, snug aerodynamic fit,
- Moisture wicking properties
- Colors: black/white, forest/white, maroon/white, navy/white, royal/white, scarlet/black, white/white
- ■Sizes: Men XS-3X

Retail: \$30.00

\$18.99





- ■89% polyester / 11% spandex Dry Sensor fabric
- ■Snug aerodynamic compression fit
- Moisture wicking properties
- Colors: black, forest, maroon, navy, royal, scarlet, white

■Sizes: Men XS-3X **Retail:** \$30.00

INSEAM9







STAR SPLIT SHORT

- Men's modified split short with 2.0 inch inseam



STAR SHIMLET

- 27042 (W)
- ■82% nylon / 18% spandex
- ■Women's stretch fit top, lined front
- Star pattern on back with white contrast panels.
- Colors: black/white, forest/white, maroon/white, navy/white, scarlet/white, royal/white
- Sizes: Women XS-XL

Retail: \$31.00



PREMIER BOY CUT SHORT

22112 (W)

- 82% nylon / 18% spandex
- Matches up with Star Shimlet.

Retail: \$27.00



INSEAM2.5INCH



PREMIER LOOSE FIT SHORT

12703 Unisex

- Deca 9000 microfiber mesh in a relaxed oversized fit
- Elastic waistband with drawstring
- Colors:black, forest, navy, scarlet, royal, maroon
- Sizes: Adult S-3X

Retail: \$27.00

INSEAM INCH

Phone: 800.676.7463 VSAthletics.com



Be cool in the heat of competition!

CLASSIC SINGLET

31031 (M) 31032 (W)

- Deca 9000 microfiber polyester mesh
- Pure and simple solid singlet
- Color: white only!
- Sizes: Men S-3X Women XS-XL



DRY SENSOR SHIMLET

43112 (W)

- 89% polyester / 11% spandex
- Double-ply Dry Sensor fabric
- Color: Solid White only!

■ Sizes: Women XS-XL

Retail: \$31.00



DRY SENSOR BOY CUT SHORT



46022 (W)

- 89% polyester / 11% spandex
- Double-ply Dry Sensor fabric
- Gusseted crotch panel enhances fit
- Color: Solid White only!

■ Sizes: Women XS-XL **Retail:** \$31.00

DRY SENSOR fabric has moisture wicking properties to keep you dry and comfortable.

The 89% polyester / 11% spandex mix creates a snug aerodynamic fit. TRY a SET TODAY!





- Interior anti-microbial modesty panel and key pocket
- Mid-rise silhouette
- Flatlock stitched seams
- Interior drawstring at waist
- Colors: black, navy,
- Sizes: XS-XL

Retail: \$39.95

\$19.99



PREMIER LOOSE FIT SHORT

- Deca 9000 microfiber mesh in a relaxed oversized fit
- Elastic waistband with drawstring
- Colors:black, forest, navy, scarlet, royal, maroon
- Sizes: Adult S-3X

Retail: \$27.00

INSEAM INCH

PREMIER WARM-UP

43013 Unisex

- Outer Shell: 100% Polyester Microfiber Twill
- Tightly woven microfiber fabric provides for superior wind and water resistance and excellent breathability.
- Lining: 100% Polyester "Quik Dri" fiber which features a Jacquard check knit that helps transport moisture away from the skin through the lining and shell fabric.
- Jacket Features: full front zip, open bottom hem at waist with drawcord, vented back, nylon lined sleeves for durability, fleece collar
- Pant Features: drawstring waist, side seam pockets, extra long 18" zippered leg openings, nylon lined lower leg for durability and easy access, open bottom hem
- Colors: (body/panel/trim): black/white/white, forest/white/black, red/white/black, royal/white/black, navy/white/white
- Sizes: Adult XS-2X Youth MD-LG

Retail: \$75.00

\$39.99





POLYTECHNIC WARM UP (JACKET AND PANT)

90173 Unisex

- 100% Polyester Tricot Knit with brushed inner surface; quick drying, incredibly durable and long wearing, comfortable next to the skin for training or casual wear.
- Coil tooth zippers on front closure and pockets. Locking sliders insure that zippers stay fixed in place. 18" outer seam leg zippers allow easy on and off over track spikes. Leg zippers have locking sliders to insure zippers will stay locked in place.
- Side entry pockets with coil tooth zippers and locking sliders. 2x2 rib knit trim with coordinating stripe treatment to provide the perfect accent for the perfect warm-up!
- Colors: (body/panel/trim): Black/white, Navy/white, Royal/white, Scarlet/whitee
- Sizes: Adult XS-3XL

Retail: \$69.95





@asics. Interval singlet

TF1067 (M) TF1012 (W)

- 100% Lightweight breathable polyester knit
- Colors: white, gold, orange, red, cardinal, royal, navy, purple, forest, black
- Sizes: Men S-3X Women XS-XL

Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call



Oasics Interval split short

TF1069 (M) TF1014 (W)

- ■100% polyester knit shell and brief
- Half split leg opening
- Flat braided drawcord at waist
- Colors: white, gold, orange, red, cardinal, royal, navy, purple, forest, black
- Sizes: Men S-3X Women XS-XL

Retail: \$30.00

(2+) \$24.50 (14+) \$22.50 (24+) \$21.50 (48+) Call



Oasics Interval Short

TF1068 (M) TF1013 (W)

- ■100% polyester knit shell and brief
- Flat braided drawcord at waist
- Colors: white, gold, orange, red, cardinal, royal, navy, purple, forest, black
- Sizes: Men S-3X Women XS-XL

Retail: \$30.00

(2+) \$24.50 (14+) \$22.50 (24+) \$21.50 (48+) Call



TF708 (Unisex)

- 90% nylon / 10% spandex
- Longer stretch-fit short, 10" inseam
- Colors: cardinal, red, royal, navy, forest, black
- Sizes: XS-2X

Retail: \$34.00

INSEAM O NCH

(2+) \$27.99 (14+) \$25.99 (24+) \$24.99 (48+) Call

NEW

Oasics. TRIAL SHIMMEL

TF1279 (W)

- 92% Polyester/8% Spandex
- Women Stretch Fit Top
- Colors: White, Red, Maroon, Royal, Navy, Purple, Forest Green, Black
- Forest Green, Bia
 Sizes: XS-XXL

Retail: \$38.00

(2+) \$30.99 (14+) \$28.99 (24+) \$27.99 (48+) Call



NEW

PASICS. TRIAL SHORT

TF1280 (V

- 92% Polyester/8% Spandex
- Women Stretch Fit Short
- Cool Max Crotch Gusset, Gripper Elastic
- Colors: Red, Maroon, Royal, Navy, Purple, Forest Green, Black
- Sizes: XXS-XL

Retail: \$34.00

(2+) \$27.99 (14+) \$25.99 (24+) \$24.99 (48+) Call



Oasics Low-cut short

BT752 (W)

- ■90% Tactel nylon / 10% spandex
- ■Women's solid stretch-fit short
- Colors: orange, red, pink, cardinal, royal, navy, purple, forest, black
- Sizes: XXS-XL

Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call



Oasics. Baseline short

BT500 (W)

- 90% Tactel nylon / 10% spandex
- Women's stretch-fit short
- Coolmax crotch gusset
- Finished waistband
- Colors:orange, red, pink, cardinal, maroon, royal, navy, purple, forest, black
- Sizes: XXS-2X

Retail: \$30.00

(2+) **\$24.50** (14+) **\$22.50** (24+) **\$21.50** (48+) **Call**









@asics. Propel split short

TF1057 (M) TF1008 (W)

- 100% micro polyester with brief
- Colors: red, royal, navy, black
- Sizes: Men XXXS-2X Women XS-XL

Retail: \$24.00

(2+) \$19.75 (14+) \$18.50 (24+) \$17.75 (48+) Call





INSEAM5INCH INSEAM4INCH



Oasics Anchor short tight men

TF1078

- 86% Nylon/14% Spandex
- Men Stretch Fit Top
- Colors: Red, Maroon, Royal, Navy, Forest Green, Black
- Sizes: XS-XXL

Retail: \$38.00

(2+) \$30.99 (14+) \$28.99 (24+) \$27.99 (48+) Call

Oasics Propel Singlet

TF1055 (M) TF1006 (W) TF1058 (Youth)

- 100% micro polyester
- Colors: white, red, royal, navy, black
- Sizes: Men XXXS-3X Women XS-2X Youth S-L Adult Retail: \$22.00

YOUTHZES

(2+) \$18.25 (14+) \$16.99 (24+) \$16.50 (48+) Call Youth Retail: \$18.00

(2+) \$14.50 (14+) \$13.50 (24+) \$12.99 (48+) Call





Oasics Propel Short

TF1056 (M) TF1007 (W) TF1059 (Youth)

- 100% micro polyester with brief
- Flat braided drawcord at waist
- Colors: red, royal, navy, black
- Sizes: Men XXXS-2X Women XS-2X Youth S-L Adult Retail: \$24.00

(2+) \$19.75 (14+) \$18.50 (24+) \$17.75 (48+) Ca Youth Retail: \$20.00

(2+) \$16.25 (14+) \$14.99 (24+) \$14.50 (48+) Call





Pasics Anchor short sleeve top men

TF1277 (M)

- 86% Nylon/14% Spandex
- Men Stretch Fit Top
- Colors: Red, Maroon, Royal, Navy, Forest Green, Black
- Sizes: XS-XXL









Oasics. Compression short SLEEVE TOP

XT951 (M) XT956 (W)

- 83% nylon / 17% spandex
- Anti-microbial yarn, flat seam stitching
- Colors: white, red, royal, navy, forest, black, (athletic grey in men's sizes only!)
- Sizes: Men XS-2X Women XS-2X

Retail: \$35.00

(2+) \$28.50 (14+) \$26.25 (24+) \$25.25 (48+) Call

Oasics Compression Short

XB1053 (M) WS0959 (W)

- 83% nylon / 17% spandex
- Anti-microbial yarn, flat seam stitching
- Men's colors: red, royal, navy, forest, black, graphite
- Women's colors: white, black only!
- Sizes: Men XS-2X Women XS-2X

Men's Retail: \$30.00

(2+) \$24.50 (14+) \$22.50 (24+) \$21.50 (48+) Call Women's Retail: \$26.00

(2+) \$21.95 (14+) \$19.50 (24+) \$18.50 (48+) Call



NEW

PASICS. TEAM HOODY

YT1158 Adult

- 100% Polyester French Terry
- Colors: White, Red, Royal, Navy, Forest Green, Black
- Sizes: XXS-XXL

Retail: \$55.00

(2+) \$49.99 (14+) \$46.99 (24+) \$44.99 (48+) Call



NEW

Oasics. Aptitude Run Pant

TF1285 (M) **TF1286** (W)

- 87% Polyester/13% Spandex French Terry
- Hand Pockets, Gripper Elastic, Tapered Leg
- Men Size: SM-XXL
- Women Size: XS-XL

Retail: \$50.00

(2+) **\$40.99** (14+) **\$37.99** (24+) **\$35.99** (48+) **Call**





YOUTHZES OBSICS CALDERA JACKET

YT926 Adult YT927 Youth

- 100% polyester microfiber shell/ polyester mesh lining
- Raglan Sleeves, zippered pockets
- Colors: red, cardinal, maroon, royal, navy, purple, forest, black
- Sizes: Adult XS-4X Youth S-XL

Adult Retail: \$60.00

(2+) \$48.75 (14+) \$44.99 (24+) \$43.25 (48+) Call

Youth Retail: \$58.00

(2+) \$46.99 (14+) \$43.50 (24+) \$41.75 (48+) Call



Oasics Caldera Pant

YB926 Adult YB927 Youth

- 100% polyester microfiber shell/ polyester mesh lining
- Straight leg with zipper
- Elastic waistband with drawcord
- Colors: red, cardinal, maroon, royal, navy, purple, forest, black
- Sizes: Adult XS-4X Youth S-XL

Adult Retail: \$50.00

(2+) \$40.50 (14+) \$37.50 (24+) \$35.99 (48+) Call

Youth Retail: \$48.00

(2+) \$38.99 (14+) \$35.99 (24+) \$34.50 (48+) Call





NEW

Oasics Cabrillo Jacket

YT1154 (M) YT1100 (W)

- 100% Brushed Polyester Tricot Knit
- Rib at Cuff, Neck, Open at Bottom Leg
- Lock Down Zipper
- Colors: White, Red, Maroon, Royal, Navy, Purple, Forest Green, Black
- Sizes for Men: XS-XXL Women: XS-XXL

Retail: \$65.00

(2+) \$53.99 (14+) \$49.99 (24+) \$42.99 (48+) Call



NEW

Oasics. Cabrillo Pant

YB1154 (M) **YB1100** (W)

- 100% Brushed Polyester Tricot Knit
- Side Pockets and Drawstring at Waist
- 15" Zipper on Straight Leg Opening
- Colors: Red, Maroon, Royal, Navy, Purple, Forest Green, Black,
- Sizes for Men: XS-XXL Women: XS-XXL

Retail: \$58.00

(2+) \$46.99 (14+) \$43.99 (24+) \$41.99 (48+) Call



Oasics. TEAM TECH 1/2 ZIP TOP

YT1735 (M) YT1736 (W)

- 85% Micro Poly/15% Spandex
- Lockdown Zipper
- Thumbholes pull down
- Mens Colors with black trim: White, Red,

Royal, Navy, Forest, Black

- Womens Colors: White, Red, Royal, Forest, Black
- Sizes: XS-XXL

Mens Retail: \$68.00

(2+) \$51.99 (14+) \$48.99 (24+) \$46.99 (48+) Call

Womens Retail: \$65.00

(2+) \$48.99 (14+) \$46.99 (24+) \$44.99 (48+) Call



NEW

O asics. Alana jacket

YT1281 (W) **YT1283** (Y)

- 92% Polyester/8% Spandex
- Mesh Lined Hood
- Lock Down Zipper
- Colors for Women: Red, Cardinal, Royal, Navy, Forest Green, Black
- Colors for Youth: Navy, Black
- Sizes for Women: XS-XXL Youth: MD-XL

Retail Women: \$58.00

(2+) \$46.99 (14+) \$43.99 (24+) \$41.99 (48+) Call Retail Youth: \$58.00

(2+) **\$42.99** (14+) **\$39.99** (24+) **\$37.99** (48+) **Call**

NEW

Oasics. ALANA PANT

YB1282 (W) **YB1284** (Y)

- 92% Polyester/8% Spandex
- Mesh Lined Hood
- Lock Down Zipper
- Colors for Women: Red, Cardinal, Royal, Navy,
- Colors for Youth: Navy, Black
- Sizes for Women: XS-XXL Youth: MD-XL

Retail Women: \$50.00

(2+) \$40.99 (14+) \$37.99 (24+) \$35.99 (48+) Call

Retail Youth: \$48.00









MILER SINGLET

399124 (M)

- ■100% Dri-FIT polyester
- Mesh panels on side and back
- Colors (body/side panel): black/white, white/white, white/cardinal,
- white/black, white/navy, white/royal, white/scarlet, white/purple, white/dark green, dark green/white, navy/white, royal/white, purple/white, cardinal/white, scarlet/white
- Sizes: XS-3X

Retail: \$30.00

(2+) \$24.25 (14+) \$22.50 (24+) \$21.50 (48+) Call





SPLIT LEG SHORT

399125 (M)

- ■100% woven Dri-FIT polyester, mesh liner
- Contrast side panel
- Elastic waistband with drawcord
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet
- ■Sizes: XS-3X

Retail: \$30.00

(2+) \$24.25 (14+) \$22.50 (24+) \$21.50 (48+) Call





TWO-IN-ONE SHORT

399127 (M)

- Drawcord Waistband
- Zippered Back Pocket
- ■Inseam Men 9.5", Women 8" (size medium)
- Colors with white trim: Black, Royal, Scarlet, Dark Green, Purple, Navy, Cardinal
- Sizes: Men S-3X, Women XS-2X

Retail: \$40.00

(2+) \$29.99 (14+) \$28.99 (24+) \$27.50 (48+) Call





FILAMENT SHORT TIGHT

519984 (M) 519979 (W)

- ■88% Dri-FIT polyester/ 12% spandex
- Flat seam construction
- Elastic waist and internal drawcord
- Colors: black, white, dark green, navy, royal, purple, cardinal, scarlet
- Sizes: Men S-3X, Women XS-2X

Retail: \$33.00

(2+) \$26.75 (14+) \$24.75 (24+) \$23.75 (48+) Call







BELL LAP SINGLET

453186 (M)

- Racerback lightweight
- Soft double knit fabric
- Warp knit mesh back panel
- Flat seam construction
- Colors: white, white/cardinal, white/black, white/navy, white/royal, white/scarlet, white/purple, white/dark green, white/dark maroon
- Sizes: S-3XL

Retail: \$35.00

(2+) \$28.50 (14+) \$26.25 (24+) \$25.25 (48+) Call



BELL LAP SINGLET

453183 (W)

- Racerback lightweight
- Soft double knit fabric
- Warp knit mesh back panel
- Flat seam construction
- Colors: black, white, dark green, navy, royal, purple, cardinal, scarlet, dark maroon
- Sizes: XS-2XL

Retail: \$30.00

(2+) \$24.50 (14+) \$22.50 (24+) \$21.50 (48+) Call





LEGEND S/S TOP

384407 (M)

- ■100% Dri-Fit Polyester
- Swoosh logo in matte silver
- Adult colors: black, onyx heather, white, dark green, navy, light blue, royal, purple, cardinal, scarlet, dark maroon, bright gold, vegas gold, desert orange, orange
- Sizes: Adult S-4X Youth S-XL

Retail: \$22.00

(2+) \$18.25 (14+) \$16.99 (24+) \$16.50 (48+) Call





FILAMENT TIGHT TANK

519983 (M)

- ■92% Polyester, 8% Spandex
- Dri Fit Fitted Top
- Strategically placed mesh allows for breathability
- Colors with white trim: Black, Royal, Scarlet, Dark Green, Purple, Navy, Cardinal
- Sizes: Men XS-3X

Retail: \$22.00

(2+) \$18.25 (14+) \$16.99 (24+) \$16.50 (48+) Call









399129 (W)

- ■100% Dri-FIT polyester pique
- Mesh panels on side and back
- Colors (all with white inset): black, white,
- dark green, navy, royal, purple, cardinal, scarlet
- ■Sizes: XS-2X

Retail: \$25.00

(2+) \$20.25 (14+) \$18.75 (24+) \$17.99 (48+) Call



RACE SHORT

243438 (W)

- ■100% polyester Dri-FIT woven twill
- ■Dri-FIT liner, 3" inseam
- Elastic waistband
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet
- Sizes: Women XS-2X

Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call



AIRBORNE II TOP

399130 (W)

- ■92% Dri-FIT polyester / 8% spandex
- Single knit fabric with built-in bra for support
- ■Insets on side panel and shoulder straps
- Colors: black, white, dark green, navy, royal, purple, cardinal, scarlet **Retail:** \$40.00

(2+) \$32.50 (14+) \$29.99 (24+) \$28.75 (48+) Call



BOYCUT II SHORT

399128 (W)

- ■92% Dri-FIT polyester / 8% spandex
- Single knit fabric with contrast side inset
- Elastic draw cord waistband
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet
- Sizes: XXS-2X

Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call



LEGEND S/S TEE WOMEN

453181 (W)

- ■100% Dri-Fit Polyester
- Lightweight short-sleeve crew

INSEAM3.5INCH

Women's

- Colors: Black, Grey, White, Forest Green, Navy, Light Blue, Royal, Purple, Cardinal, Scarlet, Pink, Maroon, Yellow Gold, Vegas Gold, Texas Orange, Orange
- ■Sizes: XS-XXL

Retail: \$25.00

(2+) \$20.25 (14+) \$20.99 (24+) \$17.99 (48+) Call





 Colors: black/white, dark green/white, navy/white, royal/white, purple/white, cardinal/white, scarlet/white. dark maroon/white

■ Sizes: S-3XL

Men's Retail: \$32.00

(2+) \$25.95 (14+) \$24.00 (24+) \$23.00 (48+) Call Women's Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call





L/S LIGHTWEIGHT 1/4 ZIP TOP

361048 (M)

- 91% Polyester, 9% Spandex
- Colors: Black, Navy, Red, Royal, Forest Green, Grey
- Sizes: XS-XXL

Retail: \$65.00

(2+) \$52.75 (14+) \$48.75 (24+) \$46.75 (48+) Call



















MYSTIFI WARM-UP JACKET

379186 (W)

- ■100% Dri-FIT polyester double knit pique
- Knit rib collar, waist and cuffs
- Front pockets with zipper
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet
- ■Sizes: XS-2X

Retail: \$65.00

(2+) \$52.75 (14+) \$48.75 (24+) \$46.75 (48+) Call



MYSTIFI WARM-UP PANT

378281 (W)

- ■100% Dri-FIT polyester double knit
- Tapered pant with contrast side panel
- ■2" wide waistband with flat draw cord
- Hidden zipper front pockets
- ■12" bottom leg zips
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet
- ■Sizes: XS-2X

Retail: \$50.00

(2+) \$40.50 (14+) \$37.50 (24+) \$35.99 (48+) Call



CORE FLEECE HOODY

- ■80% cotton / 20% polyester
- "V" at center front neck
- Knit rib cuffs and waistband
- Colors: black, heather, white, dark green, navy, royal, purple, cardinal, scarlet, dark maroon, vegas gold, orange
- Sizes: XS-4X

Retail: \$40.00

(2+) \$32.50 (14+) \$29.99 (24+) \$28.75 (48+) Call



CORE FLEECE PANT

337293

- ■80% cotton / 20% polyester
- Side welt pockets and drawstring waistband
- Open bottom hem
- Colors: black, heather, white, dark green, navy, royal, purple, cardinal, scarlet, dark maroon, vegas gold, orange
- Sizes: XS-4X

Retail: \$38.00

(2+) \$30.75 (14+) \$28.50 (24+) \$27.50 (48+) Call



RIO II WARM-UP JACKET

379176 Adult **379162** Youth

- 100% polyester knit
- Full front zip, side pockets
- Rib-knit waist and cuffs
- Colors: black, dark green, navy, royal, scarlet
- Sizes: Adult S-3X Youth S-XL

Adult Retail: \$45.00

(2+) \$36.50 (14+) \$33.75 (24+) \$32.50 (48+) Call

Youth Retail: \$42.00

(2+) \$33.99 (14+) \$31.50 (24+) \$30.25 (48+) Call



RIO II WARM-UP PANT

379175 Adult **379163** Youth

- 100% polyester knit
- ■Front pockets, leg zippers
- Elastic waist with drawcord
- Colors: black, navy
- Sizes: Adult S-3X Youth S-XL

Adult Retail: \$35.00

(2+) \$28.50 (14+) \$26.25 (24+) \$25.25 (48+) Call

Youth Retail: \$33.00

(2+) \$26.75 (14+) \$24.75 (24+) \$23.75 (48+) Call





CHAMPIONSHIP III JACKET

378250 Adult S-4X

- ■100% woven polyester body, 100% polyester lining
- ■Full front zip through collar, zippered side pockets
- Elastic cuffs, drawcord at hem
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet

Retail: \$65.00

(2+) \$52.75 (14+) \$48.75 (24+) \$46.75 (48+) Call



CHAMPIONSHIP III PANT

378252 Adult S-4X

- ■100% woven polyester body, 100% polyester lining
- Elastic drawcord at waist, covered leg zips
- Colors: black, dark green, navy, royal, purple, cardinal, scarlet

Retail: \$55.00

(2+) \$44.50 (14+) \$41.25 (24+) \$39.50 (48+) Call



adidas UNIFORMS **UNIFORMS adidas**



adidas TF CLIMACOOL SINGLET

A3832 (M) A3824 (W)

- 100% polyester ClimaCool fabric
- Mesh inset at back and sides
- Colors: white, cardinal, forest, light maroon, purple, royal, black, navy, red
- Sizes: Men S-4X Women XS-3XL

Retail: \$30.00

(2+) \$24.75 (14+) \$22.99 (24+) \$22.25 (48+) Call



adidas TF CLIMACOOL SHORT

A9698 (M) A9697 (W)

- 100% polyester ClimaCool fabric
- Elastic waist with drawcord, 3" inseam
- Colors: cardinal, forest, light maroon, purple, royal, black,
- Sizes: Men S-4X Women XS-3XL

Retail: \$30.00

(2+) \$24.75 (14+) \$22.99 (24+) \$22.25 (48+) Call



adidas TF SHIMMEL

- 88% nylon / 12% spandex
- Women's ClimaCool fitted top
- Mesh insets for ventilation
- Colors: white, cardinal, forest, light maroon, purple, royal, black, navy, red
- Sizes: Women XS-2XL

Retail: \$40.00

(2+) \$33.50 (14+) \$31.25 (24+) \$30.25 (48+) Call



Fax: 888.415.5212

adidas TECHFIT 4" TIGHT

A9682 (W)

- 90% Polyester Jersey Knit, 10% Spandex
- Women Short Tight, Elastic Waist
- Colors: Red, White, Black, Royal, Forest Green, Navy, Maroon, Purple, Cardinal
- Sizes: XXS-3XL

(2+) \$24.99 (14+) \$22.99 (24+) \$21.99 (48+) Call

adidas TECHFIT SLEEVELESS TEE

- 88% Polyester/12% Spandex
- Men Compression Fit
- Colors: Black, Maroon, Navy, Royal, Forest Green, Purple, Cardinal, Red, White, Grey
- Sizes: XS-4XL

Retail: \$25.00

(2+) \$22.99 (14+) \$20.99 (24+) \$19.99 (48+) Call



adidas TECHFIT SHORT TIGHT

A9677 (M)

- 84% Polyester/16% Spandex
- Men Compression Fit
- Colors: Black, White, Navy, Royal, Forest Green, Red, Maroon, Cardinal, Purple
- Sizes: XS-4XL



adidas TEAM WOVEN PANT

A9623 (M) A9582 (W)

- 100% Woven Polyester
- Zippered Pockets and Pant leg
- Colors: Navy, Black, Royal, Cardinal, Orange, Purple, Maroon, Forest Green
- Men Sizes: S-3X, Women Sizes: XS-2X

Retail: \$50.00

(2+) \$45.50 (14+) \$42.50 (24+) \$41.99 (48+) Call

93 Phone: 800.676.7463 VSAthletics.com

FABRICS & COLORS

Tricot Nylon (TR):

A knitted fabric made of 100% nylon Colors: Black (BK), Columbia (CB), Cardinal (CR), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Performance Tech (PT):

100% performance polyester fabric to keep you cool and dry. Colors: Black (BK), Brown(BR), Pink(PK), Columbia (CB), Cardinal (CR), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Heat Tech (NS):

Colors: Black (BK), Columbia (CB), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Some colors are Stock colors and some are Custom Xpress colors.

Please allow 10 production days for all garments using Custom Xpress colors. Please call for more information.

Contrast trim binding is optional. Please add \$2.00 and allow 10 production days.

SIZES: Adult S -3X Youth S-L

Please call for more information.



GAME GEAR** TRACK COMPRESSION SINGLET

Men's	Retail	(2
HT536	\$28.00	\$
Women's	Retail	(2
HT536W	\$26.00	2

COI	IFICE		HALL
(2+)	(14+)	(24+)	(48+)
\$20.75	\$19.99	\$19.50	Call
(2+)	(14+)	(24+)	(48+)
\$18.75	\$17.99	\$17.50	Call

GAME GEAR™ SOLID SINGLET

Men's	Retail	(2+)	(14+)	(24+)	(48+)
TR903	\$12.00	\$10.50	\$9.75	\$9.25	Call
PT903	\$14.00	\$12.25	\$11.50	\$10.99	Call
NS903	\$25.50	\$22.50	\$20.75	\$19.99	Call
Women's	Retail	(2+)	(14+)	(24+)	(48+)
TR932	\$14.00	\$12.25	\$11.50	\$10.99	Call
PT932	\$15.50	\$13.50	\$12.50	\$11.99	Call
NS932	\$24.00	\$21.25	\$19.50	\$18.75	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
TR903Y	\$11.00	\$9.75	\$8.99	\$8.50	Call
PT903Y	\$13.00	\$11.50	\$10.75	\$10.25	Call
NS903Y	\$21.50	\$18.99	\$17.50	\$16.75	Call



GAME GEAR™ SOLID 5" SHORT

Adult	Retail	(2+)	(14+)	(24+)	(48+)
TR403	\$11.50	\$10.25	\$9.50	\$8.99	Call
PT403	\$16.50	\$14.50	\$13.50	\$12.99	Call
NS403	\$26.50	\$23.25	\$21.50	\$20.75	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
TR403Y	\$10.00	\$8.75	\$8.25	\$7.75	Call
PT403Y	\$15.00	\$13.25	\$12.25	\$11.75	Call
NS403Y	\$22.00	\$19.50	\$17.75	\$17.25	Call



GAME GEAR"	SOLID	2.5"	SHORT	
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Adult	Retail	(2+)	(14+)	(24+)	(48+)
TR60	\$11.00	\$9.75	\$8.99	\$8.50	Call

GAME GEAR™ TRACK SINGLET

Men's	Retail	(2+)	(14+)	(24+)	(48+)
TR526	\$15.50	\$13.50	\$12.50	\$11.99	Call
PT526	\$19.50	\$17.25	\$15.75	\$15.25	Call
NS526	\$32.00	\$27.99	\$25.99	\$24.75	Call
Women's	Retail	(2+)	(14+)	(24+)	(48+)
TR527	\$19.00	\$16.75	\$15.25	\$14.75	Call
PT527	\$19.50	\$17.25	\$15.75	\$15.25	Call
NS527	\$30.00	\$26.25	\$24.25	\$23.25	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
TR526Y	\$15.50	\$13.50	\$12.50	\$11.99	Call
PT526Y	\$17.50	\$15.25	\$14.25	\$13.50	Call
NS526Y	\$28.00	\$24.50	\$22.50	\$21.75	Call



SAME GEAR SPRINT SINGLET

Men's	Retail	(2+)	(14+)	(24+)	(48+)
TR522	\$13.50	\$11.99	\$10.99	\$10.50	Call
PT522	\$18.00	\$15.75	\$14.50	\$13.99	Call
NS522	\$30.50	\$26.75	\$24.75	\$23.75	Call
Women's	Retail	(2+)	(14+)	(24+)	(48+)
TR521	\$15.00	\$13.25	\$12.25	\$11.75	Call
PT521	\$17.00	\$14.99	\$13.75	\$13.25	Call
NS521	\$28.50	\$24.99	\$22.99	\$22.25	Call



Men's TR98 PT98 **NS98**

IAICH 9	HELAH	(2+)	(14+)	(24 +)	(40
TR980	\$13.00	\$11.50	\$10.75	\$10.25	Cal
PT980	\$18.00	\$15.75	\$14.75	\$13.99	Cal
NS980	\$31.50	\$27.50	\$25.50	\$24.50	Cal
Women's	Retail	(2+)	(14+)	(24+)	(48
TR987	\$15.00	\$13.25	\$12.25	\$11.75	Cal
PT987	\$17.00	\$14.99	\$13.75	\$13.25	Cal
NS987	\$29.50	\$25.75	\$23.75	\$22.99	Cal
Youth	Retail	(2+)	(14+)	(24+)	(48
TR980Y	\$14.00	\$12.25	\$11.50	\$10.99	Cal
PT980Y	\$14.50	\$12.75	\$11.75	\$11.25	Cal
NS980Y	\$27.50	\$23.99	\$22.25	\$21.25	Cal

SIDE PANEL SINGLET



INSEAM5

Adult	Retail	(2+)	(14+)	(24+)	(48+)
TR687	\$14.00	\$12.25	\$11.50	\$10.99	Call
PT687	\$19.00	\$16.75	\$15.50	\$14.75	Call
NS687	\$30.00	\$26.25	\$24.25	\$23.25	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
TR687Y	\$13.00	\$11.50	\$10.75	\$10.25	Call
PT687Y	\$17.00	\$14.99	\$13.75	\$13.25	Call
NS687Y	\$24.00	\$20.99	\$19.50	\$18.50	Call



AME GEAR RACER BACK SHIMLET

Women's	Retail	(2+)	(14+)	(24+)	(48+)
HT261	\$21.50	\$15.99	\$15.50	\$14.99	Call
Women's	Retail	(2+)	(14+)	(24+)	(48+)
GT261	\$18.50	\$13.99	\$13.50	\$12.99	Call
		MM			

GAME GEAR PANEL SHORT WOMEN

Women's	Retail	(2+)	(14+)	(24+)	(48-
PT68	\$16.00	\$11.75	\$11.50	\$10.99	Call
GL68	\$18.00	\$13.25	\$12.99	\$12.50	Call



Available in sizes SM-2X



GAME GEAR™ BOY CUT SHORT

Women's	Retail	(2+)	(14+)	(24+)	(48+)
HT201	\$16.50	\$12.25	\$11.99	\$10.50	Call
NL201P	\$16.50	\$12.25	\$11.99	\$10.50	Call

INSEAM2.5INCH

GEAR" TOACK TANK SINGLET

\$14.00

Adult PT535

GL535

TR535

Youth PT535Y

GL535Y

TR534Y

OAME O	IKA	CR IAN	N SIIN	GLEI	
Men's	Retail	(2+)	(14+)	(24+)	(48+)
PT534	\$19.50	\$14.50	\$13.99	\$13.50	Call
GL534	\$19.50	\$14.50	\$13.99	\$13.50	Call
TR534	\$14.50	\$10.75	\$10.25	\$9.99	Call
Women's	Retail	(2+)	(14+)	(24+)	(48+)
PT534W	\$19.00	\$14.25	\$13.75	\$12.99	Call
GL534W	\$19.00	\$14.25	\$13.75	\$12.99	Call
TR534W	\$18.00	\$13.25	\$12.99	\$12.50	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
PT534Y	\$17.00	\$12.50	\$12.25	\$11.99	Call
GL534Y	\$17.00	\$12.50	\$12.25	\$11.99	Call
TR534Y	\$16.00	\$11.99	\$11.50	\$10.99	Call

MANILLE II 2	netali	(2+)	(1 4+)	(24+)	(40+)	
PT534W	\$19.00	\$14.25	\$13.75	\$12.99	Call	
GL534W	\$19.00	\$14.25	\$13.75	\$12.99	Call	
TR534W	\$18.00	\$13.25	\$12.99	\$12.50	Call	
Youth	Retail	(2+)	(14+)	(24+)	(48+)	
PT534Y	\$17.00	\$12.50	\$12.25	\$11.99	Call	-
GL534Y	\$17.00	\$12.50	\$12.25	\$11.99	Call	
TR534Y	\$16.00	\$11.99	\$11.50	\$10.99	Call	
			INS	EAM5INCH	INSEAM4	
GAME GE	EAR™ TRA	ск ѕно	RT	Adult	Youth	
Adult	Retail	(2+)	(14+)	(24+)	(48+)	
PT535	\$20.00	\$14.75	\$14.25	\$13.99	Call	
GL535	\$20.00	\$14.75	\$14.25	\$13.99	Call	
TR535	\$15.00	\$11.25	\$10.99	\$10.50	Call	
Youth	Retail	(2+)	(14+)	(24+)	(48+)	
PT535Y	\$18.00	\$13.50	\$12.99	\$12.50	Call	
GL535Y	\$18.00	\$13.50	\$12.99	\$12.50	Call	

\$10.25



GEAR** COMP SLEEVELESS CREW

(2+) (14+) (24+)

(48+)

HιιhΔ

Retail

NS603	\$21.00	\$18.50	\$16.99	\$16.25	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
NS603Y	\$17.00	\$14.99	\$13.75	\$13.25	Call
-	100				
100					
100000	7				



GAME GEAR COMPRESSION SHORT

Adult	Retail	(2+)	(14+)	(24+)	(48+)
NL111	\$16.00	\$13.99	\$12.99	\$12.50	Call
NS111	\$16.00	\$13.99	\$12.99	\$12.50	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
NL111Y	\$10.50	\$9.25	\$8.50	\$8.25	Call
NS111Y	\$12.50	\$10.99	\$10.25	\$9.75	Call

FABRICS & COLORS

Tricot Nylon (TR): A knitted fabric made of 100% nylon

Colors: Black (BK), Columbia (CB), Cardinal (CR), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG). White (WH)

Game Tech Light (GL):

100% Mirco Poly Flatback Mesh, Lightweight Texture, 4.2oz, Moisture wicking fabric

Colors: Black (BK), Brown(BR),, Columbia (CB), Cardinal (CR), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Performance Tech (PT):

100% performance polyester fabric to keep you cool and dry. Colors: Black (BK), Brown(BR), Pink(PK), Columbia (CB), Cardinal (CR), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Nylon Lycra (NL):

83% Nylon / 17% Lycra spandex compression fabric (mid-weight) Colors: Black (BK), Columbia (CB), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Heat Tech (NS):

INDIANS

82% nylon /18% Lycra spandex lightweight compression fabric Colors: Black (BK), Columbia (CB), Forest (FG), Gold (GD), Grey (GY), Kelly (KY), Maroon (MR), Navy (NY), Orange (OR), Purple (PR), Red (RD), Royal (RY), Texas Orange (TO), Vegas Gold (VG), White (WH)

Some colors are Stock colors and some are Custom Xpress colors. Please allow 10 production days for all garments using Custom

SIZES: Adult Men/Unisex SM-3X colors. Please call for more information. Adult Women XS-3X

Contrast trim binding is optional. Youth S-L Please add \$2.00 and allow 10 production days.



GAME G	EART CON	IPRESS	ION TI	GHT	YOUTHZE
Adult	Retail	(2+)	(14+)	(24+)	(48+)
NL112	\$24.00	\$21.25	\$19.50	\$18.75	Call
NS112	\$24.00	\$21.25	\$19.50	\$18.75	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
NL112Y	\$20.00	\$17.50	\$16.25	\$15.50	Call
NS112Y	\$20.00	\$17.50	\$16.25	\$15.50	Call

GAME GE	SIDE	PANEL	. SPEE	DSUIT	
Adult	Retail	(2+)	(14+)	(24+)	(48+)
NL300P	\$31.50	\$27.50	\$25.50	\$24.50	Call
NS300P	\$31.50	\$27.50	\$25.50	\$24.50	Call
Youth	Retail	(2+)	(14+)	(24+)	(48+)
NL300PY	\$28.50	\$24.99	\$22.99	\$22.25	Call
NS300PY	\$28.50	\$24.99	\$22.99	\$22.25	Call





PUMA RUNNING RACE SINGLET

- ■100% Polyester; Circular Knitted, Wicking Finish
- ■Flat lock seams
- Reflective Logo enhances visibility in low light conditions.
- Colors: Puma Red, Black, Navy, Royal, White, Burgundy, Yellow,

■Size: XS-XXL **Retail:** \$25.00

(2+) \$21.25 (14+) \$18.75 (24+) \$18.00 (48+) CALL

PUMP RUNNING SPLIT SHORT

- 100% Polyester shell with 100% Polyester microfiber inner brief.
- •Shaped elasticized waistband with drawcords.
- Reflective Logo enhances visibility in low light conditions.
- Colors: Puma Red. Black, Navy, Royal, White, Burgundy, Classic Green, Evergreen

■Size: XS-XXXL **Retail:** \$25.00

(2+) \$21.25 (14+) \$18.75 (24+) \$18.00 (48+) CALL



PUMA RUNNING RACE SINGLET 509450 (W)

- 100% Polyester; Circular Knitted, Wicking Finish
- Flat lock seams
- Reflective Logo enhances visibility in low light conditions.
 Colors: Puma Red, Black, Navy, Royal, White, Burgundy,
- Yellow, Evergreen
- Size: XXS-XXL

Retail: \$25.00

(2+) \$21.25 (14+) \$18.75 (24+) \$18.00 (48+) CALL

PUMA RUNNING SPLIT SHORT

■100% Polyester shell with 100% Polyester microfiber inner brief.

Fax: 888.415.5212

- Shaped elasticized waistband with drawcords.
- Reflective Logo enhances visibility in low light conditions.
- Colors: Puma Red, Black, Navy, Royal, Forest/White, Burgundy/White
- ■Size: XXS-XXL **Retail:** \$25.00

98

(2+) \$21.25 (14+) \$18.75 (24+) \$18.00 (48+) CALL

PUMA RUNNING SHIMMEL

510112 (W)

- 80% polymid, 20% elastane, warp knitted.
- Fabric wicks away moisture so it can quickly evaporate
- Soft brush elastane at hem to keep garmet in place.
- Black/White, Navy/White, Royal/White, Yellow/White, Burgundy/White, Red/White, Forest/White, Columbia/White. White/Black

Retail: \$28.00

(2+) \$22.75 (14+) \$20.99 (24+) \$20.25 (48+) Call

PUMA RUNNING JUMP SHORT

509456 (W)

- ■100% polyester, woven, dobby stretch
- Fabric wicks away moisture so it can quickly evaporate
- Shaped elasticated waistband with drawcords for better fit ■Inner brief

Retail: \$25.00

(2+) \$21.25 (14+) \$18.75 (24+) \$18.00 (48+) CALL

PUMP RUNNING SHORT TIGHT

509324 (M)

- ■92% Polyester 8% Lycra
- Fitted cut for improved aerodynamics and freedom of movement.
- Shaped elasticized waistband with drawcords.
- ■Back mesh pocket
- Colors: Puma Red, Black, Navy, Royal, Classic Green

Retail: \$35.00

(2+) \$28.50 (14+) \$26.25 (24+) \$25.25 (48+) CALL

PUMA RUNNING WARMUP JACKET

509331 (M) 509460 (W)

- ■100% polyester
- Contrast piping on front and back
- Zippered pockets, elasticized sleeve hem
- Colors: red, royal, black, forest, navy
- Sizes: S-XL Youth S-2X Adult

Retail: \$65.00

(2+) \$52.75 (14+) \$48.75 (24+) \$46.75 (48+) CALL

PUMA RUNNING WARMUP PANT

509334 (M) 509461 (W)

- ■100% polyester
- Contrast piping on front & back
- Open bottom hem
- Colors: royal, black, navy
- Sizes: S-XL Youth S-2X Adult

Retail: \$50.00

(2+) \$40.50 (14+) \$37.75 (24+) \$36.75 (48+) CALL





VSAthletics.com Phone: 800.676.7463 VSAthletics.com











→ BROOKS. SPEED SUIT

2T172MK (M)

- ■72 Cloth Colors: 90% nylon/10% spandex. White: 91% polyester/9% spandex
- ■6" inseam
- Contrasting white design splices.
- 1" enclosed elastic around leg openings.
- Flatlock seam construction.
- Colors: Black/White, Dark Green/White, Navy/White, Roya/White, True Red/White
- Sizes: XS-XXL

Adult Retail: \$44.00

(2+) \$35.50 (14+) \$33.00 (24+) \$31.75 (48+) CALL

INSEAM6

Women's: Custom Order Only!











→ BROOKS. SPRINTER BRIEF

- ■72 Cloth (Colors: 90% nylon/10% span¬dex
- Elastic waistband.
- Colors: Black/White, Dark Green/White, Navy/White, Roya/White, True Red/White
- ■Sizes: XS-XXL

Adult Retail: \$38.00

(2+) \$30.75 (14+) \$28.50 (24+) \$27.50 (48+) CALL













> BROOKS SINGLET

5T2HPMK (M) 7T2HPXK (W)

- ■HP Cloth (100% polyester jacquard knit)
- Moisture wicking fabric.
- Features white design splices.
- Colors: Black/White, Burnt Orange/White, Cardinal/White, Royal Blue/White, Green/White, Maroon/White, Purple/White, Light Blue/White, True Red/White, Yellow/White, White
- Sizes: XS-XXL

Adult Retail: \$30.00

(2+) \$24.25 (14+) \$22.50 (24+) \$21.50 (48+) CALL



















→ BROOKS. FLYAWAY SHORT

5T5HEMK (M) 7T5HEXK (W)

- ■HE Cloth (100% polyester)
- •Inner crepe liner provides comfortable coverage and a fast feel.
- ■Single needle finish.
- Features white design splices on the front, back and sleeve.
- Colors: Black/White, Burnt Orange/White, Cardinal/White, Royal Blue/White, Green/White, Maroon/White, Purple/White, Light Blue/White, True Red/White, Yellow/White
- Sizes; S-XXL

Adult Retail: \$30.00

(2+) \$24.25 (14+) \$22.50 (24+) \$21.50 (48+) CALL

→ BROOKS SPRINTER TOP

2T272MK (M) 2T272XK (W)

- Moisture-transfer fabric keeps athletes dry and thermally balanced for optimal performance on the track. Sprinters love the racer back design for freedom of movement.
- Fabric: 72 Cloth (Colors: 90% nylon/10% spandex); White (91% polyester/9% spandex)
- Moisture wicking fabric.
- Flatlock seam construction.
- Contrasting white design splices.
- Colors: Black/White, Dark Green/White, Navy/White, Roya/White, True Red/White
- SIZES: XS-XXL

Adult Retail: \$33.00

(2+) \$26.75 (14+) \$24.75 (24+) \$23.75 (48+) CALL









- ■72 Cloth (Colors: 90% nylon/10% spandex) White: (91% polyester/9% spandex)
- Stretch for freedom of movement.
- 1" elastic waistband.
- Gusset with lining.
- Colors: Black/White, Dark Green/White, Navy/White, Roya/White, True Red/White
- Sizes: XS-XXL

Adult Retail: \$32.00

(2+) \$25.95 (14+) \$24.00 (24+) \$23.00 (48+) CALL







101 100 Fax: 888.415.5212 VSAthletics.com VSAthletics.com Phone: 800.676.7463

→ BROOKS. MEN'S / WOMEN'S SUBLIMATED SPEEDSUIT

2T172MK (M)

- Dri-Power® moisture wicking fabric
- Self-material neck and armhole trim
- Open back construction for freedom of movement
- 9" Inseam (Men) / 6" Inseam (Women)
- 1" Enclosed elastic around leg openings
- Flatseam construction
- "BROOKS" upper left chest
- Sizes: XS-XXL Women's: XS-XXL Oversize: 3XL
- Note: There is a10% up charge for oversize 3XL.
- Decoration Type: Sublimation only
- Decoration Placements: 7
- Please contact your VS Athletics rep for further information.

(2+) \$53.75 (14+) \$49.75 (24+) \$47.75 (48+) CALL







→ BROOKS. MEN'S SUBLIMATED SINGLET

2T6DPSU (M)

- DPCloth
- Racerback construction for better range of motion
- ■Two-needle coverstitch hemmed sleeve and straight bottom
- ■4 Side sew label lower left front
- "BROOKS" upper left chest
- Sizes: XS-XXL Women's: XS-XXL Oversize: 3XL
- Note: There is a10% up charge for oversize 3XL.
- Decoration Type: Sublimation only
- Decoration Placements: 7
- *See below for available patterns.
- Please contact your VS Athletics rep for further information.

Retail: \$50.00

(2+) \$40.50 (14+) \$37.50 (24+) \$35.99 (48+) CALL



→ BROOKS. WOMEN'S SUBLIMATED SINGLET

2T6DPXUK (W)

- DPCloth
- Racerback construction for better range of motion
- Two-needle coverstitch hemmed sleeve and straight bottom
- ■4 Side sew label lower left front
- ■"BROOKS" upper left chest
- Sizes: XS-XXL Women's: XS-XXL Oversize: 3XL
- Note: There is a10% up charge for oversize 3XL.
- Decoration Type: Sublimation only
- Decoration Placements: 7
- *See below for available patterns.
- Please contact your VS Athletics rep for further information.

Retail: \$50.00

(2+) \$40.50 (14+) \$37.50 (24+) \$35.99 (48+) CALL





→ BROOKS. MEN'S / WOMEN'S SUBLIMATED SHORT

2T7DPSU (M) 2T7DPXU (W)

- DPCloth
- Sizes: XS-XXL Women's: XS-XXL Oversize: 3XL
- Note: There is a10% up charge for oversize 3XL.
- Decoration Type: Sublimation only
- Decoration Placements: 7
- *See below for available patterns.
- Please contact your VS Athletics rep for further information.

Retail: \$40.00

(2+) \$32.50 (14+) \$29.99 (24+) \$28.75 (48+) CALL



MHOLLOWAY WARM-UPS WARM-UPS HOLLOWAY.

NEW

MHOLLOWAY. INVIGORATE JACKET

229120 Men's S-3X 229320 Women's XS-2X 229223 Youth S-XL

- Swif-Tec Double-weave fabric
- Front zippered pockets, plus two inside pockets
- Encased shockcord at bottom, drop tail hem
- Colors: Black/Lt Gold, Black/Orange, Black/Red, Black/White, Forest/White, Maroon/White, Navy/Lt Gold, Navy/White, Purple/White, Royal/White, Red/White

Adult Retail: \$51.00

(2+) \$37.75 (14+) \$36.99 (24+) \$35.50 (48+) Call

Youth Retail: \$47.00

(2+) \$34.75 (14+) \$33.99 (24+) \$33.25 (48+) Call

NEW

HOLLOWAY. ACCELERATE PANT

229123 Men's S-3X 229323 Women's XS-2X 229220 Youth S-XL

- Swif-Tec Double-weave fabric
- Elasticized drawstring waist
- Easy entry side pockets
- Zippered bottom hems
- Colors: Black/Lt Gold, Black/Orange, Black/Red, Black/White, Forest/White, Maroon/White, Navy/Lt Gold, Navy/White, Purple/White, Royal/White, Red/White

Retail: \$43.00

(2+) \$31.99 (14+) \$31.25 (24+) \$30.50 (48+) Call

Youth Retail: \$39.00

(2+) \$28.99 (14+) \$28.25 (24+) \$27.50 (48+) Call

EV-TEC Fabric!

100% Dry-Excel polyester textured knit for performance and comfort.

HOLLOWAY IMPACT JACKET

229073 Adult S-3X 229273 Youth S-L

- EV-tec, dry-Excel polyester textured knit
- Heather grey jersey and nylon lining
- Partial elasticized cuffs and bottom hem
- Front zippered pockets

Colors: black/scarlet, black/white, black/orange, scarlet/white, navy/white, royal/white, dark green/white, maroon/white, purple/white, brown/white

Adult Retail: \$52.00

(2+) \$46.99 (14+) \$43.99 (24+) \$41.99 (48+) Call

Youth Retail: \$48.00

(2+) \$42.99 (14+) \$39.99 (24+) \$37.99 (48+) Call



HOLLOWAY STANCE PANT

229074 Adult S-3X **229274** Youth S-L

- EV-tec, dry-Excel polyester textured knit
- Elasticized drawstring waistband
- Side pockets, open bottom hem with zippers
- Colors: black, scarlet, maroon, navy, royal, dark green, purple, brown Adult Retail: \$39.00

(2+) \$34.99 (14+) \$31.99 (24+) \$30.99 (48+) Call

Youth Retail: \$35.00 (2+) \$31.99 (14+) \$29.99 (24+) \$27.99 (48+) Call



YOUTHE

MICRO-CORD Fabric!

100% Polyester, upscale woven fabric, unique raised rib texture

NEW

HOLLOWAY. COLLISION JACKET

229076 Adult XS-3X 229276 Youth S-L

- Micron polyester shell
- Lightweight heather grey jersey and nylon lining
- Adjustable hood and open bottom hem with encased shockcord
- Colors: Black/Orange, Black/Red, Black/White, Dark Green/White, Maroon/White, Navy/White, Purple/White, Royal/White, Red/White

Adult Retail: \$48.00

(2+) \$35.50 (14+) \$34.75 (24+) \$33.50 (48+) Call

Youth Retail: \$44.00

(2+) \$32.50 (14+) \$31.75 (24+) \$30.99 (48+) Call

HOLLOWAY PACER PANT

229056 Unisex XS-3X

- Micro-Cord woven polyester
- Athletic mesh and nylon lining
- Easy entry front and back zippered pockets
- Open bottom hem with zippers and snaps
- Colors: black, dark green, maroon, navy, purple, scarlet, royal

Retail: \$41.00

(2+) \$36.99 (14+) \$34.99 (24+) \$32.99 (48+) Call

HOLLOWAY ADRENALINE JACKET

9094 Adult S-3X 9294 Youth S-L

- Micron polyester shell
- Heather grey jersey and nylon lining
- Raglan sleeves, open bottom hem with drawcord
- Elasticized cuffs, front zippered pockets
- Colors: Navy/scarlet, navy/vegas gold, navy/white, black/white, black/scarlet, black/gold, scarlet/white, royal/white, dark green/white, maroon/white, royal/gold, scarlet/grey, black/vegas gold, purple/white, black/orange, columbia blue/white, kelly/white

Adult Retail: \$45.00

(2+) \$40.99 (14+) \$37.99(24+) \$32.99 (48+) Call

Youth Retail: \$41.00

(2+) \$36.99 (14+) \$34.99 (24+) \$32.99 (48+) Call



HOLLOWAY SABLE PANT

9095 Adult XS-3X **9295** Youth S-XL

- Micron polyester shell, mesh and nylon lining
- Elasticized drawstring waist, front and back pockets
- Open bottom hem with zippers and snaps
- Colors: dark green/white, black/scarlet, royal/white, black/orange, maroon/white, black/white, scarlet/white, navy/white, Columbia blue/white, cardinal/white, purple/white, kelly/white

Adult Retail: \$39.00

(2+) \$34.99 (14+) \$31.99 (24+) \$30.99 (48+) Call

Youth Retail: \$35.00

(2+) \$31.99 (14+) \$29.99 (24+) \$27.99 (48+) Call









MHOLLOWAY WARM-UPS WARM-UPS HOLLOWAY.



106

NEW

HOLLOWAY DEDICATION JACKET

229131 Men's XS-3X 229331 Women's XS-2X 229231 Youth S-L

- Flex-Sof and Dry-Excel Polyester knit material
- Front zippered pockets, plus two inside pockets
- Encased shockcord at bottom, drop tail hem
- Colors: Black/Lt Gold, Black/Orange, Black/Red, Black/Vegas Gold, Forest/Black, Maroon/Black, Navy/Lt Gold, Navy/Red, Navy/Vegas Gold, Purple/Black, Royal/Black, Red/Black. All with White trim

Adult Retail: \$50.00

(2+) \$37.25 (14+) \$36.50 (24+) \$34.99 (48+) Call

Youth Retail: \$46.00

(2+) \$39.99 (14+) \$33.25 (24+) \$32.50 (48+) Call

HOLLOWAY TRACTION PANT

229132 Men's XS-3X 229332 Women's XS-2X 229232 Youth S-L

- Flex-Sof and Dry-Excel Polyester knit material
- Easy entry side pockets
- Tapered leg with zippered bottom hems
- Colors: Black/White, Navy/White

Adult Retail: \$39.00

(2+) \$28.99 (14+) \$28.25 (24+) \$27.50 (48+) Call

Youth Retail: \$35.00

(2+) \$25.99 (14+) \$25.259 (24+) \$24.50 (48+) Call

TRICOTEX Fabric!

100% Polyester Tricot Knit Fabric. Anti-pill surface, plush microfleece back

HOLLOWAY ATTITUDE JACKET

9113 Men's S-3X **9213** Youth S-XL **9313** Women's XS-2X

Activ-Knit brushed polyester tricot

Fax: 888.415.5212

(2+) \$18.50 (14+) \$17.99 (24+) \$17.50 (48+) Call

VSAthletics.com



HOHOLLOWAY ATTACK PULLOVER

222483 Unisex XS-3XI

- ■Wik-Soft Dry Excel Performance Fleece
- Front Pockets
- Colors: BK/GD, MR/WH, BK/OR, NY/WH, BK/RD, RY/WH, BK/WH, RED/WH, FG/WH, WH/GY

Adult Retail: \$46.00

(2+) \$40.99 (14+) \$37.99 (24+) \$35.99 (48+) Call



HOLLOWAY FRENCY PANT

222481 Unisex XS-3XL

- ■Wik-Soft Dry Excel Performance Fleece
- Elastic Drawstring Waist
- Open Leg with Zippers
- Colors: Black, Navy, Red, Grey, Royal

Adult Retail: \$35.00

(2+) \$30.99 (14+) \$28.99 (24+) \$26.99 (48+) Call



HOLLOWAY TRAINER PANT

229096 Unisex XS-3XI

- Micron Polyester Shell
- Mesh and Nylon Lining
- Open Leg, Pockets and Drawstring
- Colors: Black, Forest Green, Navy, Royal, Purple, Red, Maroon









YOUTHZES

HOLLOWAY 50/50 PANT **2807** Adult S-3X **2827** Youth S-L

HOLLOWAY 50/50 HOOD

2806 Adult S-3X **2826** Youth S-L

Double layer hood with drawstring

■50% cotton / 50% polyester fleece, 9oz.

■ Front pouch pocket, rib-trim cuffs and hem

navy, orange, dark green, kelly, white, cardinal

(2+) \$25.99 (14+) \$23.99 (24+) \$21.99 (48+) Call

(2+) \$18.99 (14+) \$16.99 (24+) \$14.99 (48+) Call

■50% cotton / 50% polyester fleece, 9oz.

Elasticized drawstring waist

Adult Retail: \$28.00

Youth Retail: \$221.00

- Open bottom hem, no side seams!
- Colors: red, gold, maroon, black, purple, navy, athletic heather, dark green, kelly, royal

Adult Retail: \$21.00

(2+) \$17.99 (14+) \$14.99 (24+) \$13.99 (48+) Call

Youth Retail: \$18.00

(2+) \$15.99 (14+) \$14.99 (24+) \$13.99 (48+) Call

107 Phone: 800.676.7463 VSAthletics.com





A4 TECH TEE SHORT SLEEVE

- 100% Polyester Interlock
- Moisture Wicking, Anti Microbial, Stain-Resistant
- Ultra tight knit resists snagging

■ Men and Youth Colors: Athletic Orange*, Black*, Brown, Cardinal*, Forest, Gold*, Kelly, Lt Blue*, Maroon*, Navy*, Purple*, Royal*, Scarlet*, Silver*, Texas Orange, Vegas Gold*, White*

Sizes: (M) S-4XL* (Youth in select colors), (Y) S-XL

Men	Retail	(14+)	(24+)	(48+)	(60+)
N3142	\$14.99	\$11.99	\$9.99	\$7.99	Call
Youth	Retail	(14+)	(24+)	(48+)	(60+
NB3142	\$14.99	\$11.99	\$9.99	\$7.99	Call

44 Women **TECH TEE SHORT SLEEVE**

- 100% Polyester Interlock
- Moisture Wicking, Anti Microbial, Stain-Resistant
- Ultra tight knit resists snagging
- Women's Colors: Athletic Orange, Black, Cardinal, Forest, Gold, Kelly, Lt Blue, Navy, Pink, Royal, Scarlet, Silver,
- Slzes :(W) XS-2XL

Women NW3201	Retail \$14.99	(14+) \$11.99	(24+) \$9.99	(48+) \$7.99	(60+) Call	
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						Walle of



YOUTHZES

A4 TECH TEE LONG SLEEVE

FOOTBALL

- 100% Polyester Interlock
- Moisture Wicking, Anti Microbial, Stain-Resistant
- Ultra tight knit resists snagging
- Men and Youth Colors: Black, Cardinal, Forest, Gold, Maroon, Navy, Purple, Royal, Scarlet, Silver, White
- Sizes: (M) S-3XL, (Y) S-XL

	,		,	`	,	
Men		ı	Ret	ai	ı	
N3165		(\$19	9.6	99	
Youth		ı	Ret	ai	I	
NB3165		(\$19	9.6	99	

(14+)	(24+)	(48+)	(60+)
\$16.99	\$14.99	\$12.99	Call
(14+)	(24+)	(48+)	(60+)
\$16.99	\$14.99	\$12.99	Call

YOUTH

44 Women **TECH TEE LONG SLEEVE**

- 100% Polvester Interlock
- Moisture Wicking, Anti Microbial, Stain-Resistant
- Ultra tight knit resists snagging
- Women's Colors: Black, Navy, Royal, Scarlet, Silver, White
- Sizes :(W) XS-2XL

Women	Retail
NW3002	\$19.99

			2		
BLK	NVY	ROY	SCR	SIL	WHT
(14+)	(24+)	(48	8+)	(60+)
\$16.9	99	\$14.99	\$1	2.99	Call

H





** COMPRESSION SLEEVELESS T **1201165** (Adult) **1202689** (Youth) ■ 81% polyester / 19% elastane • Ergonomic fit, moisture transport fabric

• Colors: white black, heather grey, navy, red, royal, maroon, cardinal

Sizes: Men S-3X Youth S-XL

Adult Retail: \$25.00

(2+) \$22.50 (14+) \$20.99 (24+) \$19.99 (48+) Call

Youth Retail: \$20.00

(2+) \$17.99 (14+) \$16.75 (24+) \$15.99 (48+) Call

HEATGEAR COMPRESSION SHORT

- 85% Nylon/15% Elastane
- Compression Fit
- Colors: Black, White, Navy, Red, Royal, Cardinal, Grey, Medium Grey
- Sizes: SM-XXL

Retail: \$35.00

(2+) \$31.50 (14+) \$29.25 (24+) \$27.99 (48+) Call

** COMPRESSION SONIC HEATGEAR T

1233459 (W)

- 90% Polyester, 10% Elastane
- Colors: Black, White, Grey, Navy, Red, Royal
- Sizes: XS-2X

Women's Retail: \$24.99

(2+) \$22.50 (14+) \$20.75 (24+) \$19.99 (48+) Call





** REACT 3" BOY CUT SHORT

1232842 (W)

- 85% nylon / 15% elastane
- Women's stretch-fit short
- Low rise, wide flat waistband
- Colors: black, navy
- Sizes: XS-2X

Retail: \$29.99

(2+) \$26.99 (14+) \$24.99 (24+) \$23.99 (48+) Call







HYPERLITE SINGLET

8102 (M) 8101 (W)

- ■100% Micro Fiber Polyester
- HydroLite Moisture control Technology
- Black, Navy, Royal, Forest Green, Purple, Maroon, Red, Yellow.
- Men sizes XS-XXL
- ■Women sizes XS-XXL

Team: \$60.00



REIGNITE SHIMLET

10101 (W)

- ■100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- Black/White, Navy/White, Royal/White, Forest/White, Purple/White, Maroon/White, Red/White, Orange/Black, Red/Black.
- Women sizes XS-XXL

Team: \$40.00



SQUCONY HYPERLITE SHORT

9202 (M) 9302 (W)

- ■100% Micro Fiber Polyester
- HydroLite Moisture control Technology
- Black, Navy, Royal, Forest Green, Purple, Maroon, Red, Yellow.
- ■Unisex sizes XS-XXL

Team: Women's 2.5 inseam \$60.00

Team: Men's 5 inseam \$65.00



REIGNITE BOY CUT SHORT

10201 (W)

- ■100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- Black/White, Navy/White, Royal/White, Forest/White, Purple/White, Maroon/White, Red/White, Orange/Black, Red/Black.
- ■Women sizes XS-XXL
- ■Imseam 3"

Team: \$30.00



PRIME COMPRO-FIT TANK MEN

15102 (M)

- ■100% Micro Fiber Polyester
- HydroLite Moisture control Technology
- Black, Navy, Royal, Forest Green, Purple, Maroon, Red, Yellow.
- Men sizes XS-XXL

Team: \$45.00



INSEAM5

REIGNITE BRIEF

- ■100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- Black, Navy, Royal, Forest Green, Purple, Maroon, Red
- ■Women sizes XS-XX

Team: \$25.00



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SQUCONY HELIX HOODY

■ Forest/Black, Navy/Black, Royal/Black, Purple/Black, Maroon/Black, Red/Black

HELIX JACKET

■ 14oz Athletic Poly-Spandex construction

30100

■Unisex XS-XXL

Team: \$85.00

saucony

■Unisex XS-XXL

Team: \$85.00

■14oz Athletic Poly-Spandex construction ■ Forest/Black, Navy/Black, Royal/Black,

Purple/Black, Maroon/Black, Red/Black

31200

SUBLIMATED UNIFORMS SQUCONY

LEAD TIME 6 WEEKS AFTER ART APPROVAL CALL CUSTOMER SERVICE FOR DETAILS, 800.676.7463





saucony ELITE

1102FC (M) 1101FC (W)

- Abrasion resistant for longer wear
- HydroLite Moisture control Technology
- Men sizes XS-XXL
- ■Women sizes XS-XXL

Team: \$70.00



ELITE SUBLIMATED SHORT

1202FC (2.5" Inseam) **1302FC** (5" Inseam)

- ■100% Micro Fiber Polyester
- Abrasion resistant for longer wear
- HydroLite Moisture control Technology"
- ■Unisex sizes XS-XXL

Team: Women's 2.5 inseam \$60.00 Team: Men's 5 inseam





12101FC (W)

INSEAM2,51

- ■100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- ■Women sizes XS-XXL

Team: \$60.00







SQUCONY REIGNITE

SUBLIMATED BOY CUT SHORT

12201FC (W)

- 100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- Women sizes XS-XXL
- Imseam 3"

Team: \$50.00







321001 ■ 14oz Athletic Poly-Spandex construction ■ Loose Fit Pant ■ Unisex XS-XXL

Black

SQUCONY HELIX PANT

Team: \$85.00

REIGNITE SUBLIMATED BRIEF

14101FC (W)

- ■100% Micro Fiber Poly/Spandex, Compression Fit
- HydroLite Moisture control Technology
- Black, Navy, Royal, Forest Green, Purple, Maroon, Red
- ■Women sizes XS-XX

Team: \$35.00



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Coaches, simplify your life! Select products you want for your team:

VS Athletics will work with school or club coaches to set up a custom team webpage for your school or club.

Parents/athletes place the order online paying with a credit card.

There is a two week order window, once all the parents/athletes have ordered we take the page down. We then order any needed product. Upon product arrival we screen and ship products directly to parents/athletes. Lead time is 3-4 weeks. Orders have to be grouped and screened once we have at least 6 pieces to print.

Normal shipping rates apply.:\$10.00 first item, each additional singlet, short is .25 cents, each additional warm up, bag or shoes is \$1.25.

Order must ship to the address of person placing the order.

75 PREMIER WARM-UP 43013 Unisex see Pages 67-79











DUAL SHORT **32222** Women's (4.0 inch inseam) **39223** Unisex (4.0 inch inseam) see Pages 67-79



22222 (W) see Pages 67-79















WARM-UP SHIRT BT630 (M) BT872 (W) see Pages 80-85

@asics. **CIRCUIT-7 L/S WARM-UP** SHIRT BT632 (M) BT873 (W)

see Pages 80-85













LEGEND S/S

TEE WOMEN

453181 (W) see Pages 86-91





Call for Details.

MEDIUM DUFFLE







∂asics.

ZR895 see Page 114

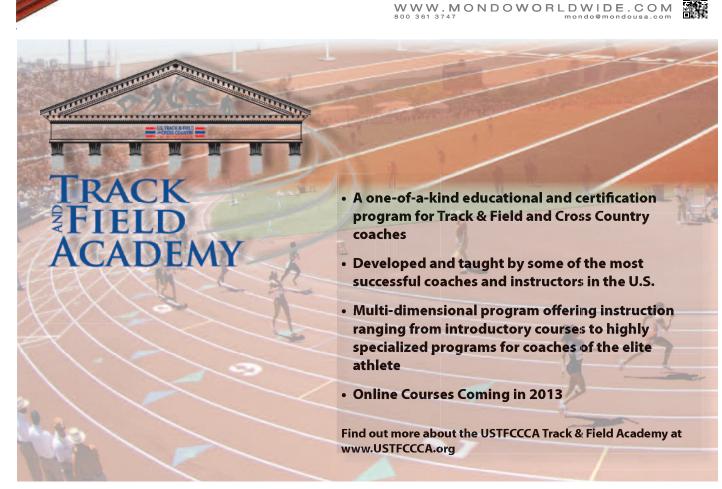








NDOTRACK FTX | MONDOTRACK SX | SUPER X PERFORMANCE





PHYSICAL THERAPY

Orthotics by Dr. Paul



9801

VS Athletics Orthotics by Dr Paul are specially designed to fit in both everyday and athletic shoes and help cure and prevent plantar fasciitis, achilles tendonitis and shin splints. Dr Paul R. Copeskey, D.C., medical director for USA Track & Field for southern California, created VS Athletics Orthotics by Dr Paul to bridge the gap between the \$25 over-the-counter insoles and the \$2000 custom-made orthotics. Fits in spikes and racing shoes. Sold per pair.

Sized SM-XL

Small: Wom 6.0-8.0, Men 4.5-6.5 (115lbs) Medium: Wom 8.5-10.5, Men 7.0-9.0 (140lbs)

Large: Men 9.5-11.0 (165lbs) X-Large: Men 11.5-13.0 (190lbs)

Our Price: \$39.95

s great for runner's knee (IT Band), shoulder separations, sore back, ankle injuries, Achilles tendon, shin splints, plantar fasciitas, and muscle

- Stickier, hypoallergenic adhesive, won't fall off during competition
- Stretches 190%, same elasticity as skin, promotes full range of motion
 - ■97% cotton / 3% nylon, low moisture absorption
 - Tighter weave enables muscle to more easily "snap back" to neutral
 - ■5 meters per roll, about a month's supply depending on usage
 - Water resistant
 - Colors: Black (BK). IM White (IMWH), IM Yellow (IMYE), Light Blue (LTBL), Logo Red (LRED), Tan (TAN). "IM" colors can be written on with a marker!

2304 RockTape

1 roll:	\$18.00
6-pack:	\$96.00
Carton (24 rolls):	\$348.00
Master Pack (60 rolls):	\$795.00

Zensah Compression Leg Sleeve



Color: Black, Navy, Red, Royal, White Made with gradient compression which provides wide ribbing in the front for shin support and tight ribbing in the back for calf support. Sizes: (Unisex) XS/SM, SM/MD, LG/XL

Reg. Retail: \$22.99 Our Price: \$19.95



PRO-TEC



PREVENTATIVE and PAIN REDUCING Sports Medical Devices!

- These devices help reduce pain that comes from the overstressing of muscles in practice and competition.
- Simple devices that really work!

4977 Arch - L (Size 11+)

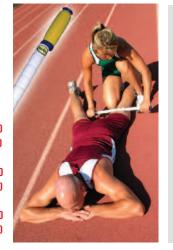
4970	Knee Strap S - (10"'-12"')	\$14.95
4971	Knee Strap M - (12"' - 13 5/8"')	\$14.95
4972	Knee Strap L - (13 5/8"' - 15 1/2"')	\$14.95
4973	Knee Strap XL - (15 5/8"' -171/2"')	\$14.95
4974	Shin Splint	\$20.95
4976	Arch - M (Size 7-10.5)	\$21.95 pr

THE STICK

- The patented mechanical features are designed to segmentally compress and stretch muscles.
- Successfully deliver myofascial release and trigger point therapy.
- Can be used with or without assistance.
- 3 sizes for different massage therapy.

10747 Little Stick 14" (6 spindles, shortest model) \$21.50 10748 Travel Stick 17"(8 spindles, standard flexibility) \$27.50 **10749** Sprinter Stick 19"(9 spindles, short & stiff) \$35.00 10750 Marathon Stick 20"(10 spindles, short & flexible) \$32.00 10751 Original Stick 24"(15 spindles, standard flexibility) \$42.50

10752 Big Stick 30" (18 spindles, longest & stiffest)



MASSAGE STICK

Our most popular Massage Stick! ■ TA deep tissue massage tool with firm depth



rollers to Penetrate Muscles Effectively.

Call for team pricing on orders of 5 or more.

10740 VS Massage Tool

\$19.95

THERAPEUTIC EXERCISE ROLLER



One of the most widely used Therapeutic & Conditioning products available.

- Easy to adapt to a variety of techniques including mobilization, balance & strength training
- Used effectively in many positions—supine, prone, sitting, kneeling, lying on your side or standing.
- For specific exercise techniques. free downloadable pdf. pamphlet **10266** 6"D. x 36"L. **\$18.95** ea. **10262** 6"D. x 12"L. **\$10.95** ea.

RUMBLE ROLLER



10264 5"D x 12"L **\$44.95** ea.

The RumbleRoller **Manipulates Soft Tissue -**Like a Massage Therapist!

- The surface of the RumbleRoller contains specially designed bumps that are firm, but flexible, much like the thumbs of a massage therapist.
- As you roll over the top of the RumbleRoller, the bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions.

STRETCHRITE

- StretchRite's patented design features make stretching much easier and efficient.
- The handgrips allow you to increase the tension by changing handgrip position and visually monitor your improvement.
- Made of heavy duty nylon webbing and ABS plastic for years of trouble free use.
- Ask about custom embroidery for school name. 4939 StretchRite \$25.95



PROSTRETCHTM

STRETCHES THE LOWER LEG EASIER AND MORE EFFICIENTLY THAN ANY OTHER METHOD

- Patented design enables you to stretch, increase range of motion and strengthen hamstrings, calf muscles, achilles tendons and plantar fascia quickly and easily.
- Reduces risk of injury and helps in rehab.
- Single and dual leg models available.
- Detailed directions with each purchase shows how to use ProStretch for a variety of stretches.
- Free instructional video with dual leg model.

4705 Single ProStretch 4706 Dual ProStretch (comes with instructional video)



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\$21.95pr



HOLLOWAY. DUFFLE BAG

- ■19" x 9.5" x 9.5" square-end duffle bag
- Single main compartment with open side pocket
- Water repellent polyester, detachable shoulder strap
- Colors: dark green, royal, scarlet, black, navy, maroon

(2+) \$15.99 (14+) \$14.99 (24+) \$13.99 (48+) Call



SP02 (15" x 18") ■ Durable 210-denier nylon

DASICS. BACKPACK

Large main compartment and zippered front pouch

Colors: black, brown, columbia blue, forest, maroon, navy, orange, red, royal, vegas gold, yellow, gray, purple and white

■Imprint area: 9"w x 6.5"h (on pouch)

- 16.5" x 12" x 7" 600 denier polyester
- Large capacity center compartment
- Inside pocket with exit grommet for MP3 player

\$11.00

Breathable shoulder straps

SOLID DRAWSTRING SACKPACK

- Side elastic pockets for water bottle
- Colors: white, pink, royal, navy, black, grey, red

(2+) \$34.50 (14+) \$31.99 (24+) \$30.75 (48+) Call





MHOLLOWAY. LUGGAGE BAG

- ■21" x 10" x 9" multi compartment duffle bag
- Double zipper U-shape access to main compartment
- Two zippered end compartments, side gusseted zipper pocket
- ■Water repellent polyester, detachable shoulder strap
- Colors: navy, dark green, maroon, royal, scarlet, black, purple

(2+) \$26.99 (14+) \$24.99 (24+) \$23.99 (48+) Call



Oasics. TEAM BACKPACK

- 14" x 18" x 7.5" 600 denier polyester
- Large Main Compartment
- Side mesh pocket able to accommodate 32oz
- Large Panel for Team Branding.
- Colors: Orange, Red, Pink, Navy, Forest Green, Black, Royal

(2+) \$27.99 (14+) \$25.99 (24+) \$24.99 (48+) Call



TEAM TRAINING AIR MAX MD DUFFEL

BA4513

- Water-resistant coated 600D polyester. Water-resistant Tarpaulin bottom.
- Nike Max Air shoulder strap with Considered Design.
- Ventilated shoe pocket. Ventilated wet/dry storage.
- Colors: Grey, Black, Navy, Royal, Red

(2+) \$44.50 (14+) \$41.25 (24+) \$39.50 (48+) Call

Oasics. MEDIUM DUFFLE

- ■23" x 13" x 10" 600 denier polyester
- Large capacity center compartment
- Wet shoe pocket with mesh panel
- Front outside pocket
- Storable roll-out mat
- Colors: orange, red, pink, cardinal, royal, navy, purple,

Retail: \$55.00

(2+) \$44.50 (14+) \$41.25 (24+) \$39.50 (48+) Call





VS Athletics West Coast SuperClinic Sat, 2 February, 2013 - Sacramento City College

Come join us in improving your coaching effectiveness in a one-day clinic devoted solely to maximizing your athlete's success. Nationally recognized clinicians with several having coached many of our London Olympic competitors and medalists!

Featuring one of America's top endurance coaches Bob Larsen in addition to Dec. gold medalist Ashton Easton's coach Harry Marra and silver-bronze jumps medalist Will Claye's coach Jeremy Fischer!

Clinic Schedule: *(detailed schedule posted at VSAthletics.com closer to date)*

8:00-9:00am-registration in fover of Lillard Hall, Sacramento CC

9:00-9:15am-introduction and orientation

9:15am-5:30pm-four 90 minute sessions in five areas:

endurance, sprints/hurdles, jumps, throws, and support topics (little things that make a BIG difference)

Clinic Cost: (Due to last year's phenomenal demand, we will cap registration at 400 coaches this year)

\$50.00- pre-registered by Wednesday, 30 January, 2013. To register on-line, go to:

http://www.vsathletics.com/clinic

\$65.00- registration at the door for individuals.

Contact Peanut Harms at peanut@vsathletics.com for coaching staff discounts (prior to 31 January only)

Directions: Sacramento City College, 3835 Freeport Blvd., Sacramento, 95822. Clinic will be in Lillard Hall.

Refer to the following link for clinic and campus location: http://www.scc.losrios.edu/x1553.xml

Driving: from Hwy 5: Exit at Sutterville Road (south of Hwy 5-Bus.80-50 interchange), travel east until "T' intersection at Freeport, turn left. At first light, turn right back onto Sutterville, turn left into SCC main entrance at light, with Hughes Stadium to your right. After 200m into campus, park in west parking lot on your left.

From Hwy. 99: Exit at Sutterville/12th Ave. exit (south of Hwy 50-Bus 80), travel west until pass Hughes Stadium on your right. Turn right into SCC main entrance, after 200m into campus, park in west parking lot on your left.

No parking charges on weekends.

Air: Sacramento International Airport (SMF) is 17 miles north of Sacramento City College; San Francisco international is 86 miles west. The La Quinta Inn runs complimentary airport shuttles.

SuperShuttle: www.supershuttle.com, 800-258-3826. To/from Richard Road hotels: \$14.00; direct to/from City College: \$21.00 Light Rail: Sacramento City College is a designated SacMetro Blue Line Light Rail stop.

Accommodation: La Quinta Inn - 200 Jibboom St.-Sacramento, CA 95814 - www.LQ.com

Reservations can be booked by calling (916) 448-8100 ext. 0 and asking for the 'SuperClinic' rate.

Complimentary shuttle runs from 5am-10pm everyday main priority is to/from airport but when free will go within a 5 mile radius (SCC). Continental breakfast (waffles, bread, yogurt, oatmeal, muffins, fruits, hard boiled eggs) runs 6-9 during week and 7-10 during weekend. Complimentary wireless internet available throughout the hotel.

What you get:

- all preregistered coaches will receive presentation notes of each session they attend, with additional clinic notes available on the VS Athletics website.
- vendors expo with equipment and information to start your season.
- tote bag with VS Athletics catalogs in addition to related coaching goodies
- generous raffle during lunch
- SAVE \$\$\$: order most track products before 30 January, and we'll ship free of charge to the SCC.
- Portion of the clinic's proceeds benefits the Pacific Association Coaches Education scholarship program.

Further Info: Peanut Harms: peanut@vsathletics.com, or Dave Shrock: coachshrock@gmail.com

Do not miss this incredible learning opportunity! 119



ORDER BY PHONE: Call our toll-free number for specialized service.

800-676-7463

-ORDER BY FAX: Fax our order form or your school purchase order to our customer service department. We will start processing your order immediately! **888-415-5212** Please provide all relevant information including product item number, color, sizes and quantities. Please include any screen-printing charges, applicable tax (California and Indiana residents only), and appropriate shipping charges as per the shipping & handling chart found on our order form page. Always provide a daytime telephone number, should we need to contact you. **ORDER ONLINE:**

Visit our web site for the best selection of track & field items anywhere! www.vsathletics.com **ORDER BY MAIL:** Please complete our order form. Mail it to the address listed below. Please include payment. Schools may provide an official Purchase Order.

VS Athletics

3474 Empresa Dr. Ste 120 San Luis Obispo. CA 93401 PRICES: (Effective Dec. 1st, 2012.) Sales tax (California residents only) and shipping charges are not included in the product prices shown. All prices are subject to change without notice.

DELIVERY:

Complete in-stock orders will ship by the next business day or sooner If some items are not available the customer will be notified to determine what action should be taken. Partial shipments are made when some items are out of stock (back-ordered). We do this because we know you want your products as soon as possible. Back-ordered items will ship as they become available. No partial shipments will be made when orders are marked "Ship Complete!"

Please provide need by dates for all screening orders.

RUSH SHIPMENTS: Next Day Air. 2-Day Air, or 3-Day Air shipping is available. Please call for Air shipping rates on equipment orders. For apparel and footwear orders please see the shipping & handling chart located on the order form. Rush screening orders that require being done in 1-3 business days will

occur an up-charge of \$40.00. DAMAGES/CLAIMS:

Inspect all merchandise upon receipt. Important: Notations of any shortages of damages must be made on the delivery receipt before signing. All claims for damage must be filed with the delivery freight company within 5 days of delivery. We will assist you in filing a claim if all of the correct procedures have been completed. Call customer service for assistance.

store bought condition. We carry only top quality items. Sorry, no refunds on used items! Returns are the responsibility of the customer. Please protect yourself against loss by insuring the returned package(s). Restocking charges are assessed on some items. We are unable to refund the return shipping & handling charges.

MERCHANDISE ISSUES: If you received the wrong item or have a defective item, please contact our customer service department. **INTERNATIONAL ORDERS:** You can place your order online, by fax or telephone (805-781-3790). All international orders must be paid by credit card. After submitting your

Rill To: **Shin To:** (Complete if different from "Bill To")

RETURNS:

All products must be returned in

order please fax (805-781-6092) or

ORDER FORM

DIII IU.			
School/Club			
City		Zip	
	Phone (Eve)		
Fax			
Email Address			

to (complete it americal item)	,	
School/Club		
Attention		
Address		
City	State	Zip
•		

City	State	Zip
Phone (Day)	Phone (Eve)	
Fax		

Method of Payment

Email Address

Visa	☐ Ma	stercard	🗖 Di	scover	AmEx	Debi	it Car	d [□ Che	eck / N	Money	Order
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 Purchase Order # 	(Please	attach hard	сору
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QUANTITY	ITEM NO.	DESCRIPTION	XS	S	М	L	XL	2X	3X	UNIT PRICE	EXTENDED PRICE

email a photocopy of a recent credit card statement (this request is to prevent fraud). Orders without the faxed or emailed credit card information will not be processed. The customer is responsible for all customs charges. * Nike. Adidas. Asics, and New Balance products cannot be shipped outside of the United States.

ALL CUSTOM ORDERS must be received in writing!

VS Athletics Torrance

1450 West 228th St., #8 Torrance, CA 90501 Tel: 310-534-0305 Fax: 800-801-9070

SHIPPING & HANDLING CHARGES SILK SCREEN CHARGES SHOES / WARMUPS / BAGS: First Item (IIS 48) (AK/HI)

Ground	\$10.00	\$30.00	\$1.50
3 Day Select	\$21.00	N/A	\$6.25
2 Day Air	\$29.00	\$46.00	\$9.00
1 Day Air	\$64.00	\$70.00	\$12.00
UNIFORI	MS		
J. 11.1. J. 1.1.	_		
	First Iter	<u>n</u>	Each Additional
	(US 48)	(AK/HI)	
Ground	\$10.00	\$26.00	\$0.25

3 Day Select \$18.00 N/A \$0.50 \$23.00 \$42.00 2 Day Air \$0.75 \$55.00 \$62.00 \$1.00 1 Day Air

Ground

EQUIPMENT

Please call **800-676-7463** for the appropriate shipping and handling charges to your location.

SHIPPING CHARGES SALES TAX (CA add 8.25% LA County add 9.75%,

IN add 7% - except IN schools w/ tax exemption cert.)

SEND TO:

VS Athletics

3474 Empresa Dr, Ste 120 San Luis Obispo, CA 93401 Fax: 888-415-5212 e-mail: sales@vsathletics.com

THANK YOU FOR YOUR ORDER!

CUSTOM SCREEN PRINTING WORKSHEET

Select Typestyle (please circle

Select

Typestyle

Variation

(please circle

desired style)

YEARBOOK desired font) HELVETICA TIMES

MACHINE **TAHOMA**

BUREAU

CLARENDON ONYX SADDLEBAG

OUTLINE

GOUDY Script

PALATINO

RRIDGE ARCH

HOLLOW

☐ Non-Butting Colors (gap) UNIVERSITY ☐ Butting Colors (no gap) UNIMERSHTY

Color of Lettering:

2 Color Team Outline

Color of Outline:

STRAIGHT VERTICAL ARCH SLANTED REGULAR ARCH

Custom Screen Printing Charges:

- VS Athletics can customize your team apparel and accessories with silk screened lettering and logos
- ■VScreening on uniforms will take an additional 4-6 business days.
- Rush screening orders that require being done in 1-3 business days will occur an up-charge of \$40.00
 - Please provide need by dates for all screening orders.
- Artwork is done free of charge for simple team lettering. Simply select one of the typestyles and type variations offered on this page.
- Custom designs requiring additional work may incur a change. Please call one of our team sales specialists for more information.
 - Numbering charges are for one to three digit numbers. Numbers are available in 2. 4. 6. and 8-inch sizes. "RUSH FEE" line w/ price of \$40.00
 - "RUSH FFF" \$45.00 SCRFFNING WITHIN 1-2 BUSINESS DAYS

Please Indicate the following information on the line drawings provided:

- Description of design
- Placement of design
- Size of design
- Ink Color(s)

Name:

Please provide the following information for the person responsible for approving artwork:

Phone Number: Fax Number:

Email Address:

Please compute all custom screen printing charges from the price chart below and enter total on Order Form.

SINGLET / SHIMMEL	(FRONT)	JACKET (BACK)
(FRONT) (BACK)	PANTS	SPEEDSUIT
SHORTS (FRONT) (BACK)	(FRONT	(FRONT)

Screen Set-Up NEW DESIGN		REPEAT DESIGN (within 1 year)		
	\$35.00 per color	\$15.00 per color		

Printing Charges	(Per Item Charges)		
UNIFORMS / BAGS	1 – 11 items	12 – 23 items	24+ items
1 COLOR	\$6.50	\$4.25	\$4.25
2 COLOR	\$8.00	\$5.75	\$5.50
SPANDEX	1 – 11 items	12 – 23 items	24+ items
1 COLOR	\$9.25	\$5.75	\$4.25
2 COLOR	\$10.75	\$7.25	\$5.50
JACKETS / PANTS	1 – 11 items	12 – 23 items	24+ items
1 COLOR	\$10.50	\$7.00	\$4.25
2 COLOR	\$12.00	\$8.50	\$5.75

Numbering	1 to 6 items	7 to 23 items	24+ items
1 COLOR	\$8.00	\$6.00	\$5.00

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"Where the world's best athletes compete"



SKY JUMPERS VERTICAL SPORTS P.V. CAMPS



2013 Schedule

- Atascadero Ca.... Atascadero, Ca....
- Maine South HS Park Ridge, Illinois...
- Atascadero, Ca....
- Atascadero, Ca....
- Atascadero, Ca.....
- Centerville HS, Ohio...
- Univ. of Wisconsin, Stevens Point
- Atascadero, Ca
- Kutztown Univ. Pa
- Atascadero, Ca

Visit Skyjumpers website for future camp dates:

skyjumpers.com 888-279-7502



Dec 28-30, 2012

Feb 16-17, 2013

March 10, 2013

March 17, 2013

June16-19, 2013

June 23-26, 2013

July 8-11, 2013

July 21-24, 2013

April 7, 2013

Feb 10, 2013

21st Annual Mobile. Alabama Friday, April 5th, 2013 (Open Division) **UMS-Wright Preparatory School** Saturday, April 6th. 2013 (Invitational Division) St.Paul's Episcopal School **Dvestat Featured Meet** Top 10 Select Meet by the National Scholastic Sports Foundation For Information: mobilechallengeofchampions.net or strackrun@aol.com or runfast@charter.net 251-639-0303 or 985-626-8177

Zoom TJ 3 (Black/Dark Grey/Volt) Men's sizes: 4-13, 14, 15

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Men's sizes: 4-13, 14, 15

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High Jump III

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Reg. Retail: \$110.00 Our Price: \$98.95



Saucony Uplift HJ

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Reg. Retail: \$80.00 Our Price: \$71.99

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GN702-4005 (Blue/Black/Yellow) Men's sizes: 5.0 - 12.0, 13.0

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Q34040 (Vivid Yellow/Black) Men's sizes: : 4.5-15

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Q34080 (Vivid Yellow/Black) Men's sizes: : 4.5-15

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didas adiZERO™ TJ/PV



Q34045 (Vivid Yellow/Black) Men's sizes: 6-13, 14

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414532-070 (Black/Dark Grey/Volt) Men's sizes: : 4-13, 14, 15

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20189-1 (Red/White/Citron) Men's sizes: 6-13, 14

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Zoom Victory Elite

526627-737 (Volt/Gold/Black)

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Men's sizes: 4.0 - 13.0, 14.0, 15.0



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Men's sizes: 1-13.0, 14.0, 15.0 Reg. Retail: \$60.00 Our Price: \$53.95

Zoom Rival D 7 W 538221-105 (White/Grape/Volt/Black)

538221-046 (Platinum/Pink/Blue) Women's sizes: 2.5 – 12.0

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Men's sizes: 1-13.0, 14.0, 15.0

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Rival MD 6

468648-701 (Volt/White/Black) 468648-401 (Royal/White/Black) 68648-106 (White/Crimson/Black) 468648-041 (Black/White/Blue)





Reg. Retail: \$60.00



Endorphin MD 3

20145-3 (Red/White) 20145-4 (Grey/Citron) Men's sizes: 7.0. 13.0. 14.0 Reg. Retail: \$90.00 Our Price: \$80.95



Endorphin MD 3 W

10145-3 (Orange/Pink) 10145-4 (Purple/Slime) Women's sizes: 5.0 - 12.0 Reg. Retail: \$90.00 Our Price: \$80.95

38 MMD500

MMD500B2 (Black/Blue) Men's sizes: 7.0 – 13.0, 14.0

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WMD500 W

WMD500P2 (Pink/Purple) Women's sizes: 5.5 - 11.0. 12.0

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MMD800V2



Reg. Retail: \$100.00 Our Price: \$89.99

⋙ WMD800V2 W

WMD800Y2 (Yellow/Orange) Women's sizes: 5.5 – 11.0, 12.0

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addas TechStar Allround 3

Q22643 (Black/Silver/Pop)

Oasics Fastlap MD

G301Y-0150 (White/Navy/Silver)

G301Y-5912 (Royal/Gold/White)

G301Y-9093 (Black/Silver)

Men's sizes: 4.0-13.0, 14.0

Reg. Retail: \$90.00

Our Price: \$80.95

Reg. Retail: \$60.00

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Q34041 (Yellow/Black) Men's Sizes: 4.0 – 13.0. 14.0. 15.0

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Pasics Hyper MD 5

G304N-0190 (White/Silver/Black)

G304N-9004 (Black/Flash Yellow)

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Our Price: \$58.50

Men's sizes: : 4.0 – 13.0. 14.0. 15.0

Our Price: \$53.95

Oasics Rocketgirl 6 W

G355N-6105 (Blue/Lemon/White)



G355N-3601 (Pink/White/Lime) Women's sizes: 5.0 - 11.0, 12.0



Zoom Rival MD 6 W

468650-146 (White/Pink/Blue) 468650-503 (Grape/Volt/Black) Women's sizes: 2.5 - 12.0

> Reg. Retail: \$60.00 Our Price: \$53.95

Zoom Mamba 2

Men's sizes: 4.0 - 13.0, 14.0, 15.0

487345-104 (White/Royal/Black) Men's sizes: 4-13, 14, 15

Reg. Retail: \$115.00

Our Price: \$103.50

Pasics Spivey LD

G302Y-6890 (Green/Black/Yellow) G302Y-9301 (Silver/White/Red) Men's Sizes: 7.0 - 13.0, 14.0, 15.0 Reg. Retail: \$100.00 Our Price: \$89.99

Pasics Hyper LD 4

G102N-0193 (White/Silver/Black) Men's sizes: 1.0 - 13.0, 14.0, 15.0

> Reg. Retail: \$60.00 Our Price: \$53.95

MLD5000

MLD5000B (Blue/Yellow) Men's Sizes: 7.0 – 13.0

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Zoom Victory 2 555365-071 (Black/Dark Grey/Volt) 555365-707 (Volt/Gold/Black) 555365-746 (Royal/Crimson/Volt

Zoom W 4

Reg. Retail: \$100.00

Our Price: \$89.99

Men's sizes: 4-13, 14, 15

553074-075 (Purple/White/Volt) 553074-603 (Pink/White/Black) 553074-760 (Volt/White/Pink) Women's sizes: 5.5 − 12.0 Reg. Retail: \$75.00 Our Price: \$67.50

Zoom Matumbo 2

526625-737 (Volt/Gold/Seguoia)

526625-470 (Royal/White/Volt)

526625-601 (Crimson/White/Black)



Zoom Victory

331036-430 (Blue/White/Green) Men's sizes: 4.0 - 13.0, 14.0, 15.0

> Reg. Retail: \$110.00 Our Price: \$98.95

Pasics Spivey LD W

G352Y-3325 (Purple/Punch/White) Women's Sizes: 5.5 - 11.0

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@asics Gunlap

G303N-0401 (Yellow/White/Black) G303N-5023 (Navy/Red/Silver) Men's Sizes: 5.0 – 13.0, 14.0 Reg. Retail: \$100.00 Our Price: \$89.99

WLD5000

WLD5000B (Blue/Pink) Women's sizes: 5.5 - 11.0

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Q34036 (Yellow/Black) Men's sizes: 4.0-15.0

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Q34037 (Yellow/Black) Men's sizes: 6-13, 14

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487624-001 (Black/Silver) 487624-430 ((Royal/Black/Green 487624-723 (Volt/Gold) Men's sizes: .0 - 13.0, 14.0, 15.0

> Reg. Retail: \$120.00 Our Price: \$107.95



Maxcat 4

549150-002 (Black/Silver) 549150-737 (Volt/Gold) **549150-401** (Royal/Green) Men's sizes: 4.0 - 13.0, 14.0, 15.0

> Reg. Retail: \$120.00 Our Price: \$107.95



Zoom Rival S 6

456812-403 (Royal/Green/Black) 456812-071 (Black/Gold) 456812-701 (Volt/Black) Men's sizes: 4.0-13.0, 14.0, 15.0

> Reg. Retail: \$65.00 Our Price: \$58.50



Celar 4 508990-737 (Volt/Gold) 508990-001 (Black/Silver)

Reg. Retail: \$120.00

Our Price: \$107.95

508990-050 (Black/Violet) omen's sizes: 4.0-13.0, 14.0, 15.0

> Reg. Retail: \$90.00 Our Price: \$80.95



Zoom Rival S 6 W

456811-053 (Black/Violet) 456811-761 (Volt/Crimson) 456811-530 (Grape/Volt) Women's sizes: 2.5 - 12.0

> Reg. Retail: \$65.00 Our Price: \$58.50

Pasics Japan Lite-Ning 4

G201Y-0190 (White/Black/Gold) Men's Sizes: 6.0 - 12.0.13.0



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⊘asics Prima Diva Sprint 2

G155Y-9737 (Titanium/Fuschia) Women's Sizes: 5.0 - 11.0. 12.0



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G306Y-0140 (White/Black/Blue) **G306Y-9093** (Black/Silver) Men's Sizes: : 4.0 - 13.0, 14.0, 15.0

> Reg. Retail: \$65.00 Our Price: \$58.50



adidas adiZero Prime SP



Q34049 (Yellow/Black) Men's sizes: : 6.5 - 12.0

> Reg. Retail: \$212.00 Our Price: \$190.75

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Q34042 (Yellow/Black) Men's sizes: : 7.5 - 14.0

> Reg. Retail: \$110.00 Our Price: \$98.95

saucony Showdown 2



20186-1 (White/Green/Blue) 20186-2 (Black/Silver/Citron) Men's sizes: 7.0, 13.0, 14.0

> Reg. Retail: \$100.00 Our Price: \$89.95

saucony Showdown 2 W



10186-1 (White/Pink/Blue) 10186-2 (Black/Silver/Blue) Men's sizes: 7.0, 13.0, 14.0

> Reg. Retail: \$100.00 Our Price: \$89.95

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Q34043 (Yellow/Black) Men's sizes: 4.5 - 13.0

> Reg. Retail: \$110.00 Our Price: \$98.95



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Q22641 (Pink/Silver/Red) Q22642 (White/Silver/Black) Men's sizes: : 5.0 - 12.0

> Reg. Retail: \$65.00 Our Price: \$58.50



MSD400 MSD400YB (Yellow/Black) Men's sizes: 7.0 - 13.0. 14.0

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WSD400 WSD400GP (Green/Purple) Men's sizes: 5.5-11.0. 12.0 Reg. Retail: \$100.00 Our Price: \$89.95

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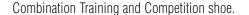
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383822-002 (Black/Silver) Kid's (Men's) Sizes: 1-6

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Zoom Rival D 5

414533-001 (Black/Orange) Kid's Sizes: 1-6

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Zoom Rival D 6

468649-036 (Black/Red) Kid's (men's) Sizes: 1-13

Suggested Retail: \$60.00 CLOSEOUT PRICE: \$29.99

Zoom TJ 2

383824-101 (White/Grev/Orange) Men's Sizes: 10-13

> Suggested Retail: \$60.00 CLOSEOUT PRICE: \$29.99

Zoom Rival S 6

456812-180 (White/Orangek) Men's sizes: 4.0-13.0, 14.0, 15.0

> Suggested Retail: \$60.00 CLOSEOUT PRICE: \$29.99

Zoom Rival S 6

456812-430 (Royal/Silver/FI Green) Men's sizes: 1-9.5

> Suggested Retail: \$60.00 CLOSEOUT PRICE: \$29.99

Zoom Rival D 5

414533-102 (White/Rose) Kid's Sizes: 1-6

Suggested Retail: \$60.00 CLOSEOUT PRICE: \$29.99



Zoom Rival D 6 468649-413 (Royal/Fl Green/White)

Kid's (men's) Sizes: 1-13

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20104-2 (Black/White)

Men's Sizes: 9.5-14

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