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Jay Silvester was a six-time world-record holder in the discus and competed on multiple U.S. national teams. He was also a member of four Olympic teams ('64, '68, '72

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Jay Silvester COUNTRY United States; DATE OF Discus Throw 70.38 The IAAF. ABOUT IAAF; School / Youth;

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### **Jay silvester - american profile**

In 1961, track and field athlete Jay Silvester became the first person to throw the discus more than 60 meters (196.85 feet). Silvester, who was born in Tremonton

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Of the 360 possible degrees that the wind can approach the discus throw, became the signature position of L. Jay Silvester in his long career.

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The 'Complete Book of Throws' (edited by four-time Olympian and six-time discus world record holder Jay Silvester) provides in-depth training and coaching information

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Jay Silvester (born 27 August 1937 in Tremonton, Utah) is a retired American athlete who mainly competed in the discus throw. He competed for the United States in the

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Jay Silvester. Inducted: 1998, athlete. Born: August 27, 1937 - Tremonton, Utah. Events Discus Throw - 68.40 m. Jay Silvester set his first of four world records in

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### **L. jay silvester (author of complete book of**

L. Jay Silvester is the author of Complete Book of Throws (3.33 avg rating, 9 ratings, 0 reviews, published 2003) and Weight Training (0.0 avg rating, 0

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Complete Book of Throws by Jay Silvester, February 2003, Human Kinetics Publishers edition, Paperback in English

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Discus Throw All-Time Rankings (with Jay Silvester) Jay Silvester (born in Tremonton, Utah) was an American athlete who mainly competed in the discus throw.

### **L jay silvester discus video | coachthethrows**

I consider L. Jay Silvester to be the founder of modern discus throwing in this country. He broke the world record in the discus 6 times, and in the process was the

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Dec 02, 2012 key discus throwing principles are shown using the photos take by phil bath of jay silvester.(world record holder) at the modesto relays.

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Jay Silvester Smashes World Discus Record FRANKFURT, Germany, Aug.' 11 (A-Jay Silvester, a United States army lieutenant from Tremonton, Utah, achieved one of his

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Jul 22, 2015 Arizona Baseball Coach throws out the ceremonial first pitch at the Marlins vs. Diamondbacks game July 22, 2015.

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