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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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LANCASTER It wasn't the world-record discus throw that Jay Silvester unleashed in 1971, but Aleksander Tammert of Estonia helped revive the Antelope Valley

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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

Jay silvester | throwholics

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 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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Jay Silvester - Throws (Inducted 1998) Born Aug. 27, 1937, Tremonton, Utah. A seven-time world record holder, Jay Silvester was a member of 18 U.S. national teams.

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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.

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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

Learn and talk about jay silvester, american

L. Jay Silvester (born 27 August 1937) is a retired American athlete who mainly competed in the discus throw. In this event he finished in fourth, fifth, second and

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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.

August 12, 1961 - jay silvester smashes world

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.

Jay silvester | zoominfo.com

Jay Silvester set his first of four world records in the discus in 1961 when he threw 198' 8". He later became the first in his event to exceed 220' when he threw 224

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