

## Great Hall NE/NW

## Dutch Gym Room 203

## SAC (Student Activity Center)

## Dutch Gym Room 201

Registration & Breakfast 8:00 - 9:00			
Dan O'Brien Preparing for your moment! 9:00 - 10:00			
Travel			
Dan O'Brien Mult events 10/7 10:15 - 11:15	Larry Todd - THS/USA Track and Field (downstairs turf field) Long Jump 10:15 - 11:15	Paul Limpf - Distance Tips, tidbits and tricks for distance coaches 10:15 - 11:15	Mary Wimmer - AIA AZ High School Track and Field 10:15 - 11:15
Travel	Travel	Travel	Travel
Ernie Clark - Hurdles Developing the 300H/400H in 3 Simple Steps 11:30 - 12:30	Sue Humphrey MPHS/USA Track and Field High Jump 11:30 - 12:30	Steve Selby - RMHS Distance 11:30 - 12:30	Turner Washington - USA Track and Field Discus 11:30 - 12:30
Lunch 12:30 - 1:00	Lunch	Lunch	Lunch
Travel	Travel	Travel	Travel
Jim Radcliffe - Oregon 1:15 - 2:15	Larry Todd - THS/USA Track and Field Triple Jump 1:15 - 2:15	Xavier Rodriguez - NPA Distance 1:15 - 2:15	Bradley Foote - NAU Shot Put 1:15 - 2:15
Travel	Travel	Travel	Travel
Ernie Clark - NAU Sprints - Max Velocity: Skills and Drills 2:30 - 3:30	Greg Hull - PCDS/USA Track and Field Pole Vault 2:30 - 3:30	Brad Curtis - NPP Distance 2:30 - 3:30	Jeremy Tuttle - GCU Javelin 2:30 - 3:30
Travel	Travel	Travel	Travel
Ernie Clark - NAU Hurdles - Maximizing Performance w/ Technique 3:45 - 4:45	Dr. Kaitlin Tuttle - Spooner PT Sports Medicine 3:45 - 4:45	Jim Radcliffe - Oregon Distance 3:45 - 4:45	Bradley Foote - NAU Discus 3:45 - 4:45