



Two Day Schedule

Time	Room No.	Room No.	Room No.	Room No.
6:00pm-6:45pm	Registration	Registration	Registration	Registration
7:00pm-7:45pm	Everything about Starts Paul Poise	Long Jump Ron Livers	Distance Matt Samuels	Blocks Jason Gable
8:00pm-8:45pm	Everything about Starts Paul Poise	Triple Jump Ron Livers	Middle Distance Bill Neely & Lenny Jordan	Shot Put Scott Menin

Time	Room No.	Room No.	Room No.	Room No.
9:00am-9:45am	Pole Vault Richard Swanker	Long Jump Dr. Beale	Hurdle Technique Lowery Bro's	Shot Put Scott Menin
10:00am-10:45am	Sprints Michael Adams	Middle Distance Bill Neely & Lenny Jordan	Tech Tools Dan Nelson & Jay Jones	High Jump Carl Smith
11:00am-11:45am	Blocks Jason Gable	Clearing House Rapp Curry	Injury Prevention & Performance Improvement Shon Grosse	Triple Jump Dr. Beale
12:00pm-12:45pm	Lunch	Lunch	Lunch	Lunch
1:00pm-1:45pm	Long Hurdles Lowery Bro's	Distance Mike Cox	Tech Tools Dan Nelson & Jay Jones	Pole Vault Richard Swanker
2:00pm-2:45pm	Sprints Michael Adams	Relays Robert Massie	Distance Matt Samuels	High Jump Carl Smith
3:00pm-3:45pm	Blocks Jason Gable	Relays Robert Massie	Injury Prevention & Performance Improvement Shon Grosse	Distance Mike Cox