

I-20 Track & Field Clinic Schedule

Friday, January 6th, 2012

6:00 pm – 7:15 pm Dino Jones – Sprints & Starts

7:30 pm – 8:45 pm Tom Slagle – Pole Vault From The Ground Up

Saturday, January 7th, 2012

8:30 am – 9:45 am Jeff Jones – Simplifying the Long & Triple Jumps

10:00 am – 11:15 am Brittney Lanehart – Cross Country/800 M Training

LUNCH PROVIDED

1:00 pm – 2:15 pm Jerry Johnson – McMurry Style Shot Putting

2:30 pm – 3:45 pm Traci Neely – Track Rules & Regulations Update

4:00 pm – 5:15 pm Eddie Favila – Quarter-Milers

5:30 pm – 6:45 pm Jim Fillingim – Lady Piper Relays - Peaking at the Right Time

7:00 pm – 8:15 pm Barbara Crousen – McMurry University Style Hurdling

**If weather permits, a speaker may
hold demonstration outside.**

**SPEAKERS WILL BE ASKED TO TEACH
FOR 1 HOUR, WITH A 15 MINUTE
QUESTION & ANSWER SESSION
IMMEDIATELY FOLLOWING.**

**Got
TO
SPECIALTIES**

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