

	Session #1 - 1:15 - 2:00pm	Session #2 - 2:05 - 2:50pm	Session #3 - 3:35 - 4:05pm
Cafetorium	Parents: College Recruiting Panel - Anjanette Arabian-Whitman(Lutheran West), Jeremy Wilk(Northwood University), Dennis Mitchell(Akron University), Tyler Mettille(Kent State University), Ryan Ladd(Baldwin Wallance University), Madeleine Outman(Cleveland State University)	800 and 4x800 Relay: Jeremy Wilk(Northwood University)	11th and 12th Grade Athletes: College Recruiting Panel-Zac Ball (Northwood University), Jason Hudson(Oberlin College), Ty Griffin(Kent State University), Ryan Ladd(Baldwin Wallance University, Myles Tyler(Cleveland State University), Bridgete Franek(Akron University)
North Gym	Shot Put Techniques - Zac Ball (Northwood University)	Discus Techniques - Mike and Emily Pendelton(Geneoa High School)	K-6 Youth Combine - Amherst Steele High School Captains
South Gym	Sprints Starts and Relays for Sophomores and Younger Athletes - Mike Schober(Kent State University)	Sprints Starts and Relays for Juniors and Seniors- Mike Schober(Kent State University)	
Choir Room	400 and 4x400 Relay - Ralph White(Cleveland State University)	Parents: Injury Prevention - Tim Berger(Muskingum University)	Neuroplasticity - Tim Berger(Muskingum University)
Band Room	High Jump #1 - Mike Lugar(Amherst Steele High School)	High Jump #2 - Tyler Mettille(Kent State University)	Coaches: High Jump- Tyler Mettille(Kent State University)
Gym Lobby	Pole Vault #1 - Tim Mack(Olympic Record Holder)	Pole Vault #2 - Dennis Mitchell(Akron University)	Coaches: Pole Vault - Tim Mack(Olympic Record Holder)
Weight Room	Sprints Strength for Juniors and Seniors - Myles Tyler(Cleveland State University)	Sprints Strength for Sophomores and Younger Athletes - Myles Tyler(Cleveland State University)	Coaches: Sprints and Jumps Strength- Mike Schober(Kent State University)
Room 319	Distance Events: Preparing to Compete Your Best! Bridgete Franek(Akron University)	1600 and Distance Relays - Anjanette Arabian-Whitman(Lutheran West)	Injury Prevention - Mercy
CLC	Coaches: Sprint Start Video Analysis - Jason Hudson(Oberlin College)	Coaches: Video Analysis of Hurdles- Jason Hudson(Oberlin College)	Track and Field Yoga - Tanna Torkelson(Threads of Wellness)
Room 127		Coaches: The 400 and 4x400 Relay - Madeleine Outman and Ralph White(Cleveland State University)	Hurdles - Madeleine Outman(Cleveland State University)
Room 150		Coaches: Distance: From High School Athlete to Olympian - Bridgete Franek(Akron University)	Coaches: Distance Training Periodization - Jeremy Wilk(Northwood University)
PE Weight room	Coaches: Distance Strength - Terry Kemp(Amherst Steele)	Coaches: Throws Strength - Zac Ball (Northwood University)	Throws Strength - Justin Rodhe - Rodhe Sport
Upstairs hallway	Long Jump Techniques - Dan Kinsey	Coaches: Long Jump Techniques - Dan Kinsey	
Wrestling Room	Coaches: Discus Techniques - Mike Pendelton(Geneoa High School)		Coaches: Shot Put Techniques - Mike Pendelton(Geneoa High School)

Notes:	Colors:
Doors open: 12:00pm	White: Athletes
Opening Ceremony: 1:00pm	Green: Parents
Lunch: 2:50pm to 3:35pm	Gold: Coaches
Closing Ceremony: 4:10pm to 5:00pm	Grey: Youth