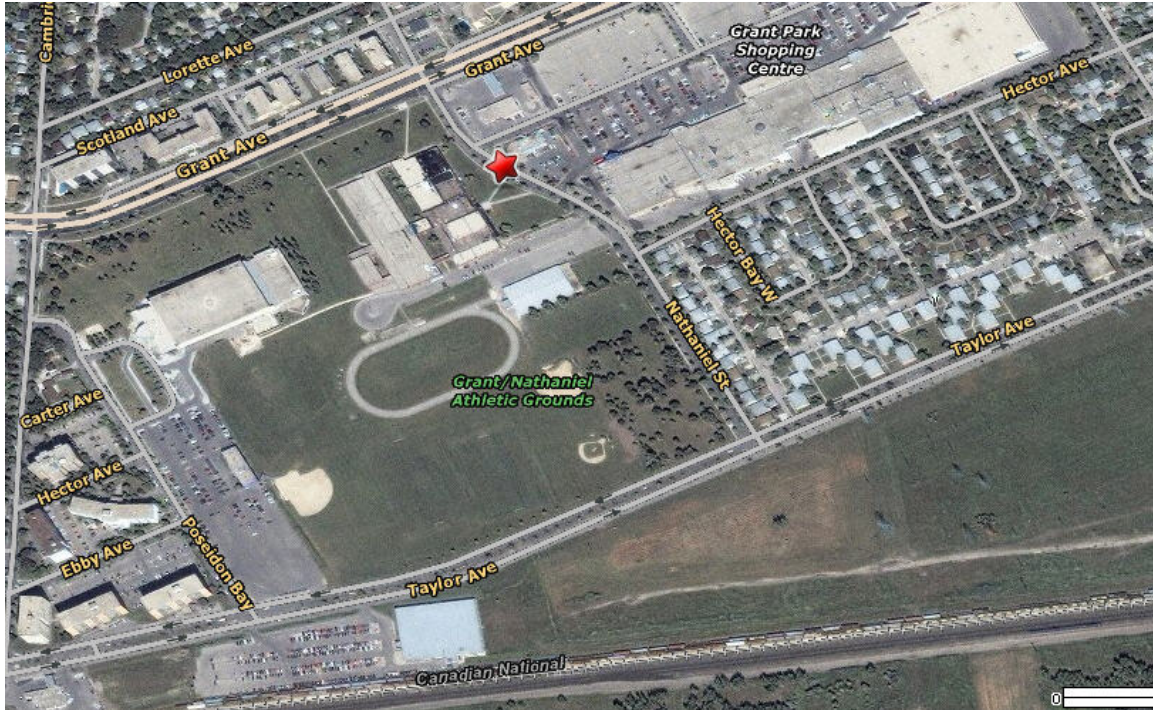


Jun 2, 2007 Testing Camp Schedule **Revised2 on May 28, 2007**

9:30 am – Meet at Grant Park High School Track - 450 Nathaniel Street near the Pan Am Centre



Gather Forms and Payment

10 am 1000 m Time Trial (TT)

11:15 am Classroom 231 Sport MB – discuss changes to the scorecard, discuss athlete goals and opportunities, lunch

12:30 Sport MB Fitness Centre - CCC strength test, measurements for sit and reach, vertical jump, standing long jump, height and weight measurements

2:00 Drive to Grant Park High School for the 3000m TT

2:30 3000m TT

3:30 Stretch and Finish

Things to bring

- Extra change of clothes and runners in case it rains
- Lunch
- Water Bottle
- Hat
- Sun Screen

Any questions call Rob Kirchmann at 237-3950 or 226-7740 - volunteers are needed for driving and testing.