

Saturday, February 6, 2010 9:00 a.m. – 2:00 p.m.
Boys & Girls Athletes & Coaches

<p>2010 Midwest Sprints/Hurdles/Jump Clinic Lawrence Central High School 7300 E. 56th Street Indianapolis, IN 46226 Mike Holman Office-317-964-7657 mhtrackfield1@yahoo.com</p>	<p>2010 Midwest Throws Clinic Lawrence Central High School 7300 East 56th Street Indianapolis, IN 46226 Mike Holman Office-317-964-7657 mhtrackfield1@yahoo.com</p>
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**Learn from the best - Come dressed to participate - \$20 pre-registered / \$30 at door
 Registration form / \$20 pre-registered (includes T-Shirt)**

<p>Midwest Sprints/Hurdles/Jumps</p> <p>Sprints/Hurdles/HJ/PV/ LJ</p> <p>Learn by Doing</p>	<p>Midwest Throws Clinic</p> <p>Shot Put/Discus</p> <p>Learn by Doing</p>
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Check correct box			
first name	last name	Throws	S/H/J
first name	last name	Throws	S/H/J
first name	last name	Throws	S/H/J
first name	last name	Throws	S/H/J
first name	last name	Throws	S/H/J
first name	last name	Throws	S/H/J
coach's name		Throws	S/H/J
school	address		
phone #	e-mail address		
city		state	zip

<p>Coach's special: reregister 6+ athletes, coach attends free</p> <p>Mail to: Mike Holman 7682 Bayridge Drive Indianapolis, IN 46236</p>	<p align="right">Post Mark by February 4 2004</p> <p align="right">Checks payable to: Mike Holman</p>
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