



**UNIVERSITY OF IOWA**  
**Track and Field/Cross Country**  
**Coaches Clinic**  
Sunday, January 17, 2010

**SPEAKERS: IOWA TRACK AND FIELD STAFF**

**Layne Anderson:** Coached cross-country team to 10th in the NCAA

**Larry Wiczorek:** NCAA Regional Cross Country Coach of the Year

**Scott Cappos:** Coach of 17 All-Americans and 22 Big Ten Champions

**Joey Woody:** Silver Medalist (400m Hurdles) at World Championships

**Christi Smith:** Former NCAA Champion Heptathlon

**Clive Roberts:** Coach of several MAC Champions before coming to Iowa

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**TENATIVE SCHEDULE**

Sunday, January 17th

9:30 a.m. Registration (indoor track)

10:00 a.m. Larry Wieczorek  
Distance training

Christi Smith  
Warm up for power events

11:00 a.m. Joey Woody  
400m hurdle training

Scott Cappos  
Discus

12:00 p.m. Lunch break

1:30 p.m. Layne Anderson  
Training women distance runnerS

Clive Roberts  
100/110m hurdles

2:30 p.m. Joey Woody  
Sprint training (100-200m)

Scott Cappos  
Special training for field events

Q and A with Layne Anderson and Larry Wieczorek

**Contact Scott Cappos for details: [scott-cappos@uiowa.edu](mailto:scott-cappos@uiowa.edu) or (319) 335-9392**

**Registration form (print clearly)**

Name \_\_\_\_\_

School \_\_\_\_\_ Email address \_\_\_\_\_

**Mail check to: Iowa Track Clinic- 227 CHA-Iowa Track and Field, Iowa City, Iowa 52242**

**Cost:**

**\$50.00 per coach ----- \$150.00 school group rate (up to five coaches)**