

POST – Porritt Classic WORKSHOPS



SUNDAY Feb 11th 9am - 11am at Porritt Stadium

- **HURDLES** (short and long hurdles) no cost
 - Criss Strange (Waikato-BOP)
 - Colin Hokualohi Pidot (Hawaii)
 - Jill Morrison (Canterbury) TBC
 - Brent Booker (ACA)
 - Skills, drills, and sharing – Supported by *NZ Hurdles Group



*and Lodge Real Estate

(14 years and over)

- **HORIZONTAL JUMPS** HP (long jump focus)
 - Terry Lomax (ANZ Jumps , event group lead)
 - Run up, take off, flight, training exercises

REGISTRATION not necessary but don't be late for the 2hr workshop window

Enquiries to crissstrange@gmail.com

“HURDLES and HORIZONTAL JUMPS”