

Programme European Pole Vault and High Jump Conference
March 14th-16th 2014 Cologne

<u>Tag</u>	<u>Zeit</u>	<u>ALLGEMEIN.</u> <u>GENERAL</u>	<u>POLE VAULT</u> <u>HÖ 1, Lecture Hall 1 / Halle, hall</u>	<u>HIGH JUMP</u> <u>HÖ 2, Lecture Hall 2 / Halle, hall</u>
Fri, 14.03.	16:00	Eröffnung / <i>Opening</i> (Hö 1, Lecture Hall 1)		
	16:20	Top Athlete Career Report (Hö 1, Lecture Hall 1)		
	17:20	KEYNOTE I Jeremy Fischer "Season planning at the US-OTC Chula Vista" (Hö 1, Lecture Hall 1)		
	18:30	Talk to the speakers Two Groups in Lecture Hall 1 / 2		
	19:30	Abendessen, <i>Dinner</i> (Mensa)		
Sat, 15.03.	08:30	KEYNOTE II Gerd Peter Brüggemann/ Kirsten Albracht "Muscle and tendon stiffness" (Hö 1, Lecture Hall 1)		
	09:30		Phillipe D'Encausse "The French Season Planning" (Hö 1, Lecture Hall 1)	B. Kurschilgen/ H.J. Thomaskamp / W. Ritzdorf "Technical Considerations on the athletes in the study" (Hö 2, Lecture Hall 2)
	10:30	Kaffeepause / <i>Coffee break</i>		
	11:00		<u>Practical</u> Phillipe D'Encausse (Halle, hall)	<u>Practical</u> Jeremy Fischer (Halle, hall)
	13:00	Mittagessen, <i>Lunch</i> (Mensa)		
	14:15	KEYNOTE III Christian Reif /Uli Knapp "Season planning in the horizontal jumps" (Hö 1, Lecture Hall 1)		
	15:30		Chauncey Johnson "My Season Planning" (Hö 1, Lecture Hall 1)	Francois Richter "Short term interval diagnostics" (Hö 2, Lecture Hall 2)
	16:30	Kaffeepause, <i>Coffee Break</i>		
	17:00		<u>Practical</u> Chauncey Johnson (Halle, hall)	<u>Theory / Practical</u> Dietmar Mögenburg I "Jumping drills" (Halle, hall)
19:00	Bankett, <i>Get Together</i>			
Sun, 16.03.	09:00	KEYNOTE IV Kirsten Albracht "Findings of the research project" (Hö 1, Lecture Hall 1)		
	10:15		<u>Theory / Practical</u> THE NORDIC POLE SYSTEM (Hö 1, Lecture Hall 1)	<u>Theory / Practical</u> Dietmar Mögenburg II "Technical training" (Halle, hall)
	11:30	Zusammenfassung der Arbeitsgruppen / Diskussionen / Praktika <i>Summary of workgroups / discussions / practical</i>		
	12:15	Abschluss Mittagessen, <i>Closing lunch</i>		