

Downtown YMCA	2009 Southeast Multisport Expo Schedule
8:00 A.M. – 12:00 P.M.	Team Magic Indoor Triathlon Ongoing
10:00 A.M.	Expo opens
10:00 A.M.–4:00 P.M.	Exhibits and Featured speaker autograph signing at expo booths
10:30 A.M.– 10:50 A.M.	Expo Welcome Message – Melissa Hudson-Gant and Kathleen Johnston Expo Co-Chairs. Review of Team in Training programs. Review of USAT-SE Regional programs.
11:00 A.M.– 12:00 P.M.	“Fueling for Long Course Triathlon” – presented by Mari-Etta Parrish, RD & certified sports nutritionist, and Kathleen Johnston, USAT Level II certified coach
12:00 P.M.– 1:00 P.M.	“Training with Power” – presented by Todd Nordmeyer, USAC Level 1 certified coach
12:00 P.M.– 2:00 P.M.	Complimentary lunch – Presented by Jim N Nicks BBQ
1:00 P.M.– 2:15 P.M	SHEILA TAORMINA – Featured Speaker 4 time Olympian in 3 different sports – swimming, triathlon, modern pentathlon
2:15 P.M.– 2:30 P.M.	Downtown Y Indoor Tri Awards – presented by Team Magic
2:30 P.M.– 3:00 P.M.	Multisport Fashion Show – presented by ACME Multisports
3:00 P.M. – 3:15 P.M	Product Giveaways
4:00 P.M.	Expo closes