

**Governor's Games  
Elementary Championship Fitness Meet 2019  
Alexandria Senior High**

**Game Plan**

9:00-9:30 a.m.....Registration  
9:30-9:45 a.m.....Coaches Meeting  
9:45-10:00 a.m.....Preparations for Opening Ceremonies  
10:00 a.m.....Opening Ceremonies

Olympic-style Parade

Presentations of Colors.....ROTC

National Anthem

Pledge of Allegiance.....Rapides Parish Student

Opening Remarks.....Rudy Macklin, Executive Director  
Governor's Council on Physical Fitness  
and Sports

Stretching/Warm-up

10:30 a.m.....50-Yard Dash  
11:00 a.m.....Station 1.....Shuttle Run  
                  Station 2.....Sit and Reach  
                  Station 3.....Curl-ups  
                  Station 4.....Standing Long Jump  
                  Station 5.....Pull-ups  
(Rotate every 30 minutes to next station)

12:30 p.m.....600-Yard Run  
1:20 p.m.....Guest Speaker  
2:00 p.m.....Awards and Closing Ceremonies