

1 HOUR - VINCE POSCENTE'S AV SEQUENCE

Approx. Timing	Action	Cue	Approx. Length
1. __0__min <i>*A/V Tech to fill in actual times</i>	Play TRACK 1 of Audio (walk up music)	IN: "...please welcome Vince Poscente." OUT: 3 second fade out of music when Vince starts speaking	30 seconds or less
2. __10__min	Play SEG. A of video Begin sound med. loud. Bring under Vince's voice when he speaks.	IN: "Let's watch a video of the sport of speed skiing..." OUT: video goes black	3 minutes
3. __30__min	Play TRACK 2 of Audio MEDIUM LOUD	IN: After teaching the hip and arms, Vince will say... "Now let's put it together." OUT: "Give yourself a hand," as Vince steps down from the chair.	20 seconds
4. __32__min	Play TRACK 3 of Audio MEDIUM LOUD	IN: Vince says "Hit it!" after he has volunteer on stage OUT: "Let's give our volunteer a hand."	15 seconds
5. __45__min	Play TRACK 4 of Audio LOUDLY!!	IN: With volunteers at side of stage. "... at the Opening Ceremonies of the Olympic Games." OUT: "Let's give our Olympians another hand."	1 minute
6. __50__min	Play SEG. B of Video	IN: "Let's watch the Gold Medal run at the Olympic Games in Albertville, France" OUT: Video goes black	3 _ minutes
7. __59__min	Play TRACK 5 of Audio	IN: Start music bed when says "125 mph" (as audience takes final run down the mountain) Full Volume. When he says, "I want to do that again." OUT: (when MC retakes the stage)	Play until the MC steps back up to the podium