

Hey Coaches!

We are very excited to have you all visiting this weekend. We are hoping for a competitive and efficient meet.

A couple of quick notes.

1) I need a few volunteers for field events. We have most everything covered, but need help in a few areas. I need a few volunteers to help run the Long Jump and Triple Jump. I will have some volunteers there to help rake. However, I need some people who know how to run the event. I have very experienced people in all other areas. With that being said, if there is another event that some of you would like to assist in, just let me know. **Long and Triple are the two that I really need assistance with** though.

- Please email me if you are willing to volunteer. My email is **zach.white@mdcademy.org**

2) I need 3 volunteers for 4x100m relay exchange zones.

3) Parking- Buses will park on the far right of the grass lot up at the top of the stadium. Spectators will need to park in the parking lots by the GYM. The parking lot closest to the track and the lower parking lot by the track will be closed off for handicap.

4) Tents- You may set up your tents on the hill behind the discus and shot area (the tree covered hill) OR you may set them up in the grass lot next to the track behind the BULLDOG statue.

5) Gate Fee: The gate cost is 5 dollars for spectators.

6) Concession Stand: The concession stand will open at 8:00 AM

7) Meet Entry Fee: We have a list of who has paid so far. If you have not paid then please bring your check to the concession stand once you get to the meet.

8) SCHEDULE- HOME MEET #1

Events will be on a rolling schedule after the 4x800M relay.

8:00 AM- 3200M Run

8:00 AM- Girls High Jump
Girls Long Jump
Girls Shot
Boys Long Jump
Boys Pole Vault
Boys Discus

9:15 AM- Boys High Jump
Boys Triple Jump
Boys Shot
Girls Triple Jump

Girls Pole Vault
Girls Discus

10:30 AM- 4x800 M Relay
110/100 M Hurdles
100 M Dash
1600 M Run
4x100 M Relay
400 M Dash
300 M Hurdles
800 M Dash
200 M Dash
4x400 M Relay

11:00 AM- Girls Javelin
Boy will Follow

8) Awards will immediately follow the last event.

**Sincerely,
Coach White**