

**Rock Springs Junior High Track
Itinerary
Saturday April 14, 2018
Lyman Invitational @ Lyman High School**

Departure time-	7:45 A.M. (dress in your sweats for the bus ride, be here by 7:35 AM)
Arrival time-	9:00 A.M. Set up team camp (get ready to warm up.)
Warm up-	9:05 A.M. Team warm up
Get marks-	9:30 A.M. Get marks for jumping events, warm up throws
Meet time-	10:00 A.M. Field events begin for 8 th graders 10:00 A.M. Running events begin for 7 th graders
Leave Meet-	4:00-5:30 P.M. (Subject to change need to have buses all day)
Return to <u>RSJH</u>-	6:00-8:00 P.M. (Road conditions, meet delays, etc. may change the time)

NOTE TO BUS BARN/BUS DRIVERS...WEATHER AND OTHER FACTORS
MAY CHANGE THE ABOVE TIMES

REMINDERS:

1. Bring a lunch to eat during the track meet.
We will not be stopping at a restaurant.
2. **Dress for cold weather**, you can always take clothes off. It's hard to put on what you didn't bring.
3. Remember to bring suntan lotion, lip balm, sunglasses, etc.
4. If you are going home with your own parents, you need to sign out before you leave with your division coach.
5. Improper behavior will result in dismissal from the team.
 - a. You will not be recognized as a member of the RSJH track team.
 - b. RSJH has a proud tradition of producing students, athletes and well mannered individuals.

TRACK MEET RULES:

1. Support your teammates.
2. If you are in a relay, get your teammates together to practice before.
3. Ask questions if you do not understand something.
4. Learn and compete to the best of your ability.
5. Remember, you are representing Rock Springs, RSJH, your coaches, your team, your parents and yourself.
6. You are not permitted to leave the school grounds for any reason without written permission from your own parents and Mr. Bedard.

**Together
Everybody
Achieves
More**

Have fun, if you need help or have a question, ask one of the coaches.
Keep in mind **You** always take first if **You** improve on **Your** time, distance, or height.