

Meet Sheet
Roosevelt vs Thomas
South Middle School, 400 S Highland Ave, Arlington Heights
Wednesday, 4.17.2024

THIS TENDS TO BE A CHILLY MEET! PLEASE BE SURE YOUR STUDENT
HAS WINTER COAT, HAT, GLOVES AND LONG SWEATPANTS!

Early dismissal will be at 2:30 pm. Please change into your uniform quietly, use the restroom and fill your water bottle prior to meeting the bus outside. Bring your coat, hat and gloves!!! Really!!!

Meet start time: approximately 3:30 pm

Meet duration: approximately 2-2.5 hours, depending on weather and other factors

Return to Roosevelt: Likely around 6:45-7pm, although we cannot predict an exact time. We will send out a Remind text message about 15 minutes prior to arrival.

Remember that all students will ride the bus home unless you sign them out with Coach Letz. You are only permitted to transport your own child unless the child's parents email permission to Coach Starr and Coach Navolio the day BEFORE the meet at starrl@district90.org and navoliom@district90.org

Order of Events:

(Students have received their event assignments at practice.)

Hurdles

100m

1600m

4x200 relay

4x100 relay

400m

200m

800m

4x400 relay

Shot put, discus (may be cancelled- TBD) and long jump will happen during the track events.

1. **Please bring a winter coat, hat, sweatpants and gloves to the meet, since it will get cold late in the day!!!**
2. Bring a nut-free snack
3. Bring a water bottle
4. Wear your uniform with base layers underneath for warmth