**Where**: Damien High School

Meet opens at 8; field events start at 9, first race at 9 (Luis in the 1600)

**What to bring**:

* Running shoes (!)
* \*Healthy\* snacks- this is a long day, and there is a decent amount of time between some events, so please bring easily digestible and healthy snacks that won’t weigh the kids down or make them feel sick and sluggish
* WATER- lots of it (again, it’s a long day)
* Warm clothing for warm up and after events (it’s cold in the morning)
* Shorts or running short tights.
* I will hand out OLA track tech shirts on the morning of the meet to those who do not have them. \*\*would anyone like to help me with this?\*\*\*
* Sunscreen/hats
* Something to read or low-key activity to do between events
* $5 for adult admission. Kids under 18 are free.

**How it works:**

* Please show up at least 35 minutes before your event.
* The kids report to Roger Emard or another volunteer parent (TBA) to get their entry stickers for the events. They put the stickers, which have their name, event and OLA written on them, on their shirts so the officials can pull them off after the finish line. This is how the meet directors keep track of timing and placement.
* The kids check in with the Clerk of the Course 15 -30 mins before their event. They are staged there and then escorted out to the track, and the race begins.
* Have your kids warm up before they run. We have not been to this meet before, but there might be a place near the Clerk or on the field where we can warm up like at other meets.
* If a **field** event and a running event are at the same time, the **running event takes priority.** Check in for the field event and then inform the field event clerk that you must go to your running event. Go run and then immediately go back to the field event when your race is over.
* No parents are allowed on the track, field or at the Clerk.

**Other tips:**

* It will be a big help to me if parents to pay attention to the meet and help orchestrate getting the kids down to the field. Please know what event your kids are in and the approximate timing. We’ve never missed an event, but having your help in pointing the kids to the right place makes it stress free for all. You don’t have to walk – just point out. I will make sure the kids get into the race.
* It’s a good idea to print out the entry sheets on Sat. morning (I might make changes up ‘til Friday night) and the meet schedule so you have them in hand
* It’s hard to hear my cell phone during the meet, so it will be off.
* Eat a good breakfast!

This will be great! Everyone walks away a winner!!! GO OLA!!!!