

## Pine View Invite

Friday/Saturday the 22/23rd is a big trip to a big invite at Pine View High School. The weather looks nice and we should be ready to get some PR's this season! Be on time, in uniform, with sunscreen, ready to compete! There will be no buses for this meet, so athletes that attend will need to fill out the Liability Release form and have parents provide their transportation and housing for this meet. **Please be to the meet 90 minutes before your first event.** 

\*Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<u>Uniform:</u> (on when you get to the bus) No Outside Clothing!	First events are at 2:00 pm	No Buses – Have a plan!
\$\$\$ for food if they have a snack bar.	Check in at your field events and ask questions so you understand the process.	Arrive at PVHS: 90 min before 1 <sup>st</sup> event each day
Running shoes/Spikes and extra pair of socks	Check the entries online to see what you are in!	Communicate early with your coach if you can't make this meet!
Food: ex: bagels, bananas, fruit, water and Gatorade	These events count as state meet qualifiers!	The weather says 70's and sunny!
Extras: Sunscreen, water	<b>Pine View High School</b> 2850 E 750 N St, St. George, UT	Time to step up!

