

Wednesday Oct 30th is our Utah 6A State Meet. The weather looks changing by the hour, so be prepared for cold and maybe a bit of snow early. It will be much cooler than it has been, so bring layers. The State Roster for each gender will be riding the bus to and from the meet. Make sure you have plenty of food for the day. Please check the meet schedule below so that you know when and where you are racing at the meet. We highly encourage our athletes that are not competing to come up and cheer on their teammates for this meet! 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! Limited Jewelry	First 6A event is at 12:00 pm	MS Release: 9:20 am HHS Release: 9:30 am
\$\$\$ for T-shirt or snack bar	This is what we have worked all season for. Time to step up!	Bus Leaves School: 10:00 am
Running shoes/Spikes and extra pair of socks	Varsity Boys – 12:00 pm Varsity Girls – 12:30 pm Awards – 1:00 pm	Arrive at Meet: 10:30 am
Food: ex: bagels, bananas, fruit, water and Gatorade	Bus leaves from the north side of the high school by the main gym	Leave Meet: 2:15 pm
Extras: Sunscreen, back-up water	Sugarhouse Park 1330 2100 S, Salt Lake City, UT	Arrive at HHS: 2:45 pm

