



# 2024 Airshow Invite

Friday, we head over to the Airshow Invite at Cedar Valley High School in Eagle Mountain. The weather looks good but bring lots of layers for later in the meet as it gets cold. This meet does go later into the night. Parents can check their athlete out and take them home after their last event as needed. The bus leaves at 10:00 am, so make sure to set an alarm and be to the school on time. Make sure you get out of class and get your equipment loaded on the bus. The bus should be home sometime around 8:40 pm, but could go later if there are delays.

Please email Coach Soles with questions.

What to bring?	Important Meet Facts	Time Schedule
<b>Uniform:</b> (on when you get to the bus) No Outside Clothing!	First events are at 11:30 am for Field Events and 12:00 pm for Track	Frosh out of class: 9:15 am HHS out of class: 9:40 am
<b>\$\$\$</b> for food if they have a snack bar.	This is a big varsity meet, be prepared to compete at your best!	Bus Leaves School: 10:00 am
<b>Running shoes/Spikes</b> and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 10:40 am
<b>Food: ex:</b> bagels, bananas, fruit, water and Gatorade	<b>Buses leave from the north side of the high school by the main gym</b>	Leave Meet – 8:00 pm
<b>Extras:</b> Sunscreen, water	<b>Cedar Valley High School</b> 1389 Aviator Ave, Eagle Mountain, UT	Arrive at HHS: ~8:40 pm

**At the end of the meet before we head to the bus, make sure:**

- Our team area is cleaned up!
- We have all our batons, shot put, javelin, and discus, and vault equipment.
- You have your personal apparel and competition shoes in your bag.
- Congratulate the opposing athletes, parents, coaches and thank them for hosting the meet.
- You look after our 9<sup>th</sup> graders and make sure they have all their stuff, had a good time at the meet, and ask them what they learned and how they had fun.
- Find ways to contribute to everyone making it to the bus on time and ready to head back to HHS (pack up canopies, ask coaches how you can help, etc).

