

Lunch Dismisses at @ 12:27 Today

Bus leaves @ 1:00pm, that gives you 33 minutes to be:

1. Dressed in EXETER GEAR
2. Have EVERYTHING YOU NEED TO COMPETE
3. GO GRAB A QUICK LUNCH IF YOU WANT, WE HAVE FOOD FOR YOU
 - a. DO NOT BE LATE, if you leave campus
4. Help Coach Sheldon and Coach Reed Load up
5. Check in with Coach Sheldon for attendance.
6. BE ON THE BUS Ready to roll.

Once we are there:

1. Help unload items, take PERSONAL items off the bus.
2. Set up camp underneath the trees in our normal spot.
3. Set -up Trash bags
4. Post Schedule of events on trees
5. Locate restrooms
6. Eat lunch with the items Coach Reed purchased for you all.
7. Relax and Enjoy
8. PICK UP TRASH!!!!
9. DON'T BE "THAT" TEAM
10. MAKE OTHER TEAMS WANT TO BE US!!!!

Start getting yourself ready to compete @ 3:00pm.

Check-ins are 30 minutes BEFORE EVENTS... BE RESPONSIBLE

WARM-UP PROPERLY

- Better to Keep Warm-up pants on than your top, **BEST WARM-UP** is to keep Warm-ups on until the START OF THE RACE or BETWEEN ATTEMPTS... THAT IS WHAT ALL THE BEST ATHLETES DO.
- NO ELECTRONICS
- BE READY FOR THE HURDLE CREW IF YOU ARE NOT COMPETING AT THE TIME.... BEAT WHITNEY TO THE HURDLES!!!!
- MAKE OTHER TEAMS WANT TO BE US!!!!