

# SOLDOTNA Invite - Track & Field: April 19-20, 2024

We will be staying at Soldotna High school. Please bring:

- a sleeping bag, pillow and/or air mattress.
- bring your own towel and personal hygiene items (soap, deo, toothbrush)
- uniform, solid black clothes for under uniform, warm-ups, spikes (1/8" metal only), running shoes. Plan for poor weather conditions (wind, cold)
- **Feel free to bring your own food, cold storage will be limited. HEALTHY FOOD ONLY!!!!**
- Dinner: We will have a pasta dinner available to purchase for \$8
- Breakfast and snack items (Bagels, peanut butter, oatmeal, granola bars, fruit will be provided for you) PARENTS – we are looking for donations
- Please note that you are expected to be training for track & field. Be prepared mentally for your future events. If you are done with your events for the meet, cheer/watch other events. It is not OK to hide out in the tent or run around inside the school. Bring warm clothes. Your behavior on this trip affects your future entries in our very limited meets.
- Please use this itinerary to help you meal plan. Many athletes are not familiar with purchasing their own food on away trips, so please discuss good options for your athlete ahead of time or plan on bringing some of your own food.
- Saturday morning has only one bus for breakfast at 8:45am. Be ready or the bus leaves without you. Jumpers start very early - and will not make the bus for breakfast - so please plan ahead for your food.

*NOTE: Entries are limited on this meet as well as transportation. Not every athlete will get to travel. There is a mini meet at Colony on WEDNESDAY, April 23rd for those that do not travel and for extra race practice.*

**Questions can be sent to:**

**Coach Varys - [Leslie.varys@matsuk12.us](mailto:Leslie.varys@matsuk12.us),**

**or 907-315-7159**

## **Friday, April 19<sup>th</sup>**

- **6:30am Leave Wasilla High - be at Wasilla by 6:15 PLEASE**
- **10:15pm** (approx.) Stop in Fred Meyer in Soldotna. Restrooms and lunch/food for the day - dinner will be later
- **11:00am** – Arrive at Soldotna High - coaches meeting
- **11:45am** - First Call for Field events
- **1:00pm - High Jump**
- **2:00pm Running Events/Prelims start**
- **6:30pm** - Bus to leave for those that need dinner or breakfast items for the next day
- **9:30pm** – Boys and Girls in own rooms
- **10:30pm** lights out. Phones will be turned in and returned in the morning.

## **Saturday, April 20<sup>th</sup>** -

- **8:00am WAKE UP (jumpers 7:45)**
- **8:00am - Some breakfast items will be available**
- **8:30am – Jumpers to venue and warmed up**
- **\*\* 8:45am bus will leave for store. Jumpers should already have food\*\***
- **9:45am - Throwers check-in**
- **11am – 6pm** (approx.) Track Meet
- **6:30pm** – Leave Soldotna (will stop at Fred Meyers)
- **10:00pm** - Arrive back at Wasilla High \*\* depends on how long the meet lasts\*\*

**Please have your ride ready at WHS!!**