

## **Meet Info - HS: Central Idaho Invitational**

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**Who:** High School Track and Field

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**What:** Central Idaho Invitational

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**When:** Saturday March 16, Field Events @10:30, Running Events @10:45

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**Where:** Lapwai High School

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**Depart:** Meet @ Charter NLT 7:15 AM to leave by 7:20 AM (~2.5 hour travel)

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**Return:** Tentatively leave Lapwai by 5:00 PM and return to CDA between 7:00 – 7:30 PM

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### **Weather:**

- High: 60
  - Low: 43
  - 20% chance of rain
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### **Necessary Items:**

- Uniform and track gear (warm-ups, training shoes, spikes, etc.)
  - Weather appropriate gear (change of clothing, rain gear, hats, gloves)
  - Water
  - Food (snacks for morning and afternoon and some kind of lunch)
  - A few dollars for gas money to their parent driver (suggested)
  - Any canopy tents would be greatly appreciated!!!
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### **Coaches:**

- Robby Miles - 818-6426
  - Caleb Orr - 819-4953
  - Jake Bowman - 818-3396
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### **Travel Directions:**

- I-95 South to Lewiston
  - US 12 East to I-95 South (Follow signs for Boise)
  - Cross Clearwater River and the Lapwai exit is just down 2-3 miles on I-95
  - As you enter Lapwai, look for the main facilities on your right
  - Turn right at Assembly of God Church
  - Travel a few blocks and the track will be on your left
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### **Notes:**

- This is our first meet of the season, so we will be encouraging those athletes who attend to participate in events according to their fitness level at this point of season. Entries are pre-determined, so each athlete made their preferences to the coaching staff by Wednesday of this week. This meet is invaluable to us, as it offers good competition for our classification

(1A and 2A). We are very excited about this year's team and we look forward to seeing them have a chance to compete.

- We are looking for at least ~~two~~ parent volunteers to help run a field event at the meet. Please speak with Coach Miles or Coach Orr if you are interested.
- We are trying to set up a website to organize carpooling. If you have submitted the drivers documentation to the office and are willing to drive other athletes, please make sure Coach Miles has your information to get the website created. This will ensure that all athletes have designated rides to and from meets and help with accountability.
- We greatly appreciate your involvement with the program and willingness to transport students to and from meets.

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**Inspiration:**

Don't expect to be perfect on your first attempt. Work your hardest at all moments, learn from your shortcomings , make necessary adjustments, and reach your goals.