

## Meet Info - HS: Bonners Ferry Invite

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**Who:** High School Track and Field

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**What:** Bonners Ferry Invite

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**When:** Saturday March 23, Field Events @ 10:00 am, Running Events @ 10:30 am

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**Where:** Bonners Ferry High School

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**Depart:** Meet at Charter NLT 7:15 AM (~90 minutes travel)

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**Return:** Leave Following Last Event around 5:00 pm, and return to CDA around 6:30

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### Weather:

- High 51
  - Low 42
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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
  - 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:

- North on US-95 for 42 miles to Sandpoint
  - Travel through Sandpoint and follow signs to Bonners Ferry
  - Continue on US-2/US-95 for 30 more miles to Bonners ferry
  - Bonners Ferry HS is on your right as you enter south Bonners Ferry. 6485 Tamarack Lane
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### Notes:

Let's keep the momentum going that we gained from Lapwai. Please be sure to warm-up and cool-down around your events, being mindful of your timely food and water intake. Above all...enjoy this chance to compete.

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### Inspiration:

Life is 10% what happens to you and 90% how you choose to react to it. Make the choice to be in

the moment and great things will happen.