

State Info/ Van List

What to bring:

- Umbrella for sun
- Pillows and blankets
- **Towel (they have very small ones)**
- Extra Money for state shirt or extra stuff(School will give you some money for food around \$40)
- Any Food or snacks you want
- Water bottle
- Small backpack
- Sunscreen
- Hand Soap
- **Shoes/Track stuff/uniform (baby blue top)**
- Nice clothes for Friday meal
- Phone Chargers

Thursday

10:23 Dismissal from school

10:30 state send off in south gym

ok to head home after to get state stuff

12:00 Leave School(Vans will be in back)

3:30 Check into rooms get ready for practice at Logan HS/Central

5:30 Eat dinner- Panara?

Back to the dorms check out stadium, Grandad's bluff

Lights out by 10:00

Friday

6:30-8:00 Breakfast and free time

8:30 Stadium opens for warm-ups

9:30 Running and Field events start

12:30 Back to the dorms after the 4x400

Afternoon, free time. Watch some D2,D3 meet?

5:30ish, Dinner at Olive Garden

Lights out @10:00

Saturday

700 Breakfast/ Dorms

8:00 Stadium opens for warm-ups

10:00 All running Events start, triple jump

4:30ish Check out of dorm and head back to West Bend

Van 1 Coach Wanie/Hunt

Van 2 Coach Cramer/Amanda

Mel