

Important Meet Information

1. **Location-** 51 Glen Rd, Mountain Lakes, NJ 07046 **Date-**Saturday June 18th
2. Please show up to the meet **BY** 8am so I can fill out your tags for your events. Please come to the meet with an idea of what events you want to run to make my job easier come meet day. Events are listed in the Events Document on the Track Page
3. **Optional Practice:** Wednesday June 15th at 6:30pm at Parsippany Hills High School. We will be meeting on the football practice field by the shot put circle. We will go over all meet basics and to test out some events that are held at the meet.
4. I highly recommend you wear running shoes to avoid injury. No skating shoes, sandals or converse **PLEASE!** It is in your best interest to break them in a little before meet day as well.
5. Come prepared with plenty of water and Gatorade for the day. It will get hot
6. Pack food for the day if you plan on being there through the meet. I personally am a big fan of peanut butter sandwiches as they are easily digested and light. Granola bars, nature valley bars and foods of that nature are recommended.
7. Meet is on Rain or Shine so long as the weather does not get severe. Lightning and or Thunderstorms will obviously delay or postpone the meet. A mass email will be sent out the morning of the meet at 6am if the meet needs to be rescheduled. *****Please email me if you have any questions about the meet come meet day. Not the lake*****
8. Have fun! :D

