

Important Meet Information

1. Location- 51 Glen Rd, Mountain Lakes, NJ 07046 Date-Saturday of Father's day weekend.

Typically over by 1-1:30pm

2. Please show up to the meet BY 8am so I can fill out your tags for your events. Come to the meet with an idea of what events you want to enter to make my job easier come meet day.

Events are listed in the Events Document on the Track & Field page

3. All field events begin at 9am

4. I highly recommend you wear running shoes to avoid injury, but any sneaker will be fine

5. Come prepared with plenty of water and Gatorade for the event. It will get hot

6. Pack food for the event 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 delay or cancel the meet. A mass email will be sent out the morning of the meet at 6am if the meet has been affected.

Please email me if you have any questions about the meet come meet day. Not the lake

8. Have fun! :D