**Sam Mosley Invitational Track Meet February 24, 2018 Athlete Information**

**The meet will be at Humble H.S. Track Facility (Turner Stadium)**

**Meet Preparation Information**

**All Athletes must ride the bus to the meet.** Athletes you need to arrive here on Klein Oak Campus at 6:45am. The bus will depart from Klein Oak at 7:00. If you are not on time you will get left. This will also count as a missed meet. Which will also suspend you from the next meet. So, it is important for you to be to time. You do not want to let yourself down nor your team mates down.

**This is your time to shine:**

* Start drinking water today!!!!
* **SET YOUR ALARM CLOCK!!!!!!**
* Please make sure you eat a healthy meal Friday before going to bed and a healthy breakfast Saturday morning before the meet.
* You need to get plenty of rest, go to bed earlier
* You will need to pack you a healthy lunch. You may also bring $10-$15 with you to purchase a lunch.
* Please bring plenty of fluids with you to the meet. Athletes you must eat. You cannot perform to the best of your ability without the proper nutrition and rest your body needs.

**Event Information**

* **Stay out of the stands!!!!!! Your teammates and coaches shouldn’t have to look for you. You should be at the tent or on the field with your teammates or coaches.**
* Athletes you need to start warming up 3 events before your race or 45-50 minutes before your race. You will also need to check in with either me or Coach Andrepont before you race too. You will need to be at the check in bench 10-15 minutes early.
* **You must follow the UIL Rules if your break an UIL Rule you or your team can be disqualified.**
* **Important UIL Rule you must follow: NO HEADPHONES OR MUSIC EQUIPMENT IS ALLOWED IN THE WARM-UP AREA, JUMPING AREAS OR ON THE FIELD. YOU AND YOUR TEAM WILL BE DISQUALIFED!!!!**

**Conclusion Information:**

* **YOU CAN ONLY!!! LEAVE WITH YOUR PARENT! Not your next-door neighbor, aunt, uncle, sibling etc. This is a KISD Rule we are responsible for you.**
* **Your parent must sign you out before they can take you away from the meet. This is a KISD Rule. We as coaches are responsible for you.**

**ITS TIME TO RACE: KEEP UP WITH YOUR EQUIPMENT!**

**LET’S HAVE A GREAT MEET! WE ARE ALL IN! GO OAK!**

**Coach A. - 409.656.1549**

**Coach Williams**

**Humble ISD**

**Sam Mosley Relays**

**Saturday February 24th, 2017**

**8:00am-8:30am Meeting Coaches Meetin.**

**\*\*\*NO TAPE ALLOWED ON THE TRACK!!! WE WILL HAVE RELAY MARKERS IF NEEDED THANKS!!!**

**\*\*\*ABSOLUTELY NO FOOD ON THE INFIELD/TURF!!!!\*\*\***

**(TEAMS WHO VIOLATE WILL NOT BE INVITED BACK THE NEXT YEAR)**

**9:00am Field Events**

**Triple Jump: girls/boys**

**Long Jump: boys/girls**

**Shot Put: girls/boys**

**Discus: boys/girls**

**High Jump: boys/girls (Opening Heights Boys 5’8 – Girls 4’6)**

**Pole Vault: girls/boys (Opening Heights Boys 10 – Girls 6’6)**

**10:00am SPECIAL RELAYS & STEEPLE CHASE**

**Special Events will be ran on a rolling schedule\*\*GIRLS followed by BOYS**

**\*\*Sprint Medley Relay 2-2-4-8 girls/boys FINAL EVENT\*\***

**\*\*Steeple Chase: girls/boys FINAL EVENT\*\***

**\*\*4x800 Relay girls/boys FINAL EVENT\*\***

**1:00pm Coaches and Workers Meal**

**(Track will be open for relay handoffs until 1:50pm)**

**2:00pm Running Finals**

***ALL RACES ARE FINALS GIRLS FOLLOWED BY BOYS***

**3200 meter run**

**4x100m Relay**

**800 meter run**

**100 hurdles**

**110 hurdles**

**100 meter dash**

**4x200m Relay**

**400 meter dash**

**300 meter hurdles**

**200 meter dash**

**1600 meter run**

**4x400m Relay**

**TEAM CHAMPION AWARDS PRESENTATION**