

2/10 Archer Time Trials Schedule and Information:

The bus leaves at 2:20pm...so you will be released at 1:50 to change and meet us. Managers will be released at 1:45 to gather our equipment.

- **1:50pm:** Go change in the locker rooms by the aux gym. Take EVERYTHING with you. We will not come back inside and that locker room won't be locked.
- **2:05pm:** Meet by the stadium entrance to load the bus.
- **2:20pm:** the bus LEAVES! If you miss the bus, you are driving there or missing the meet. We will not wait for anyone!
- **If you need discs/shots** you must get them yourself. You are responsible for them both going and coming...do not leave them behind in the tent!
- **If you want to drive there** no problem, but you must let us know, and be there by 3:00. If you are later than the bus, you will take the bus the next time!
- **Expected time returning to the school** is somewhere between 7:30 and 8:00 but it could be earlier or later. If you are taking the bus home, please make sure you have a way to contact your parents so they can be there when we return!
- **Food:** We will have snacks and sandwiches, and gatorade powder, but bring your water bottle! You should be drinking throughout the meet. Eat smart in the days ahead...make sure you eat breakfast and lunch the day of the meet!

EVENT ORDER:

All events start at 4:00pm and run on a rolling schedule! There is NO predicting when events will start...please make sure you pay attention to the event calls.

FIELD EVENTS:

- Shot Put
- Pole Vault (no entries)
- Discus

RUNNING EVENTS: (following field)

- 100-110 hurdles (no entries)
- 600m dash
- 100m dash
- 300 hurdles (no entries)
- 300m dash
- 1500m run (this is a metric mile!)
- 4x400 relay (9th & 10th mixed gender)

Link to Mylesplit for results, schedule, more info: [2/10 Archer Time Trials Meet](#)

[ATHLETE LIST](#) – your events are here • **HEAT SHEETS** – coming soon

If you didn't already, download the ParentSquare app (students AND parents)!!

GATE ADMISSION: \$8 for all spectators [GoFan link for spectators](#)

NOTE – Archer has let us know there is construction behind the school. Anyone who parks in the large parking lot located off of Callie Still Road will need to walk around the FRONT of the building to access the stadium entrance. Walk along the bus lane to the East end of the building and then go down the stairs to the visitor's ticket booth.

WEATHER & WHAT TO WEAR

It is getting COLDER again!! Please bring layers!!

- Day of the meet, wear your warmup and team shirt to school. Change into your uniform and warmup before leaving for the meet.
- If your uniform has not arrived, wear black shorts and a running shirt with Eagles gear over. I will have a past jersey for you to wear during your race.
- During events, you **MUST** wear your uniform but can wear long underwear beneath it.
- When in the tent or stands, you represent our team. Please wear your warmup or other team gear at all times. You **MUST** stay with the team, not in another area.
- The temperatures are **DROPPING** – please make sure you dress appropriately. Bring warm clothes, gloves, hat, etc, and even a blanket for when you are not running – nobody should be stripped down to a uniform or have bare anything at any time.

Contacting the coaches on the day of the meet:

- Athletes and Parents: The best way to reach me is through ParentSquare. If I don't respond to that, try texting me at 678-390-3192.
- Parents, please remember I am **VERY** busy at meets and it may take a minute to respond. If your question can be answered by your runner (like for instance where we are in the meet, what time we will get back, where in the track we are), that would be appreciated...I typically get 20+ messages per meet from parents asking these kinds of questions.
- Please do not send me emails. I do not look at email when I am at a meet. Thanks!

Final note...after the meet: (this is for parents)

- **If you would like to pick up your athlete**, they need to finish **ALL** of the events they are registered in and do their full cooldown process. It is important to prevent injuries.
- **Athletes MUST sign out with the managers before leaving** – otherwise we won't know where they are and our departure will be delayed. They **MAY NOT** tell another athlete, a manager, or anyone else instead. Athletes who leave without doing this may be required to take the bus home in future.
- **If your athlete takes the bus back...PLEASE be ready to pick them up.** There is nothing worse for us as coaches than when we have a long day teaching, and a long afternoon working hard at a meet, and then have to wait for 20-30 minutes or longer for parents after the bus returns. It is on the kids to stay in contact and let you know when they are on their way back, but if you don't hear from them for a while please get in touch with them to find out their status.
- Please be there before we get back, but also understand that they need to unpack the bus and put everything away before they can leave. Thank you for your support!!