

Dear Parents and Guardians,

The team will compete this Friday at one of our final competitions of the year, the Moorestown Relays. The event is held at Moorestown HS. Because every one of the 20 teams in our league will be in attendance the entire competition will last longer as compared to our usual track and field meets. Athletes who are competing will be dismissed from school at approximately 11:30. The first event of the day begins at 1 PM. Without delays, and judging from prior years, we expect the meet to conclude around 5-6 o'clock but that is merely an estimate.

The weather for the week is predicted to be very warm. Combined with the lack of shade, Friday could be uncomfortable for spectating and even more so for competing. This week in practice we will be encouraging the athletes to begin concerning themselves with hydration in the days leading up to Friday. To help us field our most competitive team and have an enjoyable experience we are asking anyone who would be interested to consider sending things that will help us endure this long day of competition. A few ideas are a pop-up tent, cases of bottled water, cases of Gatorade-like drinks, soft pretzels, oversized umbrellas (especially for long and high jumpers), fruit, and anything else you think may be helpful. You could bring these with you to Moorestown or drop them off at school Friday morning.

Every athlete attending will be reminded that Friday will be a long day. Bring sunscreen, extra clothes (it seems we have a rainstorm every year at Moorestown), water, food, and anything else you might possibly need. There will be a concession stand.

Finally, here is the order of events. Athletes can tell you which events they will be contesting. We may have a few athletes who are listed as alternates, in which case they would compete only if someone else is unable to do so.

12-12:30 Weigh-ins

12:45-Girls Shot Putt, Boys Discus, Girls Over HJ, Boys Under HJ, Boys Over LJ, Girls Over LJ

1:00 Distance Medley Relay

2:00 Boys Over HJ, Girls Under HJ, Boys Under LJ, Girls Over LJ

2:00 Sprint Medley Relay

2:15 Boys Shot Putt, Girls Discus

2:45 4 x 800 meter relay

3:10 4 x 400 meter relay

3:30 4 x 100 meter relays

****times are estimates and can change

We hope this is helpful.

Thanks for your continued support,

The Rosa Track and Field Coaching Staff

The League Champs. are next Wednesday at Pennsauken HS. We will send information about this event as well. Many of the same athletes will be attending and competing.