

Congratulations to all of our state qualifiers! Here is the team itinerary for the state meet at Jefferson City High School. Make sure that you bring clothes to be prepared for rainy weather, as there is a chance of thunderstorms on Thursday. If there are storms, the meet will be delayed, so the time schedule could get pushed back. Also bring plenty of snacks and water for both the bus rides and for our time at the stadium. Here are some of the stadium guidelines:

Security Procedures & Miscellaneous

- **No Coolers, Backpacks, or outside food (except for baby food)** will be allowed in the stadium seating north side. **This will be enforced for fans also. Please inform your parents of this procedure.**
- Another reminder: No chairs/umbrellas will be allowed inside the track facility.
- Chick-Fil-A cooks their food in peanut oil, for those with peanut allergies.

They generally don't check athletes bags, so I will still tell you to bring in snacks and water. We don't want to rely on the concession stand for everything we might need to eat. They have never stopped us from bringing backpacks in, but I try and keep it on the smaller size so they don't say anything.

Itinerary:

Wednesday

1:15pm-Athletes arrive at school
1:30pm-Leave Northwest
4:00pm-Arrive in Jefferson City at our hotel:

Capitol Plaza Hotel
415 W McCarty St. | Jefferson City, MO 65101
(800) 338-8088
<https://www.capitolplazajeffersoncity.com>

4:15pm-short run and stretch
5:15pm-Team Dinner and pictures at the capitol
7:30pm-10:00pm-Team activity at the hotel

Thursday

7:30am-Wake up
8:00am-Breakfast at Panera
9:15am-Arrive at the stadium at Jefferson City High School

Events:

11:00am-Discus
12:00pm-4x800m Relay
1:00pm-Javelin

1:45pm-Leave Jefferson City
4:15pm-Arrive at Northwest

State Meet Information:

<https://www.mshsaa.org/Activities/Info/TrackField.aspx>