



St. Elizabeth School

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Dear Parents/Guardians:

We have arranged to bus our student-athletes to the Regional Track and Field Meet tomorrow. The bus will be leaving St. Elizabeth promptly at 9:30 am and leaving Resurrection High School at 1:30 pm.

To ensure all the athletes are prepared and ready to compete, they require a few items. Please ensure your child brings the following items to school on June 12th:

- Appropriate running shoes (No spikes can be worn)
- Appropriate clothing (Dress for the weather - layer clothing or be ready for a slight rain)
- Wear/bring a coat (it can be cold and windy)
- Bring a blanket to sit on
- A healthy lunch and snacks (sugary snacks and drinks should be avoided)
- Lots of water (at least 1L)
- Sunscreen
- A hat to keep the sun off.
- An umbrella for rain or sun.
- Books, cards, and portable games (**no electronic games please**).

This is a list of things the students should not bring:

- Electronics or phones (This is a school day so students will not be allowed to use their phones during the Track Meet. Staff will remove the phones for the day if they are out.)
- Junk food or food that may spoil in the heat.
- Unnecessary valuables (jewelry, watches, etc.)

This is a fun event and an opportunity for students to learn from, watch, and cheer on their fellow athletes. There will be bleachers for students and parents to sit on to watch the events. If you have any questions about this event, please contact the school office.

Good luck to all of our athletes.