

# Lassiter Track and Field

6AAAAA BOYS REGION  
ROSWELL HIGH SCHOOL  
April 30, May 1 2010

- I. **Departure: Friday:**
- II. All runners will ride the bus. All field event athletes will ride the **3:30** bus and all remaining runners will ride the 4:45 bus. If you have implements (shot, discus, pole vaulting poles) make sure you take them with you. It will take about 20 minutes to get to Roswell High School.
- III. The first field event is at 5:00. The first running event is at 6:30. The times listed are approximate. Let's stay ahead of the game. Please, if you are asked to substitute for someone, do not grumble and do the best you can. At the end of the meet, we normally will be looking for someone that can run just to have enough people to fill up the 4x400 relay.  
**Departure: Saturday:**  
All runners will ride the bus. All field event athletes will ride the 10:45 bus and all remaining athletes will ride the 12:15 bus. Field events will start at 12:00. The first running event will start at 1:30. Same instructions apply as on Friday.
- IV. The varsity field events will have 3 jumps/throws then finals. They will take 9 to the finals. JV field events will not have finals, you will have only 3 jumps/throws. All running events will be run as preliminary events on Friday except the 1600m, 3200m, JV 800 and JV 300 hurdles and 4x400s. All running events that have preliminaries will take 8 runners to the finals. All 8 places will score. The meet is long. It will be over around 9:30 on Friday and 4:30 on Saturday. Please do not leave until you check out with Coach Reichenbach or Coach Hutcherson. Bring healthy snacks to eat and something to drink.
- V. Warm-up should begin approximately 40 minutes prior to your event. After your event do a proper cool down.
- VI. Field event athletes will report to the site of the event. All running events will report to the clerk of course by the first call of the event. If you are doing a field event and you must go run, check out with the official of the field event and go run then return immediately to the field event site. This should not be a problem.
- VII. **DIRECTIONS:** Go east on Shallowford road until you reach Sandy Plains Road. Take a left on Sandy Plains Road. Go approximately 3 miles till you reach Highway 92. Take a right on highway 92 for about 3 miles and you will see King Road. New shopping center on the corner. Turn left go approximately ½ mile and you will see signs that say Roswell High School. Turn right at the first entrance and go till you see the stadium. Park in that lot..
- VIII. **WE CAN WIN THE REGION CHAMPIONSHIP BUT YOU MUST PREPARE YOURSELF STARTING NOW. THIS MEANS BOTH PHYSICALLY AND MENTALLY. THINK INCHES AND TENTHS OF SECONDS. BEST OF LUCK.**

**Friday 3:30 Bus**

**James Pate**

**Jimmy Rowe**

**Kevin Loggins**

**Jalen Smith**

**Wes Hatfield**

**Jordan Jones**

**Jalen Hughes**

**Cedric Stodom**

**Alex Mattle**

**Brendan Campbell**

**Cole Pendley**

**All others on the 4:45 Bus**

**Saturday: 10:45 Bus**

**Jordan Jones**

**Kevin Ankerholz**

**Stephens Jean Jacques**

**Jason Lukose**

**Ches Chesbro**

**Tyren Jones**

**Brendan Campbell**

**Jacob Murphy**

**Cedric Stodom**

**James Bridges**

**Ethan Bilkert**

**Cole Pendley**

**All others will ride the 12:15 Bus**