

UPDATED 3/4/2024

## Coaches Information Sheet

### Cherokee Country 2024 Area Meet

- Registration will be 8:45 am - 9:15 am. Parade of Athletes at 9:25, so bring your banners, opening ceremonies will begin at approximately 9:55. The games will begin at 10:00.
- No pre-screening protocols are required; however, please do not bring anyone that has a fever or feels ill.
- Concession will be available. Meals will be provided to athletes and coaches but no drinks, so please bring drinks for the athletes.
- Athletes must wear athletic pants/shorts & footwear. **No jeans, boots, flip-flops, etc.** No changing rooms will be available.
- Bring binder/folder with copies of Athlete physicals.
- Upon arrival, after seating your Athletes, return to registration to pick up your packet & notify us of any scratches. Reminder-scratched athletes forfeit their shirt.
- Your packet will contain a schedule of events, a list of Athletes & their events plus Athlete Lanyards. Blank lanyards will be available for Coaches & Chaperones to fill out. Those that chose to pick up shirts the day of the event will get them also.
- Reminder-Track events take precedence over field events.
- For venue directions log on to SOOK.org
  - Select the "Calendar of Events" link
  - Select April 20<sup>th</sup> "Athletics-Cherokee Country" link
  - Select "Get Directions"
- Don't forget to go to SOOK.org & fill out your 2024 Award Nominations!