

## 5<sup>th</sup> GRADE TRACK MEET PARENT AND PARTICIPANT INFO

1. **Maximum of three events per person.** You must participate in at least one event (no more than two field events).
2. Participants must be seated in their school area unless they are participating in an event.
3. Track meet is a full school day. Attendance will be taken a.m. and p.m. Parents will not be allowed to take child home before the end of the school day.
4. Track shoes with or without spikes are not allowed.
5. **NO OUTSIDE FOOD OR BEVERAGES-PARENTS AND SPECTATORS. (This is strongly enforced by Bowl staff)** Participants will be allowed to bring in lunch items. A water bottle is strongly encouraged.
6. \$1 Admission Fee for all parents and spectators.
7. No glass containers.
8. No sunflower seeds.
9. Please wear weather appropriate clothing and apply sunscreen as needed throughout the day.
10. All nametags should be filled out neatly with first name, last name and school. We will have extra nametags available at the meets.
11. Results will be posted at [www.bisparks.org](http://www.bisparks.org) within two days of the meets.
12. Ribbons will be delivered to the schools within two days of the meet.
13. Cell phones should be used for emergencies only until the conclusion of the meet. School rules apply.
14. Volunteers needed! Parents welcome.