



Spartan's Meet Memo

We are off to an out of city track meet in Sherwood Park, Edmonton!

We are leaving for the track meet Friday July 1, 2016 at **5:00pm** from the [Holiday Inn located](#) on 16th Ave. and 19th St. NE. You should be at the Holiday Inn **no later than 4:50pm**.

We will be staying at [Days Inn Suites Sherwood Park](#) located at 201 Palisades Way, Sherwood Park, AB T8H 0N3. Phone number is (780) 570-8080.

We are travelling by van. The athletes' contribution for this trip is **\$165.00** payable at the departure from Holiday Inn.

We are competing Saturday and Sunday.

We will be **leaving Sunday from Sherwood Park** approximately about **4:30pm** and should arrive **back in Calgary at Holiday Inn** about **7:30pm**.

Athletes should remember to call home before we leave just to make sure that our estimated time of arrival is still the same!

Quote of the day:

"When you're young and just beginning, you have a dream, an unrealistic dream, of what you can achieve. Follow that dream, hold onto it. Don't let it disappear."

- Franklin Jacobs, Former indoor world record holder in the high jump

Thanks:
Dale Schoenthaler
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