

**WELCOME TO THE
JUNIOR OLYMPICS!**
Mountain View High School
Saturday, April 25, 2009 8:15 a.m. - 5:00 p.m.

The Junior Olympic Committee has been hard at work for many months to ensure a great day for our students and their families.

The Junior Olympics will be held at **MOUNTAIN VIEW HIGH SCHOOL**. Due to limited parking at the high school, we recommend that families walk, bike, and carpool as much as possible and plan to arrive early. There is parking along the streets, in the two school parking lots, in the nearby church parking lot and at Oak School. Please **DO NOT** park in any of the red emergency-vehicle zones.

An event map, schedule and snack bar menu are attached to this memo. It's usually helpful to review your child's events ahead of time to plan out your day. Maps and schedules will also be posted at the Information Booth, and can be found in the program which will be available for \$1.00.

- **Mountain View High School has a beautiful all-weather track. Please, no food (especially GUM) or drink on the track.**
- **Parents or guardians must accompany their children throughout the day.**
- **Please leave your pets at home.**

In order to compete, athletes must be dressed in their school t-shirt and must be wearing tennis or running shoes (no cleats, no bare feet, no sandals). Students should wear comfortable running clothes, layered for temperature variations, and bring water and sunscreen. Breakfast and lunch items, snacks and beverages will be available for purchase throughout the day. Each school will have a school tent set up on the practice fields for students and parents to meet and connect throughout the day.

- **The 1320 run will be held at 8:15 a.m.(1320 runners should plan to arrive by 7:45 a.m.)**
- **The Opening Ceremony will begin promptly at 9:00 a.m.**

Students should assemble at 8:45 a.m. near their school's colored balloons on the practice fields of the high school, next to the track. Students will exit the track near the school tents, where they can connect with their parents. All field volunteers should check-in at the Information Booth to pick up their field passes. All other volunteers should report directly to your scheduled area.

The Junior Olympics is a fun-filled event that includes almost 1500 participants, hundreds of cheering fans and tremendous community support. We look forward to seeing all of the athletes achieve their personal best on this day!

Sincerely,
Pat Kapp and Beth Levy
Junior Olympics 2009 District Co- Chairs

for Olympics Snack Bar

For your enjoyment the following will be available during various times throughout the day! Your food purchases are used to defray the cost of hosting the Junior Olympics. Thank you for your support!

Breakfast Served from 8:00am to 11:00am

Regular and Decaf Brewed Coffee, Starbucks	\$ 1.00
Hot Tea, Starbucks	\$ 1.00
Bagels, House of Bagels	\$ 1.00
Bagels with Cream Cheese, House of Bagels	\$ 1.50

Snacks Served All Day

Apples & Bananas, DeMartini's, Whole Foods Market	\$.50
Baked Goods and Energy Bars	\$.50- \$1.00

Lunch begins at 10:30am and ends at 2:00pm

Chinese Chicken Salad, Su Hong Eatery	\$ 4.00
Cheese or Pepperoni Pizza Slice, Applewood Pizza	\$ 2.00 / slice
Smoked Turkey Sandwich 5", Quiznos	\$ 4.00
Roast Beef Sandwich 5", Quiznos	\$ 4.00
Veggie + Guacamole 5", Quiznos	\$ 4.00

Soft Drinks, Juice, Sport Drinks, Bottled Water (Coke, Diet Coke, Sprite, Root Beer, Gatorade)	\$ 1.00
Jamba Juice (16 oz.)	\$ 4.00

We thank DeMartini's, Whole Foods Market, Safeway, Jamba Juice and Starbucks for their generous donations.

We can accept **cash on ly**.

Awards will be given out at your school.



Thanks for your support!

Event	8:15	9:00	9:35	10:15	10:55	11:35	12:15	12:55	1:45	2:15	2:40	3:05	3:25
1320 Yard Run	6,5,4 Girls/Boys												
Opening Ceremony		All Teams											
75 Yard Dash			6B	4G	4B	5G	5B	6G					
60 Yard Hurdles			6G	6B	4G	4B	5G	5B					
Softball Throw			5B	6G	6B	4G	4B	5G					
30 Second Jump Rope			5G	5B	6G	6B	4G	4B					
Standing Long Jump			4B	5G	5B	6G	6B	4G					
Basketball Free Throw			4G	4B	5G	5B	6G	6B					
400 meter Relay- Blue									5,4,6 G/B				
Finals: 75 Yard Dash										5,4,6 G/B			
Finals: 60 Yard Hurdles											5,4,6 G/B		
400 meter Relay-White												5,4,6 G/B	
400 meter Relay- Red													5,4,6 G/B
Chin Ups			9:35 - 10:15				OPEN TO ALL						

