

Hello All PHS T&F Athletes,

[Here is the link](#) to turn in your Ruptier Event Interest form. Please have this completed as soon as possible and no later than Sunday 3/1/26 @ 11:59pm! Your response will help us as your coaching staff to do our best planning for our first meet.

We hope this email finds YOU planning as well for the week ahead. Please think about your meet day needs; you will need to have your black competition bottoms, remember this is any solid black bottoms; shorts, spanx, leggings, etc. They may not have any design, stripes, or logos bigger than a business card size in order to be legal for competition. These should be style and length that YOU feel comfortable to compete in, thus why each athlete is responsible for this part of thier uniform and we do NOT issue bottoms for competition. Think about getting ahead in school work, planning your meet day fuel (food for breakfast, lunch, and snacks), and handling extra family responsibilities since next weekend your weekend will be booked Saturday out at Ponderosa track.

We hope this helps you and us to plan for next week's success.

Always Working Hard to Get Better!

Your Bruin T&F Coaching Staff

:) Coach Norwood