

## Lamar Itinerary

6:15am- Meet at Melissa HS

6:30am- Quick run throughs with MS and HS guards

7:15am- Depart for Lamar HS

8:28am- Check in for MS guard

9:28am- MS guard performs

12:15pm- Cadet Retreat

2:32pm-Body Warm-up for HS guard

3:03pm- Performance time for HS

3:30pm-5:30pm Depart for dinner

5:50pm Retreat for HS guard

6:15pm Stay for remainder of contest

10:30pm Depart for Melissa HS

11:45pm Approximate Arrival at Melissa HS

Address for Contest Site:

1400 W. Lamar Blvd.

Arlington, TX 76012