



**DATE**

**May 20-22**

**LOCATION:**

**Mizzou | Rock Bridge High School**

**ATHLETES & COACHES PARTICIPATING:**

**1,000**

**FRIDAY:**

- 11 a.m. - Volleyball registration
- 11:30 a.m. - Coaches meeting at TBD
- Noon - Volleyball at Mizzou Rec
- 3-6 p.m. - Main Registration at Hudson Hall
- 4-7 p.m. - Dinner at assigned dining halls (Rollins or Plaza 900)
- 6:30 p.m. - Parade of athletes line up at Carnahan Quad
- 7 p.m. - Opening Ceremonies
- 10 p.m. - Coaches meeting at Hudson Hall

**SATURDAY:**

- 5:30-7:30 a.m. - Breakfast at assigned dining halls (Rollins or Plaza 900)
- 7 a.m. - Registration at Hudson Hall
- 7 a.m. - 3:30 p.m. - Track & Field at Rock Bridge
- 8:30 a.m. - Aquatics coaches meeting & warmup at Mizzou Rec
- 8:30 a.m. - Powerlifting weigh-in at Mizzou Rec
- 9 a.m. - 3 p.m. - Swimming at Mizzou Rec
- 10 a.m. - 2 p.m. - Healthy Athletes at Rock Bridge
- 10 a.m. - 2 p.m. - Sports Zone at Rock Bridge
- 10:30 a.m. - 1:30 p.m. - Powerlifting at Mizzou Rec
- 11:30 a.m. - Lunch at Rock Bridge and in assigned dining halls (Rollins or Plaza 900)
- 4:30-7 p.m. - Dinner at assigned dining halls (Rollins or Plaza 900)
- 5:30-9 p.m. - Healthy Athletes Park at Mizzou Rec
- 7-9 p.m. - Dance on Rollins Street (Outside of Mizzou Rec)
- 7-9 p.m. - BINGO at Mizzou Rec
- 10 p.m. - Coaches Meeting in Hudson Hall

**SUNDAY:**

- 5:30-7:30 a.m. - Breakfast at assigned dining halls (Rollins or Plaza 900)
- 8 a.m. - noon - Track & Field at Rock Bridge

**HEALTHY ATHLETES FEATURING:**

- Healthy Hearing
- Fit Feet
- FunFitness

**SPORTS ZONE FEATURING:**

- Strong Minds Stations
- Nutrition & Hydration
- Warm-Up, Stretch and Cool Down
- Recovery Snacks
- Pledge Wall Photo Booth
- Coach & Family Health & Fitness Sessions



A part of everything that's good.

**MORE INFORMATION:**

Visit [www.SOMO.org/competitions](http://www.SOMO.org/competitions)

Call: 573-635-1660.

**CONTACT:**

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