

# SAS

## TEAM-EFFORT-COURAGE



Libby, Zoe, Isabella J, Ruby B, Ruby G, Ruby P, Isabella CR, Olivia, Emilia, Freya, Chloe,  
Mia, Baylie, Jemima, Bella

**Competition Venue:** MK Arena, Stadium Way W, Bletchley, Milton Keynes

- 3:30pm Meet outside MK Arena
- 3:45pm Walkthroughs OUTSIDE
- 4:40pm Transfer to venue
- **5pm Athlete Wristband check-in at reception**
- **5:45pm Stretch**
- **6:15pm Competition Check In**
- **6:50pm Compete**
- **6:55pm Video Playback**
- 7pm Team photos
- 7:15pm Watch other teams
- **8:15pm Awards**

### Reminders/ checklist:

- If needed, take travel sickness pills before you leave
- Eat a big breakfast
- White flat, laceup trainers (no hitops or ait bumbles) & white ankle/trainer socks
- There will be no time to do hair or make up at the venue
- Bring snacks & Water bottle
- Coat