Hello!

A few important reminders:

1. Spruce Capital registration is closing Sunday June 2nd at midnight; registration numbers are low at the moment.  Without a significant increase in registrants the meet might be cancelled.
2. On the same note, more volunteers are needed to man event stations at the Spruce Capital meet.  Look over the attached pics of the schedule and send an email if there is a station you could work at.  Remember, parents can volunteer even if their athlete is not participating; even athletes can help. Again, without enough volunteers there can be no meet.
3. There is no track this Saturday June 1st.
4. There is track on Saturday June 15th for all age groups.