



SOUTH LAKE HIGH SCHOOL  
**SCREAMING EAGLE BANDS**  
 GROVELAND, FLORIDA



<b>EVENT / DATE</b>	FFCC Guard Regional	Friday, March 15, 2019
<b>LOCATION</b>	Freedom High School, Orlando, Florida	

# EVENT ITINERARY

TIME	EVENT	LOCATION
5:00pm	Call time / load bus	SLHS Band Room
5:10pm	Travel	Travel
6:10pm	Arrive / Unload Bus Check-in / Restroom	FHS Lot
6:29pm	Help with Eustis's floor	FHS Gymnasium
6:45pm	Warm-Up / Stretch	FHS Lot
7:35pm	Body Warm-Up	FHS Warm-Up
7:47pm	Equipment Warm-Up	FHS Warm-Up
7:59pm	Holding	FHS Gymnasium
8:09pm	Perform	FHS Gymnasium
8:20pm	Load Equipment	FHS Lot
8:40pm	Eat / Watch Guards	FHS Gymnasium
9:30pm	Awards Retreat	FHS Gymnasium
10:00pm	Load Bus / Travel	Travel
11:00pm	Return to SLHS / Dismissal	SLHS

**NOTES**

- Students need to be in SLHS logo gear, and wearing closed-toed shoes.
- Students should bring \$5.00-\$10.00 for dinner at concession stand.