



Contest #3 "Forrest Tournament of Bands"
October 24, 2026
@ Forrest HS in Chapel Hill, TN



*Eat a healthy breakfast and maybe even some lunch before coming to school.
Bring healthy snacks for after rehearsal to eat before we depart SHS.

- 8:45 - Band Room opens
- 9:00 - Move and set-up equipment
- 9:30 - Rehearsal Starts** (winds start on parking lot, percussion/guard at stadium)
- 12:00 - Lunch
- 1:00 - Rehearsal resumes
- 3:00 - Load equipment
- 4:15 - Load Buses (eat a snack if needed)
- 4:30 - Leave SHS
- 5:20 - Arrive at FHS (unload, dress)
- 6:35 - Warm-Up
- 7:15 - PERFORMANCE TIME**
- 7:30 - Back to bus (change out of uniform and load equipment, grab a snack)
- 8:00 - Back to stadium (opportunity for concessions/food trucks)
- 8:30 - Awards**
- 9:30 - Depart FHS
- 10:15 - Arrive back at SHS (unload, clean-up)
- 10:45 - Dismissal

*Schedule subject to change due to weather, traffic, medical emergencies, etc.

Band Uniform

Band jacket

Black band shoes

Black bibbers pants

Black socks (long, knee length)

*The cowboy hats will be distributed before the performance

With the Travel Uniform Underneath

Purple band shirt

Black band shorts

Yellow Baseball Cap (optional for comps)

