

# TRACK MEETS 101

A guide to all things you need to know to be prepared for a track meet



## Before you leave essentials:

### 1. STC shirt or jersey

Duhh!

### 2. Healthy snacks and plenty of water

Nutrition is essential in track and field! Healthy snacks include: bananas, almonds, nut butters, carrots, blueberries, hummus, pretzels. Also make sure you are hydrating before the meet and after!



### 3. Shoes and track spikes/event shoes

Don't forget your sprint spikes or throws shoes! Double check before you leave to make sure you don't have any spikes missing!



### 4. Sunscreen and shade

Bring an umbrella to stay out of the sun as much as possible in-between events! Nothing is worse than getting home from a long meet and being burned to a crisp!



### 5. Extra pair of clothes

Check the weather before you leave for the meet. If it rains then you can have a dry pair of clothes to change into. Pro tip: always bring extra socks!!



## As you arrive to the meet:



### Arrive 1 hour to 1 hr 30 minutes early to the meet

This is so the athlete(s) has plenty of time to warm up, find team camp, maybe eat something light, find where their event is taking place (field events) and to check into their events

### Check-in with Coaches

Come say hi! Let the STC coaches know you are here so we can help you with warm-ups, watch you practice in field events, help set up hurdles, etc. This way we know you made it here and made it safely!

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## Athlete info:

### Warm-ups:

- ✓ 2 laps jog
- ✓ Frankensteins
- ✓ Ankle pops
- ✓ High knees
- ✓ A-skips
- ✓ B-skips
- ✓ Butt kicks
- ✓ 3x Buildups 30m

### Check-in:

- ✓ Check-in to your event 30 minutes to 1 hour early depending on the meet! This is when you take practice jumps or throws, go over hurdles or practice out of the blocks

! If you are in both a running and field events...the running event will always come first! But you must still check in to the field event and let them know you need to run a race. Report back to the field event ASAP!

### Between events:

- ✓ 30 MINUTES OR LESS: Check-in to next event immediately! Continue to stay warm by doing warm up drills or buildups. Hydrate. Double check your approach in the jumps. Take some practice throws.
- ✓ 1 HOUR OR MORE: Eat something light if you feel hungry. Possibly check-in to your next event (generally field events). Keep track of the meet and how fast events are running. If you have a long break, warm up an hour before your next event. In the mean time stay in the shade, off your feet, and hydrate!



Electronic devices cannot be used while on the track or during an event!! You can get disqualified for using anything electronic! NO headphones are allowed!! This is for your safety!

## Important Notes:

### 1. Coaches and Parents on the infield:

Coaches or parents CANNOT be on the infield at ANY TIME during a meet! This is a USATF rule. You may see parents or coaches from other teams on the infield, but those athletes can and will get disqualified at large meets. STC will never put your athlete in a position to get disqualified from our actions!

### 2. Protests

Protests cost \$100 for every protest. If a club loses a protest the money will not be refunded. If a club wins they will receive the \$100 back. Only a Coach can file for a protest.