

# PACER TRACK & FIELD

## MEET DAY CHECKLIST

UNIFORM TOP  
UNIFORM BOTTOM  
TRAINING SHOES  
RACING SHOES  
BLACK LONG SPANDEX\*  
BLACK LONG TURTLENECK\*  
PACER WARM-UP JACKET  
SWEATSHIRT (WARM)  
SWEATPANTS OR WINDPANTS (WARM)  
GLOVES  
STOCKING CAP  
3 PAIRS OF SOCKS  
PERSONALS  
UNDERWEAR  
REPLACEMENT SPIKES  
CHAPSTICK  
DRY CLOTHES/ SHOES  
BLANKET  
TISSUES  
MONEY FOR FOOD  
HEALTHY FOOD  
WATER  
PONYTAIL HOLDER (LADIES)  
ZIP-LOCK BAGS (TO KEEP CELL PHONES DRY), OR A GARBAGE BAG  
HOMEWORK

\*Clothing worn under a uniform during an event can be any color. Students generally stick with white, grey, or black. I recommend black, because if you are part of a relay team everyone needs to be dressed the same, so it's handier if everyone has black. (Note: There are exceptions to that rule. See the backside of this list for details.)

\*Remember, logos (like Nike) on clothing worn under uniforms cannot be bigger than 2 ¼ inches square if they are visible, AND only one logo can be showing per item of clothing. (Under-Armor often has one on the front and one on the back – black one out with a Sharpie marker, please.)



# CLARIFICATION OF RELAY RULES FOR CLOTHING

According to state rules, all the members of a relay team must have exactly the same uniforms. This includes the visible clothing worn under the uniforms.

There are exceptions:

- It's ok if only 1 relay runner is wearing spandex (of any single color) and/or a T-shirt (of any single color) under his uniform. (If wearing both, they do not have to be the same color.)
- If two or more team members are wearing clothing under their uniforms, it is only ok if the apparel is the same color, but not necessarily the same length.
- It is not ok if two or more relay members have visible different colored apparel on under their uniforms.
- Examples:
  - 2 runners with black spandex, 2 without = ok
  - 1 runner with a white T-shirt, 3 without = ok
  - 1 runner with black spandex, 1 with white = not ok (disqualification)
- Any questions?