



RUNNING A SUCCESSFUL TRACK MEET

Omro Track & Field



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- Meet Information - Coaches and Officials
- Pre Meet Prep
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- Meet Prep
- Equipment

PRE-MEET PREP

- Referees
- Event Workers
- Field Event Instruction Sheets, Clipboards, Pencils
- Clerk of Course
- Announcer/System
- Bus Parking
- Hurdle Crew

PRE-MEET PREP CONTINUED...

- Timing Company/School Timing System
- Hip Numbers/Counting Distance Events
- Walkie Talkies/Batteries
- Shells
- Results/Runner
- Backup Stopwatches
- Concessions

FACILITY PREP

- Shot and Disc Areas
- Workup and Rake Long Jump and Triple Jump Pits
- Rakes, Blocks, Tape Measures, Cones, Ropes
- Long Jump and Triple Jump Lines
- High Jump/Pole Vault
- Race Schedule Posted
- Track Inspection
- Bathrooms

MEET PREP

- Awards
- Heat Sheet Packets: Coaches and Parents
- Coaches Meal & Meeting
- Meet/Event Times/Order of Events/Results
- Water/Ice For Athletes
- Light Access
- Timing System Tent and Athletic Trainer Tent
- Infield Access
- Meet Communications - Walkie Talkies
- Bad Weather

EQUIPMENT CHECKLIST

- Timing System (Backup Stopwatches)
- Blocks
- Hurdles
- High Jump Mats and Standards
- Pole Vault Pits and Standards
- Exchange Zone Flags/Instructions
- Field Event Clipboards and Tape Measures
- Spike Wrenches/Spikes

- COLLABORATION -

QUESTIONS

COPY OF POWERPOINT, QUESTIONS, ETC

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