

Track Meet Information

1. Lots of sleep and good meals at least two days prior to meet. The sleep you get two nights before the meet is as important as what you get the night before. You should cut down on the fast food and pop. Eat something nutritional and well-balanced. Having just a salad or bagel is not enough.

2. What to pack: extra pairs of socks, t-shirts and sweatpants in case of rain. Snacks such as fruit, bagels, crackers, water or Gatorade. You should also always bring some kind of raingear if there is any chance of rain at all. Kids also bring a pillow and blanket for between events/the bus. You may need hats/mittens/heavier jackets if the weather is bad.

3. When to eat on meet day: try to get in a good breakfast. You should not eat a lot of anything 2-3 hours before you are scheduled to run. Once the meet starts, if your events are spread out over the course of the day, snack on fruit or crackers, a little bit at a time. If you're done early in the meet, you can eat more. If you're not sure if you should or what to eat, ask a coach. Drink water throughout the course of the day.

4. During the meet: Stay out of the sun!!! Meets are not for working on your tan. Keep your sweats on – even on warmer days. Support your teammates during the meet. If you're not out on the track, it's best to stay in our camp area. **KNOW THE ORDER OF EVENTS!!!!** This is very important as it will determine when you should start warming up. Most meets will have a first, second and last call for your event. You should start warming up on first call. On the last call you will need to report to the starter. He will be either at the starting line or the finish line. If you're not sure, ASK!

5. Warm-up: You should jog a lap or two upon arrival at the track and then stretch fully. As your event gets closer you will want to stretch more and do pick-up sprints before your race. Don't worry, you won't tire yourselves out doing sprints. It's very important to be completely warmed up when you start your race. If you are doing a field event, you will need to report to that area right after your initial warm-up.

6. After you are done running each event, you need to jog around the track and stretch some more so you don't get stiff. If you have a lot of time between your events, you will need to go through your warm-up several times.

7. Remember, you are representing Century High School and your behavior should reflect that. You need to keep your uniform on for the duration of the meet. Above all, if you have any questions, if you're not sure when/where your event is, don't wait until the last minute, find a coach and ASK.