

FIREBIRDS TRACK CLUB

TRACK MEET ESSENTIALS

- **Arrive** at the track meet location **one hour** before the meet is scheduled to start. This allows the athlete time to properly warm-up before the meet begins, allow time for athlete to hear other important instructions and get their stickers.
- Athlete's **name should be on all pieces of track equipment** (clothing, shoes/spikes, bags, etc.) and clearly marked.
- Athletes should **keep their sweats on when they are not performing their events**, this will help to keep their muscles warm and prevent injuries. *If they remove their sweat jackets, they should have on their long sleeve tee shirt or a pullover to keep their upper body warm. Only exceptions will be if high temperatures dictate that sweats should be removed and those cases coaching staff will let athletes know.*
- When not performing their events, **athletes should stay together under the tent and out of the sun**; this will help reserve their energy for their race or field event; this is also a safety requirement so we know where our athletes are at all times.
- It is a long day, bring items that will allow you/your athlete to be comfortable.
- Ensure you and your athlete **help keep area clean and free of trash**

Listed below are some suggested items to keep in mind when preparing for those long track meets:

GOOD BREAKFAST EXAMPLES	FOOD ITEMS DURING TRACK MEET	COMFORT ITEMS	WEATHER PROTECTION	ATHLETES " MUST HAVES" AT EACH MEET
cereal, eggs, milk, fruit, yogurt, items with protein & carbs Athletes should eat a good meal 2 to 4 hrs before their event.	water, sports drinks, fruit, pretzels, trail mix/nuts, peanut butter and jelly sandwiches, lunchables, crackers, raisins, fruit juice (100%) AVOID EATING TWO HOURS BEFORE YOUR EVENT NO SODAS, CANDY, FRENCH FRIES, OR HEAVY FOODS	portable chair, pillow, insect repellant, cooler, seat cushion, blanket, hand towel, toilet tissue, disinfectant wipes, hand sanitizer, lotion, deodorant, inhalant, prescribed medicine, pain relief medicine, sunvisor/hat, ponytail holders for the girls, your own trash bag to keep your area clean, etc.	tent, umbrella, blanket, sunblock, sunglasses, light jacket, allergy medicine, inhalant, hat (sun/rain), socks (extra)	uniform, warm-up suit, long sleeve tee shirt or pullover (for warmer days in lieu of warm-up jacket) running shoes, socks, track spikes w/ ¼" track spikes, replacement ¼" track spikes and spike wrench/key, track bag, athletic cups if needed (males), sports bra w/ good support if needed (females), lots of water, sports drinks TO KEEP ATHLETES BUSY: homework, books, games, cards, coloring books, portable games, etc. **Academic Tent will be set up for athletes needing to study or needing educational assistance