

Track Meet Tips

The key to having a good day at a track meet is planning. Please keep these in mind as you prepare:

- ✓ Athletes MUST get their bib number from their coach and have it on them all day.
- ✓ Athletes MUST stay out of the sun. It will drain their strength and dehydrate them. They need to have something to do while they wait for their events. For example, playing cards, a book, tablet, music, phone, toys, etc.
- ✓ All athletes MUST write their names on their uniform tags. They should all have their own backpack to keep their things in, so nothing gets stolen as there are lots of people at track meets.
- ✓ Bring a blanket for your athlete to lay down. Yoga mats are great for bleacher seating.
- ✓ Bring a cooler with plenty of fruit such as bananas, strawberries, pineapple chunks, grapes, apples, watermelon. Include plenty of water bottles. Make sure your athlete drinks at least 64 ounces of water throughout the day. Hint: if they're not sweating, they don't have enough water in their body. Avoid Gatorade, which is filled with garbage they don't need.
- ✓ Good carbs to bring: Goldfish, pretzels, crackers. The concession stand is for the parents (and the athlete when they are all done competing).
- ✓ Pack a Ziploc bag with napkins, plastic utensils for eating fruit, hand sanitizer, and band-aids.
- ✓ Pack a small towel and keep it on ice in your cooler for your athlete when they return from competing. Put it on the back of their neck to help them restore their temperature, or on sore muscles.
- ✓ Athletes must listen to announcements for their event. Coaches will escort them to check-in.

Track Meet Tips

The key to having a good day at a track meet is planning. Please keep these in mind as you prepare:

- ✓ Athletes MUST get their bib number from their coach and have it on them all day.
- ✓ Athletes MUST stay out of the sun. It will drain their strength and dehydrate them. They need to have something to do while they wait for their events. For example, playing cards, a book, tablet, music, phone, toys, etc.
- ✓ All athletes MUST write their names on their uniform tags. They should all have their own backpack to keep their things in, so nothing gets stolen as there are lots of people at track meets.
- ✓ Bring a blanket for your athlete to lay down. Yoga mats are great for bleacher seating.
- ✓ Bring a cooler with plenty of fruit such as bananas, strawberries, pineapple chunks, grapes, apples, watermelon. Include plenty of water bottles. Make sure your athlete drinks at least 64 ounces of water throughout the day. Hint: if they're not sweating, they don't have enough water in their body. Avoid Gatorade, which is filled with garbage they don't need.
- ✓ Good carbs to bring: Goldfish, pretzels, crackers. The concession stand is for the parents (and the athlete when they are all done competing).
- ✓ Pack a Ziploc bag with napkins, plastic utensils for eating fruit, hand sanitizer, and band-aids.
- ✓ Pack a small towel and keep it on ice in your cooler for your athlete when they return from competing. Put it on the back of their neck to help them restore their temperature, or on sore muscles.
- ✓ Athletes must listen to announcements for their event. Coaches will escort them to check-in.