

## MEET DAY INFORMATION

- \*You must wear Buena colors on at track meets.
- \*You must attend all classes on a weekday meet
- \* All competing athletes are expected to ride the bus (when provided) to meets.
- \*Be on time to the bus. Parents, please make sure your athlete is on time & picked up on time.
- \*Boys sit next to boys, and girls next to girls on the bus.
- \*TOTAL TEAM ONE LAP WARM UP UPON ARRIVAL TO MEET TO SCOUT VENUE,
- \*We are at meets to compete, not to goof off or suntan. You should be focused on preparing for your event(s) or supporting teammates. Get to various events to cheer on your team
- \*It is your responsibility to check in for your event. Listen to the announcer. Pay attention to what event is on the track or field.
  - \*First call-You should check into the clerk of the course and be warming up.
  - \*Second Call-You should be continuing warm up near the start or clerk of course.
  - \*Third Call-last and final call, and you should be at the start with spikes on and ready to RACE!
- \* Relay teams are expected to warm-up together (alternates included), remember your baton,
- \*Field Events get your marks early LJ / TJ – new rule can only check marks running towards sand. Check in and out with field event judge before going to your race
- \*You can't switch or drop events yourself. If you don't want to do an event, check with Coach
- \*Warm up properly! Most injuries are due to a failure to warm up properly. And Cool Down
- \*You must stay until the end of the meet unless you have permission to leave by Coach.
- \*Bring TWO sets of shoes to meets—spikes/flats and running shoes. Have extra spikes-- 3/16" pyramids
- \*Be prepared for the WORST WEATHER POSSIBLE. Always overdress. Bring a hat, gloves, coat, sunscreen and healthy lunches, snacks, and drinks.
- \*When 4 x 400s begin, everyone is on track either competing or cheering on our teammates.
- \*At the conclusion of the meet, we meet at the start line for our team cool down, then stretch.
- \* We will leave the competition area and bus clean. Throw garbage in the containers provided.
- \*Respect the bus driver and thank him or her.