

MEET DAY INFORMATION

NOTE: This information is relevant for the local developmental meets only. Once we get to the Association, Region, and National meets additional information will be provided.

1. **WHEN TO ARRIVE** – All athletes need to be at the meet 30 minutes before the meet begins. (Most meets begin at 8:30 AM so everyone should be there by 8:00 AM) Although an athlete may not compete for some time after the start of the meet, the only time we have access to the track to stretch and warm up is before the meet begins. Once the meet starts only participating athletes, coaches, and officials have access to the track and infield area.
2. **WHERE DO WE SIT**– We will have tents set up in the stands for parents and athletes. We try to position ourselves in the lower seats near the finish line. It is important that the athletes behave and are getting adequate rest before and in between events. Athletes should remain under the tents when not participating. Everyone should pay attention to the announcement for when the athletes need to check in. All athletes should report to clerking at “first call” of their events.
3. **WHAT TO BRING**
 - a. Competition Shoes (Spikes or Running Shoes) and bag
 - b. Comfortable Shoes/Sandals (spikes are to be worn only when competing)
 - c. Appropriate outer wear – Warm ups are to be worn except when competing (especially pants to keep leg muscles warm). For the early meets make sure you have adequate clothing to stay warm.
 - d. Water – Hydration is essential to optimize performance. Athletes should drink throughout the day. Athletes must drink right after their event. Nutritionists now recommend *chugging* 8-12 ounces right after competition (despite what we were told when we were competing!). Water and sports drinks only – no pop and no “energy” drinks.
 - e. Food – Proper nutrition is just as important as hydration for maximizing athletic output. All athletes should eat prior to the meet. Pre-meet meal should consist primarily of carbs. (Should load protein during the week.) All athletes should eat small amounts throughout the day. Athletes should eat simple carbs right after their event – ½ to 1 cup of cereal, power bar, candy bar, etc. **NO FAT OR GREASE ON MEET DAY!!**
 - f. Anything the kids need to occupy time – game boy, mp3, books, etc. (Think taking a trip in the car with the kids!)