

## What to expect at the TRACK MEET?

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- Meets are an all-day affair! However, they are often fun and exciting throughout!
- During the start of the season the weather is cold and sometimes rainy. However, for the most part of the season the weather is simply HOT!!!
- Meets are often crowded. It is suggested to arrive early to get a good spot!
- Meets are typically split into two separate sessions by athlete age divisions. In this instance, athletes ages 12 and under compete in the a.m. session. \*And athletes ages 13 and older compete in the p.m. session. Approximate session start times: A.M. = 7:30am/P.M. = 2:30pm. In the instance a meet is run with all age divisions combined, athletes of all ages must be present for an a.m. meet start time. Meet session start times may vary. You must arrive per instructions provided by your athletes coach.
- *\*Athletes ages 13 and older who compete in field events must be present during the A.M. session as field event competition times begin during the A.M. session.*
- Meets run on a rolling schedule. This means that there is no specific time for one particular event. Your athlete must be prepared to run when their event is called.
- To represent SWIFT Family unity and ensure the effective and efficient coordination of athletes during meets, we ask that all SWIFT team members sit/camp in the same central location. The coaching staff will not search for an athlete throughout the crowd in order to ensure your athlete is present for event check-in. Please communicate with your athlete's age division coach in the event your athlete is not able to be seated in the general SWIFT Camp area. Your athlete's coach will inform you of the events your athlete will be competing in and it will then be your responsibility to ensure your athlete is properly warmed up and ready for event check-in.
- Athletes compete against other athletes in their age division—*see division breakdown.*
- Medals are awarded to athletes who place in the top 3 overall in each event per age division. If there are multiple heats/sections of any one event, medals will be awarded to the top three by race time or jump/throw overall per age division.
  - Typically, athletes in the PRIMARY age division are given participation ribbons if they do not place in the top 3.
- Parents are not allowed on the in-field. SWIFT parents on the in-field whose athletes are not competing in a field event will be asked to leave the in-field. SWIFT parents who do not adhere to the rule of remaining off the in-field may be found in violation of the SWIFT PARENT CODE OF CONDUCT—*see SWIFT Parent Code of Conduct.*
- Your athlete will be assigned to compete in various events. Your athlete may or may not compete in the same event from meet to meet. The event(s) in which your athlete is assigned to compete are based on the discretion of his/her age division coach or head track coach.
  - Relay race participation and the athletes selected to compete in a relay race are subject to coaches' discretion—*either may be subject to change as warranted.*
- Parents must see the athletes coach or the head track coach with any issues regarding the meet. The coach/head coach will work to resolve any issue(s) with the meet director as appropriate.
- Your athlete must not leave the meet without first notifying his/her age division coach.