

# Randolph Roadrunners Track and Field Club

## TRACK MEET CHECKLIST

### The night before:

- Get plenty of rest the night before competition. Two good night's sleep is even better.
- Eat a good meal the night before competition, avoid fried and greasy foods
- Load up on carbohydrates such as pasta
- Drink lots of fluids, especially water, fruit juices, sports drinks, etc. No soda or Kool-Aid.
- Limit physical exertion the day/night before.
- Check your shoes and spikes for proper fit, being dry, and shoe laces are in good condition.
- For spikes: tighten all spikes, make sure they are the correct length for the track surface.
- Pack a lunch for the competition.

### The day of competition:

- Drink plenty of fluids throughout the day, from the moment you awake. Suggestions: Water, Gatorade, Powerade, etc., No Sodas or Kool-Aid.
- Get proper nourishment, eat a good breakfast/ lunch, depending on when your competition is scheduled.
- Wear your uniform underneath your clothing in case there is no place and/or time to change.
- Get to the competition venue at least 1 to 1.5 hours before your scheduled event start time. Normally the coaches staff will inform the group what time to arrive.
- Stay relax and get comfortable, try to conserve energy whenever possible.
- Visit the restroom, regardless of whether or not you have to go. As your nerves will sometimes make you feel as if you don't have to go when you really need to and vice-versa.
- Pay attention to all event calls for your event. Usually there is a first, second, and last call. Once the first announcement is made for the first call, either report or remain near the staging area.
- Stay in the shade when the weather is hot; stay warm and loose when the weather is cold.
- Stay loose, keep your arms and legs moving, but avoid over exerting yourself.
- Keep your uniform and shoes dry. If the weather is hot, avoid dousing yourself with water before an event, misting is OK, as dousing will just make your hair and uniform heavier. The only true way to cool your body temperature is internally, by drinking cool liquids.
- When you are at the starting area waiting for the start of the race, do a couple of race-pace stride outs, but keep the distance very short, no more than 20 meters. Breathe slow, and deep. This will help you get oxygen into your lungs, expand your lungs, and relax your nerves.

**TRAIN HARD WIN EASY!!!!**

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## Don't forget the following:

- Uniform
- Shoes & Socks (Running Shoes, Spikes, and Flip Flops to relax your feet) Don't walk around in your spikes, only walk in your spikes to and from your event.
- Warm-ups (top and bottom)
- Hat/Sun Visor
- Towel, Blanket, Pillow, Umbrella, Folding Chair, Tent
- Sun block/Sunscreen SPF 30)
- Water (Bottle/Jug/Cooler) Gatorade or PowerAde (Remember water is best)
- Pack and good lunch and healthy snacks - (Suggestions: peanut butter and jelly sandwich, fruit, power/nutrition bars, crackers, pasta (macaroni salad, ramen noodles, bagel, English muffin, raw vegetables, sunflower seeds, water, juice, sports drink or lean meat
- Avoid eating fried & greasy food, no milk, cheese/dairy products, hot dogs, chips, nachos, eggs, mayonnaise (on sandwiches) and pizza.
- No junk food from the concession until after all of your races.
- Spray Bottle for misting
- Bring entertainment devices such as an ipod/portable music player, Book, cards, video games, etc
- Ziploc Bag for Ice
- Blanket, Pillow or Sleeping Bag

PLEASE LABEL ALL PERSONAL ITEMS  
AND KEEP THEM IN A SAFE PLACE BETWEEN RACES

## Dehydration:

Dehydration means your body does not have as much water and fluids as it should. Dehydration can be caused by losing too much fluid, not drinking enough water or fluids, or both. Make sure you drink plenty of fluids before, during and after the track meet.

## Basic injury treatment:

Ice down your injury (40 minutes on, 20 minutes off) Do not put heat on any injuries!!!!

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