

“TRACK MEETS 101”



General Information

- All athletes are required to be on the track 1-hour prior to meet start. This means if the meet begins at 8am, your child needs to arrive at 7am.
- If your child is late to a meet, it is your responsibility to ensure that your child is warmed up and prepared for their events.
- FSTC coaches arrive early to save space in the stands for athletes, please check in with your child upon arrival.
- FSTC provides tents in the stands for **athletes and coaches**. Parents and siblings will not be allowed under tent.
- **Every family** is required to assist during a meet as needed. This includes, but is not limited to, picking up kids from the finish line, checking kids in, or maintaining order during in the stands.
- Parents **are not allowed** on the track at any time, so please:
 - Be sure your child can tie his/her own shoes
 - Be sure your child knows his/her birth name
- Should your child misbehave in the stands, coaches or assigned parent may bring your child to you for the remainder of the meet. Should this occur, it is your responsibility to get your child to/from their events during that meet.
- If your child has any medical issues, please inform your child's coach asap. Also, please ensure that your child takes any preventative medication **prior** to arriving at the meet.

Acceptable Foods to Pack for a Meet

- Granola, Vegetables, Salads, Fruit, and **LOTS** of Water
- Please do not allow your child to consume a lot of Gatorade or Powerade, this should be saved until **after** s/he has completed their events.
- Please do not allow your child to consume junk food (chips, soda, candy) prior or during the meet.
- It is not the job of the coaching staff to provide food for your child during the meet.

Athletic Events

- Your child's coach will determine what event to put your child in for each meet. Should you have a concern with the events your child is participating in, please speak with your child's coach at the next scheduled practice.
- Athletes compete based on AAU and USATF age rules. Athletes are told at the beginning of the meet what group they are in and what events they are competing in.
- It is the responsibility of the athlete to:
 1. Be respectful and mindful while in holding
 2. Listen for their names to be called for their heat
 3. Compete at their full potential