

# Meet Checklist

## MEET CHECKLIST and EXPECTATIONS

### Attire (Clothing) for meets:

1. Uniform (Tops and Bottoms)
2. Track Jacket
3. Sweat Pants or Wind Pants \*\*
4. Sweat Shirt or Long Sleeved Shirt
5. Extra T-Shirt
6. Long or Short Compression Pants (Black, White or Royal Blue) – for underneath uniform shorts
7. Long Sleeved Compression Shirt (Black, White or Royal Blue) or Short Sleeved White T-Shirt – Optional for underneath uniform top
8. Remove all jewelry prior to meet

**\*\* Always wear your sweat/wind pants regardless of the weather. It helps keep your legs and muscles warm and helps against cramps, pulls and tight muscles.**

### Additional Attire:

1. Extra Socks
2. Hat and Gloves
3. Jacket
4. Rain gear and/or umbrella

### Footwear:

1. Running Shoes
2. Spikes
3. Appropriate size spikes for the shoe
4. Throwing Shoes

### Additional Gear – Be Prepared:

1. Javelin
2. Poles
3. Batons
4. Shot Puts
5. Discus

### Food:

1. Snack (Bananas, Oranges, Peanut Butter Sandwich, Protein Bar, Bagel, etc.)
2. Water, Gatorade or Powerade

### During the Meet - (Where you should be):

1. In or at your designated team spot or warming up for your specific event.
2. Mental preparation (relax), warm-up, stretch, and listen for your events being announced.
3. Practice your starts, throws, jumps and steps.
4. Relay teams work on hand-offs and steps. (Do dry run of your race).

### Before your event(s):

1. Check in with your coach for instructions or changes in line-up.
2. Stretch and warm-up (i.e. accelerators, steps, starts, striders, etc.).

### After your event(s):

1. Put your warm-ups back on immediately to avoid cramping and pulled muscles.
2. Check in with your coach for instructions and cool-down.

### Attitude:

1. Be business-like or ACT like you have been there before.
2. Be POSITIVE!
3. Have fun and encourage your teammates.

**REMEMBER:** People are watching you—coaches, officials, families, other athletes and children! Act and behave appropriately!