

Track Meet Essentials

In order that our athletes perform their best, parents must provide them with the proper fuel to perform their best. High starch meals (for example, pasta) the days before the meet may increase glycogen stores and provide higher energy levels for the meet. Athletes should eat a good breakfast (avoid dairy) the day of the meet and have nutritional foods to eat during the meet. Avoid sodas, candy, french fries, heavy foods. Water is best for hydration before, during, and after the meet. Once your athlete is finished their events for the day, they can enjoy a heavier meal.

Track meets can last 6 – 8 hours and sometimes longer. You should bring items that will allow you and your athlete to be comfortable for the day.

Listed below are SUGGESTED items to keep in mind when preparing for those long track meets.

FOOD ITEMS	WEATHER PROTECTION	COMFORT ITEMS	ENTERTAINMENT	SAFETY/ITEMS FOR CLEANING
Water	Tent	Portable chairs	Books	First Aid Kit
Sports drink	Screen sides for tent	Cooler with ice	Homework	Hand sanitizer
Fruit (fresh/dried)	Blanket	Foldable wagon	Cards	Prescribed meds
Pretzels	Sun block	Cot/blanket	Electronics	Insect repellant
Protein snacks	Light jacket	Battery Fan	Board games	Pain relief meds
Trail mix	Poncho	Extra socks	Headphones	Paper Towels/Napkins
Carrots	Hat	Flat shoes/slides	Portable charger	Toilet paper
Granola bars	Tarp (for ground)	Stadium seat	Puzzles	Trash bags
Power bars	Sunglasses	Towel	Games	Wipes
Peanut butter crackers/snacks	Umbrella			

Arrive at the meet at the designated time. This allows the athlete time to warm up before the meet begins.

On hot/sunny days, keep your child out of the sun as much as possible. This will help reserve that much needed energy for their race or field event.

Athletes need to keep their sweats (shirts/pants) on when not performing their event to keep their muscles warm. This will help prevent injuries and enhance performance.

Athlete Check List

Uniform
Spikes and/or throwing shoes
Spike key/wrench
Running shoes
Warm ups (sweats/pants)
Extra t-shirt/shorts
Towel
Rubber roller
Tape (for marks)
Throwing implements