

TRACK 757 TRACK MEET ESSENTIALS

Arrive at the track meet **at the designated time and location**. This allows the athlete time to properly warm-up before the meet begins, allow time for athlete to hear other important instructions and get their stickers.

It is a **long day**, bring items that will allow **you/your** athlete to be comfortable.

Listed below are some suggested items to keep in mind when preparing for those long track meets:

GOOD BREAKFAST EXAMPLES	FOOD ITEMS DURING TRACK MEET	COMFORT ITEMS	ATHLETES "MUST HAVES" AT EACH MEET	TO KEEP ATHLETES BUSY:
cereal, eggs, milk, fruit, yogurt, items with protein & carbs Athletes should eat a good meal 2 to 4 hours before their event.	water, sports drinks, fruit, pretzels, trail mix/nuts, peanut butter and jelly sandwiches, lunchables, crackers, raisins, fruit juice PLEASE AVOID EATING TWO HOURS BEFORE YOUR EVENT- NO SODAS, CANDY, FRENCH FRIES, HEAVY FOODS	pillow, cooler, seat cushion, blanket, hand towel, toilet tissue, disinfectant wipes, hand sanitizer, lotion, deodorant, inhalant, prescribed medicine, pain relief medicine, ponytail holders for the girls, your own trash bag to keep your area clean, etc	uniform, warm-up suit, long sleeve tee shirt or pullover. running shoes, socks, track spikes w/ ¼" track spikes or waffles and spike wrench/key, track bag, athletic cups if needed (males), sports bra w/ good support if needed (females), lots of water, sports drinks	homework, books, games, cards, coloring books, portable games, etc.

The team will provide tents... we have what is known as "Tent city".

ALSO PLEASE HAVE Patience, support the kids and a have some fun!!!