

GHS Track and Field - Meet Day Guide

What to Bring

Competition shoes and uniform: these should be the first things that go into your bag. All of our Saturday meets are on all-weather tracks, so make sure your shoes have the proper length spikes for the facility. On dirt tracks you will want 3/8" spikes.

What to wear: a GHS Track t-shirt to wear over/in place of your singlet between events, shorts to wear over your uniform shorts. Always bring your tracksuit. In fact, always assume it will be very warm and very cold when you go to a meet. Be ready for anything

Extras: Sunscreen (always bring sunscreen) books, a watch, iPod, blankets, sunscreen!

Food: At Saturday meets, there will always be the usual stadium junk food, which you should not eat until you are done competing for the day. Instead, bring lots of water, half strength Gatorade, fruit, cheese, meal replacement bars, sandwiches - stay away from soda and candy. Make sure you have breakfast and plan on eating several small meals during the meet. On week-day meets, eat a good breakfast and lunch and bring some food and water.

Implements: Make sure the shot, discus, or pole(s) you need to compete have made it onto the bus, never assume someone else has taken care of it.

When You Arrive

1. **Consult a schedule** to see when your events are and figure out when you should begin warming up. You should already know how long it takes you to do your warm up.
2. **Familiarize yourself with the facility** - make sure you understand where the warm up area and the clerk of the course are. Field event athletes should also figure out where their event will take place.
3. **Figure Out the Check in System** - most Saturday meets ask you to check in some time before your event at the Clerk of the Course, who is a meet official who is in charge of confirming each athlete's participation and assigning lanes. You need to figure out when and how you should check in. Some meets will want you to check in early and then report back shortly before your event, while others will only want you to check in one time just before your event. After you have checked in, you will usually wait for a few minutes on benches at the Clerk and then be led out to the track when it is time for your event. Field Event Athletes: will often report directly to their event, but sometimes will check in first with the clerk. In Dual Meets, you will usually just report to the starting line for your race.
4. **Learn the Announcing System** - Most meets use a three call system: first, second, and last call. The first call is a general warning that your event is coming, but don't wait until the first call to start warming up. This is when you should check in with the clerk of the course. By second call, you should be checked in and well into your warm-up. At last call, you should have your tracksuit back on and be at the Clerk or your field event area, or the start line in dual meets.