



a USA Track and Field Club

Track Meet Fact Sheet

Preparation for the Track Meet

- Pack for all types of weather: sun, rain, cold, and heat. Bring proper clothing, sun screen and whatever will make you and your child comfortable in the elements.
- Bring water, electrolyte replacement drinks, and food (good food is important!). Please refer to the Parent Handbook for some options for pre and post event eating. There will be a refreshment stand available – choose healthy options prior to competition.
- The athletes should bring items to keep busy while they are not competing – books, playing cards, homework, etc.

Arrival at the Track

- Search for the Wings of Moon tents. We will have 2 tents set up in the stands. We try to get a good location – it just depends on timing and luck.
- Athletes and families are welcome under the tent. If it gets crowded, athletes get priority. Place your coolers on the outside perimeter for extra room.
- Look for the parent with the manila envelope and stickers. Place your child's sticker on their uniform top. The sticker has their age group and their events listed.
- Familiarize yourself with the Order of Events listed on the meet flyer.

Event Preparation

- Estimate when your child's event will occur. Warm-up 20 minutes before the first call for the event. Gather team mates who are in that event and warm-up together. In most cases, you will not be able to warm-up on the track. Find a location around the track to do your dynamic stretching and jogging.
- Pay attention to the announcements.
- There will be 3 calls for each event
 - 1st call – use the restroom
 - 2nd call – gather equipment needed and proceed to clerking tent
 - 3rd call – you should be at the clerking tent and checked in
 - Recommendation: Record times, and keep track of progress across the season
- Post event, cool down (jog, stretch).
- Parents are not allowed on the track or field unless you are volunteering. Please be patient with the meet officials. They are volunteers.
- Post to Facebook the event (and age group) that is in progress. Post a picture of your child running or crossing the finish line!

Post Event

- Hydrate.
- Clean up our tent area.

Our e-mail address: wingsofmoon@gmail.com

Visit our web site at www.wingsofmoon.com and our local USATF Association at www.usatf-threerivers.org