

## Meet Day Procedures

- If there is a bus to the meet, be on the bus ready to go.
- If we take a bus to a meet, all athletes **MUST** ride the bus to and from the meet. If an athlete is riding home from the meet with his/her parents, the athlete must have a note into the athletic office at least 24 hours before the competition - **NO Exceptions.**
- If there is no bus, arrive to the meet location at least 90 minutes before your race is scheduled to start.

Things athletes need to bring to **EVERY** meet:

- Running clothes to wear over uniform
- Uniform
- Running shoes (and spikes if the athlete has a pair)
- Spare set of athletic clothes to change into after the race
- healthy snack
- **WATER**

Optional:

- Garbage bag

Meet Procedures:

- When we arrive, EVERYONE helps set up the team area.

One hour before your race starts

- find and use bathroom
- Get bibs, box assignment
- Go over course map

55 minutes before

- Light 5 minute warm-up jog
- Therabands
- 2 mile warm-up

20 minutes before

- put on uniforms, bibs, spikes

15 minutes before

- go to starting line
- drills
- strides

After your race

- If you race in spikes, change into your running shoes
- Get something to drink, preferably water, but Gatorade is okay
- 2 mile cool down
- Debrief with coaches
- Pack up and clean up team area - **MAKE SURE IT IS SPOTLESS!**

## Rules

- 30 Minute Rule: The 30 minutes before your race begins until 30 minutes after the race is over is Team Time. I ask that all non-athletes stay out of the team area during this time. Think of it like the locker room before and after a football game or the bench during a basketball game; it is necessary for the athletes to focus on their races, listen to their coaches, and be able to debrief the races after they are done.
- 20 Minute Rule: As an athlete, you are allowed to be upset after a bad race for 20 minutes.