

## SO YOU ARE NEW TO TRACK & FIELD

### **SIGNING UP FOR EVENTS**

Avoid signing up for two events scheduled to start close together. Talk to your coach about the number of events you should do at a meet.

### **BEFORE LEAVING HOME**

Clothes: bring a set of warm dry clothes as it frequently rains when least expected. Gloves a hat and an old blanket are great to keep warm on a cold day. Bring a large plastic bag to store your clothes while you compete. An umbrella and a towel are also useful.

Throw in a band aid, sunscreen, fruit and a water bottle.

Make sure you have your spikes and singlet as they are essential.

If you are a thrower, bring an old towel to wipe the implement

Don't eat a full meal within two hours of competing. Beverages (except water) should be consumed at least one hour before any track event.

### **ARRIVING AT THE TRACK**

Arrive at least one hour before your event starts. This will give you time to do a proper warm up. Sometimes an event will start one-half hour before the scheduled start time.

Get your competition number (bib) from your coach or a club parent. Don't lose it. If you forget to bring your bib on the second day of a two day meet, see your coach immediately. You can't compete without it. It is illegal to use a team mate's number. It will result in disqualification.

Avoid going on the infield. It is usually closed to competitors, parent and coaches. Especially if there are field events taking place.

Do not cross the track while an event is in progress. Look both ways before crossing!!

### **COMPETITION IMPLEMENTS**

Most track meets supply starting blocks for athletes aged 14 and over. Younger athletes do not use starting blocks.

Maximum length of spikes on most synthetic surfaces is 5 to 7 mm. Check the entry form sent by the host club.

Athletes who bring their own throwing implements (e.g. shot put, discus, etc.) are required to have it weighed at least one hour before the scheduled start.

### **COMPETITION**

Profanity at any event will result in a warning by the official and can result in disqualification of the athlete(s) involved.

Do not distract an official at an event. They need their full attention to the task they are performing. Do not "horse around" at an event area as it can be dangerous and annoying.

Be polite to the officials. Remember they are volunteering their time and are not paid! Without them, there is no track and field meet.

Receiving coaching of any form during an event can result in your disqualification. Check with the officials and your coach if you have any doubt.

Parents, coaches, or friends who run on the infield next to the track will cause the athlete to be disqualified.