

# MEET TIPS

## 1) **Be prepared:**

- For any kind of weather
- Bring equipment needed
- Keep track of meet schedule (some meets run ahead and some behind)
- Check in w/clerk 15minutes prior to event start time.
- When not competing wear warm-ups over singlet and shorts
- On the podium wear team issued clothing

## 2) **Warm up & Warm Down before and after event**

*(Rough estimate of time schedule will be posted in tent)*

- Up and moving no less than 50min before event
- Warm up 30-60min before start of event
- Warm down after event even if you have another event.

## 3) **Be a GOOD SPORT**

- Watch other events and Cheer for Teammates
- Leave surroundings better than when we found them

## 4) **Be aware of surroundings**

- Know the facility (event areas, bathrooms, etc.)
- Quiet Voices @
  - Start of Races
  - Field Events as they make an attempt.

## 5) **Control only what you can control**

## 6) **Learn Something New**

## 7) **Go For a Personal Best!!**

## 8) **Have Fun!!**

**When we arrive, all athletes should do the following in this order.**

- 1. As a team find a place for camp and set up tent.**
- 2. Orientate yourself with the facility (field event areas, check-in area, restrooms, etc.)**
- 3. Field event athletes, check in at the event and make appropriate marks, then begin warming up.**
- 4. Relays- warm up with your relay team, do 3-5 exchanges, and warm down (stretch)**
- 5. All – Up and moving 50 minutes prior to the start of your event, and begin specific warm up 30 minutes prior to your event. Use Meet time schedule as a guide but know that schedule doesn't always run on time.**
- 6. Check in for your event at first call. After you check in you can go back to your field event or continue to warm up.**
- 7. After event – warm down, even if you have another event later on. (warm up and warm down are very important)**
- 8. After cheering for your teammates during the last event help clean up camp.**

## **Expectations**

- Be prepared**
- Ride bus to and from meets with team**
- Wear Mayo Track & Field uniform**
  - Only wear singlet when competing**
  - When not competing wear warm ups over singlet**
- Warm up and warm down properly**
- Respect and follow meet rules**
- Respect facilities**
- Remain positive**
- Conduct self with class and show good sportsmanship**