

Track and Field 2017

April 23, 2017

FLORENCE
TRACK
CLUB

PRACTICE THIS WEEK: Monday, Tuesday, Thursday (6:15-8:00pm)

DARLINGTON MEET: The Darlington Meet is on Saturday! The meet schedule is attached to the newsletter email as well as on the website on the Track & Field page.

Meet Address:

DARLINGTON HIGH SCHOOL: 525 SPRING ST. DARLINGTON, SC 29532

Track events begin at 8AM and field events begin at 8:30AM. If your athlete is in one of the first events, please be there by 7:30AM to give them time to get their bibs and warm-up before they compete.

Bibs will be given out by team moms at the FTC Tent.

Please keep an eye on the event schedule that will be posted in the FTC tent. This will be marked off as events are called so you and/or your athlete can have a good idea of when his/her events will be called. Remember running events (and usually high jump) ALWAYS take priority over field events. Coaches and team moms will be available to help answer any questions.

During the Meet: Please be sure to use plenty of sunscreen, stay in the shade, and bring plenty to drink to stay hydrated. Concessions will be available to purchase on a cash-only basis, so please be prepared. Many families bring their own coolers/food.

Temperatures on Saturday are supposed to be in the upper 80's. Please make sure your athlete stays well-hydrated. WATER is the best way to hydrate, and athletes should begin hydrating on Wednesday of this week to prepare their bodies for Saturday.

We have a need for parents to bring tents to this meet if you have them! We would like to keep our participants shaded if at all possible! Please let TaMara Sloan or Tara Small know if you have a tent we can use.

DATES TO KNOW:

April 29th: FTC Darlington Meet