

# Helpful hints for Track Meets

## Things to bring

- 1) **Sunscreen**, reapply often
- 2) **Water for everyone you bring**. Don't expect the club to provide
- 3) **Chairs** to sit in. Although there are bleachers, you will want somewhere to sit when not at the track.
- 4) **Canopy** if you have one. The tents can be attached to others making a large shaded area for the athletes
- 5) **Snacks - Lunch**. There will be concessions but we don't know what and there is no lunch break
- 6) **Comfortable shoes**. You will be walking on grass, up hills, and a lot.
- 7) **A good Attitude**.
  - a) all coaches are volunteers
  - b) ask if you have any questions
  - c) this is the first meet for a lot of the kids so we need to help each other

## What to do when you get there

- 1) Arrive at least 1 hour before your first event.
- 2) Find the Florence Track Club tent on the big hill.
- 3) Pick up your bib number. (we will have them at the tent)
- 4) Set up around the FTC tent so you may keep informed of what is happening.

## General knowledge (Ask questions if need be)

- 1) Please remember everyone working is a volunteer and doing the best we can.
- 2) Be aware of what is happening on track so that you may have a good idea of time.
- 3) most of the time coaches will escort your athlete to their events, but if we are not available, it is your responsibility to get them to their events.
- 4) Announcements will be made as to which events are ready for which athletes listen closely
- 5) Check in for track events is under the tent at the start Line.

Check in for Field events will be at the event itself.

- 6) DO NOT cross the track. There will be people to escort your child to their events that may be in the middle of the field.
- 7) If there is a conflict between a track and a field event, we got it covered. The child will check in at field event, then go to track, then back to field. Let the coaches know when you check in to the field event that they have a track event. I PROMISE YOUR CHILD IS NOT THE ONLY ONE WITH THE CONFLICT.
- 8) Shot Put and Discus are at the school beside the track. Not hard to find.
- 9) Results will be posted by the bathroom. And on our website when they are available. Awards will be handed out at practice Monday.
- 10) You may leave when you are done.
- 11) Keep an eye on the weather, dress and plan accordingly.

Have fun

Watch your child have fun.

Meet people from around the state.

Learn about different events.

Ask questions.

Make friends with other track members.

Remember you are representing Florence and The Track Club.

Pick up trash you see.

Support your athlete and other athletes from around the state.

Have a good day with your family