

What to Bring to Meets

On nights there is a meet, athletes will stay after school for both home and away meets. During away meets the bus will leave around 2:45 pm and not return until approximately 6:30-7:30pm. Athletes should pack plenty of food and water to get them through the night. It would also be a good idea to bring extra layers and blankets in case it gets cold.

Meet Expectations

During track meets all coaches will be responsible for working different events. Athletes will be given a designated "camp" area where they will keep their things and stay while they wait for their events. Coaches will not be chasing down athletes to get to their event. It is their responsibility to listen for their event to be called and check-in. Athletes will be given a 1st, 2nd, and final call for each event. They need to report to their event before the final call is made. Athletes participating in field events need to check-in immediately, even if they are participating in other events. Athletes are not to be socializing with students who are not on the track team or other athletes from different teams. At the end of the meet, athletes need to clean up camp before leaving.

Warm-ups

We cannot stress enough the importance of warming up before each event. Athletes should allow enough time to warm-up before starting their event. A good warm-up consists of raising your heart rate to 130-140 beats per minute. Athletes should raise their body temperature and loosen up the muscles so they can function more efficiently. Athletes can jog and go through their normal dynamic stretching routine. A good rule of thumb - the shorter the race, the longer the warm-up. Intensity and speed should be higher the shorter the distance you are racing.

After the Meet

Students have the option to take the bus home, or ride home with a parent.

ATHLETES GOING HOME WITH A PARENT NEED TO BE SIGNED OUT BEFORE LEAVING!!

We cannot stress this enough! Coaches have to call parents for every athlete that was not signed out. We are unable to leave the meet until we know that each athlete was taken home by his/her parents. PLEASE sign your athlete out before going home. There will be a roster at camp that parents can use to sign out their child. Athletes that take the bus home will need to be picked up at TMS by an adult. Coaches will send out a Remind with the time we will be back so you can meet us at the school.

If you have not signed up for Remind please do so! This is how we will communicate important information with you!

Order of Events

7th Grade Hurdles, Followed by 8th Grade (girls then boys)

7th Grade 100, followed by 8th Grade (girls then boys)

Girls 1600, followed by boys 1600

Boys go to Field Events

Girls:

4x200M Relay

4x100M Relay

400M

200M

800M

4x400M Relay

Girls go to Field Events

Boys:

4x200M Relay

4x100M Relay

400M

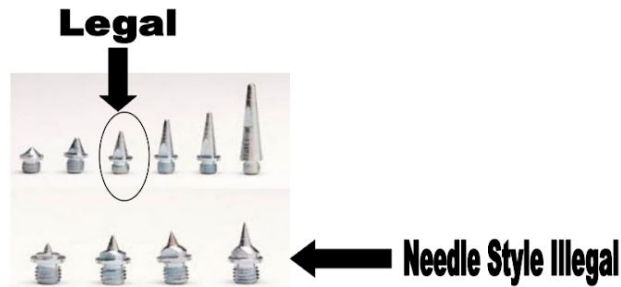
200M

800M

4x400M Relay

Clothing

The weather during track season can be pretty cold. Athletes should always pack extra layers to stay warm during meets and practices. It is a good idea to always have an extra sweatshirt and sweatpants in their bag. Anything worn underneath jerseys during a meet needs to be **WHITE**. Spikes are not required, but if they are purchased they need to be 1/4 " pyramid style spikes. If students are not wearing spikes they should be wearing a running shoe with good support.



Meet Rosters

Throughout the season athletes will be running in time trials in the 100M, 200M, 400M, 800M, and 1600M. Coaches will use the best times, along with effort in practice, and attendance, to help place athletes in events for each meet. All athletes will get into at least one meet. For away meets, we are only able to bring around 50-55 boys and girls. Home meets we will be able to enter more athletes in each event.