

Wildcat Classic – meet checklist (what to bring)

Sat, January 31, UK Nutter Fieldhouse

Below is a checklist of items you should bring to most indoor meets in general, but specifically the UK Wildcat meet. When attending a track meet, it's important to develop a routine, a routine that ensures you won't have problems at the meet or forget something important.

1. Gear bag or back-pack: you need a gear bag or backpack to carry your stuff, something you can strap to your back or carry around with ease. This bag should have your name or some sort of identifying information on the outside, with maybe contact info somewhere inside the bag.

2. Shoe box/bag - if you bring racing shoes, I suggest putting them in a shoe bag that can go in your backpack or gear bag, or inside a box. Some athletes will use Tupperware containers to store their racing shoes before and after their race, and training shoes during their race. They write their name and school on the container, and whatever else seems appropriate – such as a slogan, Bible verse, etc. – basically decorating their box like everyone decorates a School Planner.

3. Competition stuff

a. Uniform: white Assumption “big A” uniform top and solid black spandex shorts. This is the standard uniform for all of our indoor meets when we compete as Assumption. If you don't have this uniform top, then let us know, but wear an alternative “Assumption uniform top” (e.g. loose maroon or maroon spandex top). If you are on a relay, then your uniform must match the uniform of everyone on your relay team. If you're not on a relay, then you don't need to match.

b. Racing shoes: depending on the meet, distance runners may or may not want to wear racing spikes (earlier meets, not necessarily, but later meets yes). Sprinters and jumpers should always compete in racing spikes.

- **spike length:** indoor track spikes should be ¼ inch or smaller pyramid spikes

c. Training shirt: always wear a training shirt over your uniform, something you can warm up in and wear during warm down. This shirt should be something you can also wear when receiving any awards, during team or group photographs, while getting interviewed by media, etc., a shirt that well represents our team.

d. Sweats or warmups: inside is warm, but you may have to warm up outside, so bring sweats or warmups. My advice is to wear some type of running pant or spandex pant inside while warming up, but it should be something you can take off rather quickly.

4. Other items

a. Gum or throat lozenge – some girls struggle with the dry air at indoor meets and end up with sore throats later on. Gum and throat lozenges are two ways to maybe prevent this from happening.

b. Watch – you will need this prior to and during warmup.

c. Snacks – for girls with big breaks between events (e.g. several hours), we suggest bringing some light snacks (e.g. pretzels, trail mix, raisins, etc.). Water is important all day long, and Gatorade, Powerade are best saved for after your last race. Avoid heavier foods, dairy products, etc., before races unless you enjoy hugging trash cans and barfing to the sound of your teammates' laughter.

Wildcat Classic – meet checklist (once you arrive)

January 31, UK Nutter Fieldhouse

Here is a checklist of items you should be prepared to go through at most indoor meets in general. If you've been to a meet before, then you probably know the drill, but a refresher never hurts.

- 1. Find our “team camp”** – when you first arrive, locate our team camp. At UK, after walking through the main door, you'll find us on the infield/turf closest to that entrance. Be very careful whenever you cross a track, look both ways or you may get run over by someone (or yelled at).
- 2. Locate the bathroom** – the first thing to note is that when it comes to bathrooms at a meet, the line can get very long. You need to manage your time and realize that being nervous turns your excretory system on high alert. It's ok to make several trips, but again –don't wait until the last minute. *If you absolutely must make a bathroom visit within 30 minutes of the start of your race, then realize you could miss your race, but please tell several different people you're going to the bathroom so that we can keep you posted on the status of your race (if necessary).*
- 3. Find out where your race will start and (if it's a lap race) how many laps you'll run** – the UK track is a 290m oval. Every race finishes in the same location, but starts in different locations. On indoor tracks that are a 200m oval, lap races generally end where they start.
- 4. Weighing in: Shot Put and Pole Vault** – shot puts are typically weighed prior to the meet, and pole vaulters are typically weighed as well to ensure that their weight matches the specifications of their pole. Find where this weighing in will take place (if at all), and make sure you get this done as early as possible. Once again, this usually occurs before the meet begins, not after the meet starts.
- 5. Warmup** – warmup should be done as a group with each person in your event warming up together. Distance runners should begin warmup about 50 minutes before their first event, not necessarily as much before subsequent events. That warmup should be very similar to what we do before hard workouts. Sprinters and jumpers should start 30-45 minutes before their event, but following the instructions of their coach, and also be very similar to what we do on hard, fast days. Sprinters should warm up inside, but distance girls can warmup inside or outside. Say something if you do go outside and don't stay outside longer than 10 minutes – so we know where you're at.
- 6. Check in** – when you first arrive, locate the place where you'll check in for your race. Before checking in, find out if you have a pre-assigned lane and heat/section number. If so, then take that information to the check-in. If not, then just give them your name and race at check-in. In most races, they give you a numbered sticker that goes on your hip and/or chest. The number is supposed to face the finish line camera, but they'll tell you where to put it. Do not put the number on right away, as some stickers fall off after a few minutes. At some point, a starting line official will group you by your heat/race near the starting line, so find this official after checking in.
- 7. After your last race** – after each race, remove the numbered sticker from your uniform (if you have a second race, you'll get a new number). After your final race, always warm down, stretch, etc. Ask your coach if there is anything extra that needs to be done that day. Once you're done with both your last race and warmdown, then we encourage you to stay and cheer for your teammates, and unless we've said otherwise, you're free to leave. Please don't just walk out without saying anything, let us know when you're leaving so that we can keep track of everyone.