



MOUNT OLIVE TRACK

IMPORTANT REMINDERS for Track Meets:

- ✓ **Be at the track BY 12:30 pm. Plan on at least a 3 hour meet.**
- ✓ **Bring a blanket and/or something (waterproof) to sit on. We usually set up on the infield at the meets. You may want to bring a book to read or a deck of cards to pass the time between your events.**
- ✓ **Do not leave the track (infield area) without telling your Coach!!!!**
- ✓ **BE PREPARED:**

FOOD

- Try to eat a high carb meal for dinner the night before a meet. (pasta, baked potato, etc...)
- DO NOT eat after 10 am Sunday morning!
- For breakfast, drink orange or apple juice, eat pancakes, waffles, or donuts (not chocolate). DO NOT eat eggs, meats, cheese or drink milk! They may make you sick!!
- Bring lots of water!
- If you bring a snack, pack pretzels, crackers, oranges, or kiwi.
- No junk food or soda.

CLOTHING

- Dress in layers that are easy to take on and off.
- REMEMBER THAT IT IS VERY WINDY AT THE H.S.!!!!
- Be prepared for the weather. If it's going to be cold, bring a hat, gloves, etc... If it's going to be hot, bring sunscreen, a hat, etc...
- Label ALL your belongings (especially water bottles)! Bring a duffel bag or backpack for your things.

**PLEASE BE SURE TO NOTIFY THE COACH AS
SOON AS YOU CAN IF YOUR CHILD WILL NOT BE
ABLE TO MAKE A TRACK MEET!**

www.motrack.org