

TRACK MEETS

WHAT TO EXPECT WHEN YOU GET THERE

1. Plan to arrive at the meet 45 minutes before you are scheduled to compete. It is impossible to predict the exact time your event will occur.
2. When you arrive, find our team camp and you will be given your number to be pinned to your uniform. You can hang out at our camp between events if you'd like. There will be tents to provide shade. Bring lawn chairs and blankets.

Remember, the whole family is welcome!

3. Warm up before your event just as you would do in practice.
4. Listen to the loudspeaker for 1st call for your event. When you hear your event called report to the staging area and check in with an official. The staging area is typically located close to the 100 meter starting point. The officials will place you in a heat and you need to stay there until your event.
5. After you complete your race, stay in your lane until you are released from an official. Be sure to congratulate your heat winners. Good sportsmanship is always a priority in the Illini Heat.
6. **Stay out of the sun and wear sunscreen.** Use an umbrella if necessary, especially for long field events. Spending too much time in the sun can adversely affect your performance.
7. Athletes are responsible for their own food and drinks. Limited concessions and T-shirt sales are normally provided at meets. Stay away from high fat and high sugar foods. Easily digested foods like bagels and low sugar breakfast cereals as well as fruit work well. Staying hydrated is a crucial issue in hot summer meets. Most sources recommend a combination of water and sports drinks to provide optimal hydration.
8. Cheer for and support your teammates.
9. Athletes are responsible for picking up their own medals and ribbons. Do not ask a coach to pick up your awards. Any awards not claimed at the meet will remain at the meet.
10. Results are typically posted at the meets. Always look at them to check for mistakes (it happens). Full results are sent to area newspapers. The coaches have no say over what is printed. Those of you with small, hometown newspapers might want to send them good action photos. The typical deadline for weekly papers is Monday morning.
11. Please keep our camp area trash free and help pick up when you leave.