

Meet Checklist & Recommendations

Items to bring:

- Uniform
- Shoes
- Extra socks
- Warm up clothing (t-shirt, sweatshirt, pants)
- Snacks (crackers, sandwich....)
- Water bottle

When we get to meet:

- Take off all jewelry
- Find the Seton team
- Locate bathrooms/water
- Locate start and finish line
- Familiarize yourself with the course (walk part of course if available time)
- Get bib number (if applicable) and box assignment from coach

Warm up for event:

- Approximately jog for a few minutes
- Make sure uniform is on
- Stretch
- Drink water
- Go to bathroom

Check in to race:

- Be at the starting line 8-10 minutes before race
- Listen to instructions from officials
- Continue stretching if needed
- Do strides from the starting line

End of meet:

- Make sure you have all of your equipment
- Clean up team area
- Thank your parents or other supporters

Other reminders

- Flags: Red (turn left); Blue (go straight); Yellow (turn right)