

**** TRACK MEET PREPARATION ****

Track meets can be lots of fun, however they can also be all-day events. Below are a few suggestions that will help you to be better prepared for each meet!

Athlete Arrival Time: 8:00 a.m. for warm-ups

Athlete Friday night meal: Salad (no thick dressings), pasta, lean meat (minimal), Lots of Water (no juice, sodas, tea)

Athlete Saturday morning meal: Eat a light, healthy breakfast before 7 a.m. *Options include:* Waffles/Pancakes - no butter or syrup, dry cereal (not sweet), cereal bar, dry bagels, fruit (small amount). *Try to avoid:* biscuits, meat, juice, milk and/or dairy products (including yogurt)

Athlete food/drink during the meet: Pasta, lean chicken (baked or grilled), PB&J Sandwiches (on wheat), granola bars, fresh or dried fruit, trail mix, Water. *Try to avoid:* Cheese, Mayo/Salad Dressing, Fried foods, junk food, chips, and processed meats; only use Gatorade after competing.

Things to bring: Tents, Coolers/ice, Chairs, Water, Food, Hand Sanitizer, Wipes, Trash Bags, Sleeping Bag (for athletes to rest), Ponchos, Toilet Paper, Paper Towels, Plastic Ware (forks, spoons, knives), Athlete Event List, Event Schedule, Cameras, Sun Screen

Additional questions?

Please contact:

Coach Euba McKoy 919-302-1519

Coach Fabienne Swepson 919-949-0339

TCTC President - Randall Laws 919-240-8648