**KE Indoor Track & Field Meet Day Overview**

Departure

* Check the message board on the KE Indoor Track webpage for bus departure times.
* **NOTE: If the schedule says that the bus will leave at 6:15am, that means it will leave at 6:15am sharp. If you show up at 6:16am, you’ll miss it. Plan to arrive at KE 10-15 minutes early. If you know that you will be running a little late, text one of the coaches and we will hold the bus for a few minutes. Missing a bus will have a major impact on your standing on the team—don’t do it.**

Arrival

* After we arrive at the meet site, we will secure a team area. At Fredonia, Buffalo State, and RIT we set up in the balcony overlooking the track; at Houghton, teams gather on the second floor by the fitness equipment.
* Next, we will do a team warmup on the track. This will be led by the captains and will consist of a few minutes of easy running followed by form running. All athletes are expected to participate; the coaches will take note of those who do not.
* After the team warmup, all athletes should return to the team area except for those who are competing in one of the first events (the first track event is the 55m hurdles; the first field events vary depending on the meet—check the meet schedule beforehand)

During the Meet

* While the meet is in progress, there are four places that you can be. They are:
	+ The team area (or somewhere nearby that is visible from the track)
	+ The bathrooms
	+ The concessions area
	+ On the track preparing to compete
* **Do not leave those areas. Do not go wandering around campus. Not only do you risk missing your event or getting lost, there are also inherent dangers involved in high-school students roaming a college campus unattended. Don’t put yourself in that situation.**
* The coaches will be busy taking down times, monitoring field events, etc. We do not have time to individually keep track of each athlete. If we notice that somebody is missing for a significant period of time, we will go looking for you. **If a coach has to come and find you, it will be very bad.**
* All athletes will be expected to behave themselves in the team area and treat the facility with respect. There will probably not be a coach in the team area to directly supervise you at all times. Try to limit your interactions with other teams. You don’t have to ignore them, but you should be staying in our team area as much as possible. Do not bring footballs, etc. to throw around. If you think you’ll get bored, bring some homework or a deck of cards—something that will not interfere with the other teams.

Competition

* We will post a meet line-up and order of events in the team area. The order of events is usually the same at every meet. **It is the responsibility of each athlete to know what events he/she is competing in.** We will go over the lineup multiple times before each meet.
* All of our meets use a PA system for announcements. There will be three calls for every event:
	+ First call: start gathering up your competition gear (uniform, racing shoes, etc.)
	+ Second call: make your way to the competition area to check in and warm up.
	+ Third call: they’re about to start and you need to get to the competition area ASAP. The officials will not wait for you if you’re late.
* For every event, you need to check in with the event official. If you are in a field event, the official will be in the field event area and he/she will sort you into flights. For track events, the official will be by the starting line for that event and will sort you into your heats.
* It is your responsibility to make it to your event on time. Keep an eye on the meet so you know when your event(s) are coming up. Stick close to any teammates who are in the same event. **Do not count on the PA system. Sometimes it isn’t working; sometimes the echoes make it impossible to tell what the meet director is saying. If you miss your event, ‘I didn’t hear the call’ is not a valid excuse.**
* You need to do some kind of warm-up before you compete. Find a space on the infield or outer lanes of the track and do some jogging and some form running or any event-specific drills. Not only will this help you perform better, it will also significantly reduce your chance of injury. **This is especially true for sprinters. A sprinter’s warm-up is generally LONGER than a distance runner’s warm-up. Racing a 55m without warming up after sitting on a stone floor for three hours is a great way to pull a hamstring.**
* If you are in a field event and track event simultaneously, inform the field event official that you have a track event, then return to the field event after your race.
* NOTE: the 55m hurdles and the 55m dash use blocks. Each team uses their own blocks. It is the responsibility of the athletes in those particular events to bring the blocks down to the starting line and then return them to the team area at the completion of the event.

Uniforms

* All athletes must wear their school-issued uniform. If you want, you can wear something under your uniform. You can wear whatever you want as long as there are no visible logos, pictures, or words (patterns, stripes, etc. are acceptable).
* No gloves, hats, hoodies, etc. We’re inside; it’s not that cold.
* Jewelry is allowed for competition. Please be sensible about what you wear and stay away from heavy chains, long earrings, etc. that might cause a safety hazard to yourself or your competitors. The coaching staff reserves the right to ask an athlete to remove a piece of jewelry.

After the Meet

* At the conclusion of the final event (the final track event is almost always the boys’ 4 x 200m; sometimes field events will continue after the track events are done), the team will gather in the team area. **We will not leave until all of our trash has been cleaned from the team area.**
* Make sure you have all of your equipment, e.g. starting blocks, pole vault poles, shot puts. Once we have everyone and everything, we’ll go to the bus.
* For meets that are further away from KE, coaches will make an announcement when we’re 15-20 minutes away so that you can call for rides. Lancaster and Buffalo State are only 15 minutes from KE so you should call for rides as we’re leaving.
* You can leave a meet early with your parent/legal guardian provided they see the coach and sign you out before leaving. **This only applies to your parent/legal guardian. You can’t leave the meet with anyone else under any circumstances!**