

Track Meet 101

General Information

For the most part, track meets for Juniors take place on Saturdays and Sundays. For Indoor season, there has been the opportunity for Junior athletes to participate in select events being offered at Senior meets – usually for U12 and U14 athletes only. These select events often occur on one day. This rarely happens during the Outdoor season

Availability and Relay Rules

Parents/athletes must check off Sat AND Sun on TeamSnap if the athlete is participating on both days. They can participate on one day but we encourage them to participate on both days. Athletes must participate in all run/jump/throw events offered. For Indoor, there are often three events per day. One day includes throw/distance run/sprint and the other day includes jump/distance run/sprint. For Outdoor, there are often 3-4 events per day depending on the number of jump and throw events offered. Track meets often begin between 8-9am and run until 1-2pm – with relays later in the afternoon on one or both days. Athletes will only qualify for relays if they participate in all their events on the day of the relay.

Check the Schedule and Weather

- Check the meet schedule the night before for last minute changes. Junior athletes are often registered in the 'triathlon' – which means they will participate in 3 events (run/jump/throw) each day.
- Plan to attend the meet rain or shine for Outdoor meets.

At the Track Meet

Check-In

- Coaches sign in at the Registration table and get all Mustang bib numbers. Athletes/families meet at the Mustangs team tent (Outdoor season) or bleacher area (Indoor season). A Team Snap message is often sent out in the morning to let parents know about the meeting point.
- Athletes must arrive 1 hour before their first event to ensure warm up is complete and athletes have time to 'sign in' (let coaches know they have arrived & receive their bib number) and perhaps 'marshall in' (go to table near track to register & receive their hip number which indicates their lane for that track event) if they have an early track event.

Team Tent / Indoor Meeting Location

- For Outdoor, belongings can be left in the Mustangs tent but will not be supervised. For Indoor, athletes are encouraged to take their track bag onto the track. Often a message will be sent out via Team Snap on Saturday morning regarding the location of Mustang's tent. Coaches or wranglers will have bib numbers for athletes which will be pinned to the front of their singlets. Keep this bib number for Sunday. If an athlete is only competing on Sunday, the coach will give it to them on Sunday morning.

Marshaling for Events

- For Outdoor, Wranglers (parent volunteers) will manage athletes on the field. For Indoor, Coaches usually supervise the athletes. Note that athletes 'sign in' at each field event (jumping/throwing) at least 30 minutes in advance and 'marshall in' at the marshaling table for each track event (all running events) at least 45 minutes in advance. When they marshall in for track events, they will be given a hip number which will change with each race.
- Please know that the hip numbers often wreck shorts! (always remove hip number/stickiness before washing).

Appropriate Clothing

- Athletes must compete in their singlet but can wear fitted clothing underneath. They can wear shorts or sweat/track pants.

General Event Information and Relay

- Officials help athletes by providing a summary/warnings at each event. They are very helpful, especially with young athletes.
- Any concerns about judging/timing should be brought to the coach, athletes/parents/wranglers are not to address officials regarding these matters.
- If an event has started before they have arrived or signed in, they may not be allowed to compete. If kids leave the group to see their parents/go to the bathroom/etc, they need to tell their Wrangler or Coach (whomever is supervising them).
- Relays are often later in the afternoon and teams are usually announced on TeamSnap by noon. If kids are not staying for relays, they must let their coach know asap. Please note that if one relay member leaves, the team may be disqualified due to lack of team participants.

Parent Rules

- Parents are not allowed on the field but they can visit the team tent or send a message via TeamSnap if they need to talk to their child. We suggest kids stay with their group for the day. Kids can sit in the stands with their parents if they have a longer break. Kids can leave the meet but be aware that schedules sometimes run a bit fast or slow.

What To Pack

- Send lots of snacks and water as there is not always a food vendor on site and there may not be time between events to eat a full meal. Please send whatever your athlete might need depending on the season – magazine during slow times, towel to sit on, sunscreen, cap, mosquito spray, warm clothes.

Results and Awards

- Results are posted on the Results Wall but it can take hours before event results are posted.
- Every meet is different but usually for Outdoor, individual events receive ribbons for 1st -10th place and overall standings receive medals for 1st/2nd/3rd place and ribbons for 4th -10th place. There doesn't seem to be a 'usual' for Indoor meets – some give the same as noted above, sometimes only 1st/2nd/3rd overall place receive medals.
- Medals and ribbons can be picked up at the awards table but give them a bit of time to process results before expecting awards. There is sometimes an awards presentation but not at every meet. If there is an awards presentation, you are not obligated to stay even if your child has placed. If your child has earned an award, they should try to pick them up prior to leaving on Sunday as coaches are not always given unclaimed awards.