

# A Day in the Life of an Ohio Rockets Track Meet



\*Most track meets start **PROMPTLY** at 9:00 AM

\*We will usually meet at an assigned location and leave in an "Ohio Rockets Convoy" at an agreed upon time usually 1 to 2 hours prior to the meet. This helps guarantee we are getting to the meet together and on time. However you are more than welcome to go on your own.

\*Once at the meet, we set up tents in a specified location and try to sit together. Staying together allows the athletes to have a centrally located place to be while waiting on their races and a place to relax and rest their bodies in between events. This also allows the coaches quick access to an athlete.

\*\*\*Some parents have purchased tents on their own but this is not a requirement. We experience all kinds of weather at the meets so the tents help protect the families and more importantly the athletes from the elements.

\*During the meets it is important that we keep athletes in the centrally located area so that the coaches can find the athlete and get them to the location of their events on time. Athletes must be checked in by officials 15 to 20 minutes before their event begins so it is extremely important we know where they are at all times. This is especially important if your child is on a relay. All four athletes must be checked in at the same time.

\*Prior to each meet you will usually know what event your child will be running. Once at the meet we will have an idea of what time your child will actually run. The time is APPROXIMATE! The number of athletes running at any meet will determine the time they will run. For example the 100

meter dash will often have many heats or sets of runners which means; although the 100m dash starts at 9:30 your child may run in the 10th heat and not run until 10:15. This is why it is so important for us to be at the meets on time. Sometimes things move slowly and other times very quickly. We never know until we arrive. No matter when our athletes run we'd like for them all to have a cheering section.

\*Track meets prove to be a long day, so we recommend parents pack a cooler full of healthy snacks and lots of water for their athletes. Please see the list of healthy foods we recommend you bring. It's important that the athletes are ready to run and are not eating heavy foods that will slow them down or make them sick before a race

\*When athletes are not running in an event, they should remain in the centrally located team spot. Athletes are not allowed to run around or participate in horseplay. This prevents athletes from getting hurt. There are a lot of people at these track meets and it's important that we keep up with all our kids. Athletes are encouraged to let someone know when they are leaving the area. Parents are also encouraged to assist coaches with this. Parents need to ensure their athlete follows these rules.

\*When the coach calls for the athletes to check in for an event, the athlete must be in his/her warm up suit and have their bag which should include water and maybe spikes. Once ready to run, the warm ups should be placed in their bags and shoes changed if needed. The athletes or someone from our team will retrieve the bags after the event is over.  
**Please ensure that your athlete's name is marked on everything!**

\*After your athlete is done for the day, you are welcome to leave, however many parents stay to cheer on all our athletes. We may sometimes eat as team after a meet. Again this is not a requirement but it does give us a chance to bond as a track family.

This is a great experience for your children and hopefully your family.

 **GO ROCKETS!** 