



FIRST TRACK MEET FAQ

WHAT EVENTS SHOULD I SIGN UP FOR?

Younger athletes are encouraged to take part in many different events. This helps develop all-round athletes and specialization comes later. Even if you think you know which event you want to specialize in at a very early age, we will strongly encourage you to try other events.

WHAT DO I WEAR?

All of the Leduc Track athletes need to compete in a club singlet (available from manager), and black shorts/pants/ etc.

RUNNING SHOES OR TRACK SPIKES?

As Tyke or Peewee starting in the sport, there is no need to buy any specific type of shoe. A good support/light weight runner will do them just fine while they learn the ropes and decide if it is a sport that they enjoy and want to participate in further. Even as a Bantam athlete, there are many participants that continue to use their regular runners, but it is at this stage/age that some athletes begin to explore the benefits of having a spike specific shoe. When you are ready to try spikes, talk to your coach, they will tell you what to look for.

Make sure to check the event info as some facilities do not allow spikes, or certain spike lengths.

WHEN I GET TO A MEET WHAT DO I DO?

Locate the rest of the team, and coaching staff to collect your participant number, and attach it to your singlet. Check the area where the event information is set up to determine the event locations and starting times for each one. Find out where the events are being marshalled. Listen to the PA system, and when your age group is called make your way to the marshalling area.

WHEN DO I NEED TO BE THERE?

Make sure you give yourself at least 45 minutes before your event time for warm-up. Most track meets require you to check in at least 15 minutes before your event.

WHAT SHOULD I EAT ON MEET DAY?

Although many of the meets we attend do have a concession, they are not always full of healthy choices for athletes. It is always a good idea to bring some light healthy snacks, and a water bottle to have at the meet.

WHAT IS THE BEST ADVICE I CAN GIVE MY CHILD WHO IS JUST STARTING?

Emphasize development, and personal bests (PB's), not winning or losing. The top runners in the world are in their late twenties and early thirties – think of all the years you have to develop!