

Mt. Carmel High School Track & Field

Sprinters Meet Responsibilities

Pre-Meet day (usually Wednesdays)

Make sure all of the starting blocks are in good working order – blocks should be out for pre-meet workouts. Check your own start – know your settings!

At Home:

Check your spikes and uniform -- make sure everything is ready for the meet – bring your stuff to school, whatever the weather.

Meet Day (usually Thursdays)

Arrive as early as possible, your races are early in the meet (4 x 100 relays are the first event, the 400s follow the 1st hurdle races). Check to make sure the block cart is positioned near the start of the 4 x 100 relay and make sure you know your help areas and responsibilities.

Team warm-up:

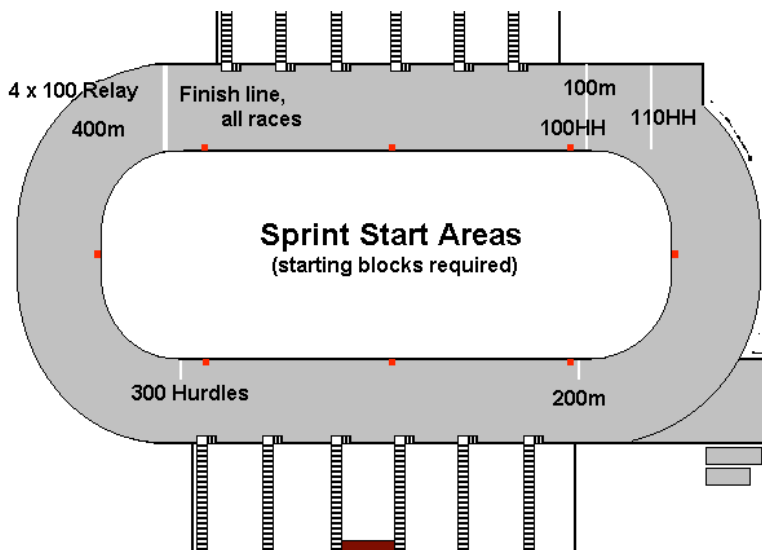
You should be a positive force for Mt. Carmel. Be on time, be supportive of your teammates, be a role model for younger athletes.

Individual warm-up:

Plan your warm-up keeping in mind that you must be ready to run at least 10 minutes before your races. Your warm-up is outlined for you on the "Pre-Race Warm-up" document.

Block Placements:

See diagram below for placement of blocks for sprint and hurdle races. Sprinters are responsible for getting the blocks to the proper area before each race.



Be Aware:

Throughout the meet, keep your focus on what you want to accomplish and on making sure that you are well prepared. Be aware of the pace of the meet. Plan your warm-up and preparation time well. Listen, and respond to the calls for your race when they are made. You should always check in at the "second call" for a race. When you are not competing, actively support your teammates and respond positively to the requests of any of the coaches. **REMEMBER: You are here until the meet is over, the equipment is put away and the track is cleaned up.**