

Rosa track and field reminders for competition day

1. Pack your bag the night before. This guarantees that you will not forget anything.
2. Make sure that you have a bag that you can bring with you (not a school bag but an athletic bag).
3. Don't forget your uniform. This is the best reason for packing your bag the night before. We won't have extra uniforms to hand out on Monday.
4. Bring bottled water
5. Bring something to eat. We may not get back until 6:30.
6. Make sure that your parent/guardian knows what time to pick you up at Rosa.
7. Bring sweatpants and a sweatshirt. The weather can change quickly.
8. Know the order of events. The coaches won't have time to find you when it is time for your event. It is up to you to be sure that you are there well before the start of the event. Keep the order of events paper that the coaches hand out.
9. Put sunscreen in your bag.
10. Make sure that you have a dry shirt, in case it rains.
11. If you need to you can wear a white T-shirt, no writing or designs, under your uniform.
12. All members of the relay team must have matching uniforms. For Penn Relays this includes shorts and shirts worn beneath uniforms.
13. When we arrive at the school where we are competing we will perform our usual warm-up routine.
14. Towards the end of the meet the members of the relay team need to be together, near the starting line area, with a baton. All other team members should be outside the fence.
15. **Remember, everyone stays at the meet until the last person is done competing.** Please do not ask the coaches if you can leave because your event or events are done. We are expecting that you will be staying until the end.
16. The sign-out sheets will be available at the end of the final relay event. Remember, once you attend you are agreeing to stay until the competition ends– not until YOUR final event is finished.
17. Be actively involved in the meet. We will tell you the order of events. While the meet is going on be sure to know what event is competing at the moment and what event will take place next.
18. Support your teammates by cheering in a positive manner. If you're not competing at the moment stand somewhere that allows you to cheer.
19. Respect all adults and students, regardless of the school they represent.