Track Meet Checklist

Steps	Action	
1. Check the meet schedule	Look up the date, time, and location of the track meet.	
2. Gather your track gear	Collect your gear: track shoes, uniform, socks, and warm-up gear.	
3. Pack the extras	Pack water bottle, sunscreen, and snacks.	
4. Prepare personal items	Make sure you have your ID, cash, phone, and charger.	 
5. Check transportation	Check your email, what time will the bus leave and get home?	 
6. Double check all items before you leave	Review your list and make sure everything is packed.	
7. Leave for the meet	Be sure to be ready to get on the bus when it is time to leave.	