

Papillion-LaVista South Titan Track & Field



Meet Day Expectations

- **Please arrive 10 minutes early to ensure you have time to catch the bus, as well as grab any extra gear or equipment out of your locker.**
- **Triple check your bag prior to meet day. Do you have the essentials?**
 - Competition Jersey
 - Competition Bottoms
 - Training Shoes
 - Competition Spikes / Shoes
 - Outer Layers and Socks
- **Bring a water bottle FULL of water.**
- **Bring snacks, lots of snacks!**
 - Ex. Banana, apple, applesauce, grapes, dried fruit & nut mixes, trail mix, pretzel sticks, beef stick, tuna packets, cheese stick, electrolyte drink, granola bar, crackers, sandwich, carrot sticks, fruit snacks, more water
- **When you arrive at the meet, take a lap around the facilities as a group.**
 - Make sure you know WHERE you compete for each event; including throwing rings, jump pits, starting lines, exchange zones, and the check-in table.
- **All athletes will check in no later than 45 minutes prior to the start of your event.**
 - Check in *before* you begin warming up.
- **Trust your training.**
 - Know that you have done the work and allow your body to do what it knows how to do. You are ready!
- **HAVE FUN & COMPETE!**