

KNOW BEFORE YOU GO -

- Prepare track meet bag with
 - Spikes
 - Running shoes
 - Extra pair of socks
 - Towel
 - Water
 - Gatorade
- Have a good night of rest (minimum 7 hours)
- Eat a good breakfast (protein and carbs, but no butter/greasy foods)

EAT/BRING THESE FOODS

- Fruit (orange slices, apples slices)
- Other fruit
- Trail mix
- Crackers
- Pretzels
- Light Meal (salad, pasta, cold-cut sandwich)

DO NOT EAT THESE FOODS

- Fried foods
- French fries
- Nachos
- Hamburgers
- Hotdogs
- Chips
- Soda
- Juices high in sugar
- Candy

OTHER ESSENTIAL ITEMS

- Mini cooler (space limitations)
- Blanket/Pillow
- Stadium chair
- Hand sanitizer/wipes
- Headphones
- Book
- Extra Mask
- Clorox wipes
- Lawn chair
- Cash
- Cas

