

CHS Winter Track “Meet Cheat Sheet”

CHAMPIONSHIP EFFORT AND CHAMPIONSHIP CONDUCT

CHS will approach each meet as if it were championship-level. Coaches and athletes will discuss individual performance goals each week, but we will conduct ourselves in a championship manner every time we compete. Make an effort through the finish line in every race. If you fall, hit a hurdle, drop a baton, etc., you will finish the race as hard as if it never happened, unless you are physically unable to do so. Be respectful of officials and competitors. Never use profanity in a competition area. No electronic devices will be used in a competition area. Uniform rules will always be observed. Sportsmanship will always be practiced.

Know The Order Of Events And Listen For Calls

(4 x 800m Relay, 55m Hurdles, 55m Dash, 4 x 200m Relay, 1600m Run, 500m Dash, 1000m Run, 300m Dash, 3200m Run, 4 x 400m Relay)

Field events occur at the same time as running events.

CHS athletes report on first call.

Support Your Team

Everyone on the team attends all non-invitational meets from start to finish. Exceptions are only allowed if your head coach knows and gives his approval in advance. At meets, you are expected to be supporting your teammates whenever you are not warming up, competing, or cooling down.

School And Meet Attire

Captains will decide on a weekly basis what the team will wear to school on meet days. Change before leaving school so you are “ready off the bus.” You should not require time upon arrival at the meet to change clothes and shoes. Be ready to walk in, drop your things and immediately start the team warm-up. The team will wear purple long-sleeve team shirts for the team warm-up.

NEVER Miss An Event

You will compete in every event in which you are scheduled unless your event head coach (Sprints: Coach Franks; Distance: Coach Gilchrist; Shot Put: Coach Ansart; Pole Vault- Coach Burgoyne; HJ- Coach Gee, LJ/TJ- Coach Beyeah) decides otherwise in advance. Missing an event without the proper coach’s approval will have severe consequences.

Nutrition/Hydration

Bring snacks to eat before and after your race. These may include bagels, fruit, PowerBars, granola bars, cereal, or a sandwich. Continuously sip water and/or Gatorade during a meet, not just before a race. While some facilities will have concessions, be prepared with healthy food to be prepared for your race, not just eating junk food.

Warm Up, Stretch, Cool Down, Stretch

The entire team will complete an 800m warm-up and stretches upon arrival at every meet. Athletes are expected to complete a warm-up and stretches before each event, and at least an 800m cool down (or more, if it is your last event) after each event. This is critical for injury prevention!

Meet Safety Procedures

Never run in the wrong direction on the track. Never cross the track on the turns. Always look before crossing the track. Be aware of field event areas. Never cross a flag barrier. Stay out of the Start/Finish area unless you are starting or finishing a race there.

Captain And Veteran Leadership

Rely on captains and veterans, not coaches, for organization during the meet. Captains and veterans will lead the group of all competitors in an event in warm-up and stretching. If you have a question about where to be, when to be there, or what to do, ask a captain or veteran before asking a coach.

Marks And Times

Listen for your marks and times as they are called. Confirm with Kathryn, or another coach's designee that they are recorded. Make sure your tag is collected by a timer or meet official or give it to a manager. Do not ask coaches for times and marks immediately after an event. Results will be posted on the team website, and/or posted on the board within 24 hours of the meet.

Know The Rules, But Prepare For Others Not To Know Them

Know all the rules and customs for all the events in which you compete. Be aware that meet officials often do not know the rules; always follow an official's directions over the rules unless it compromises your safety.

Common Disqualifications (Which Will Never Happen To A CHS Athlete)

No jewelry (except one watch or a religious emblem taped down) may be worn. Spandex/Under Armour/etc. must be the same solid color for all athletes competing in the same event or relay team.

No part of the uniform may be removed in the competition area.

No athlete may make three consecutive steps (LLL, LRL, RLR, or RRR) on or inside the lane line

Sportsmanship

Remember that you represent Chantilly, past, future and present. You are a member of a top-notch organization that puts sportsmanship above all else. While we do expect you to compete at the hardest level, you will do so with class. There will be absolutely no trash talking, or disrespect of an opponent or official. Be the bigger man/woman, and take a moment to always shake the hands of your competitors, whether in victory or defeat. Earn your respect through humility of self, and let your performance do the talking for you.