



## **TRACK MEETS**

Track meets are held on Saturday's and start at 8:30. **HOWEVER**, athletes should arrive at 8:00 and check in with their coaches and pick up their tags. Tags must be worn on the uniform top for all events. **No one** can compete in an event without an official tag.

Athletes sign up for the event in which they will participate in on the Wednesday or Thursday prior to the meet.

Only Meet officials and meet helpers are allowed on the track, on the infield, or inside the track fence line. No Spectators Allowed in the above listed areas.

## **MEET DAY UNIFORM**

**ALL COMPETING ATHLETES MUST WEAR A 2008 RUNNING WARRIORS UNIFORM**

- Black or Green or White** tights or "Under Armor" shorts can be worn **under** the uniform if desired. Shirts must be free of any logos, designs and/or graphics.
- **Black or Green or Yellow or White** undershirts t-shirts can be worn **under** the uniform if desired. Remember they must be free of logos, designs and/or graphics.
- A RUNNER'S WATCH IS ALLOWED.**
- NO JEWELRY IS ALLOWED DURING COMPETITION!**
- Athletes wearing non-approved uniforms or colors will be **DISQUALIFIED!**
- Shirts must** be tucked in during competition

## **UNACCEPTABLE MEET DAY ATTIRE**

- hats, scarves, dew rags or bandanas are not allowed
- sweats or warm-ups during competition are not allowed
- jewelry

## **SPIKES**

**"Spike" shoes are racing flats with sharp metal spikes. They are built for speed and do not have good cushioning properties. Injuries could result with the wearing of spikes on a daily basis. They are optional and can only be used by Bantams, Midgets, Youth and Intermediates.** For safety concerns, Gremlins are never allowed to wear spike shoes.

**Spikes** should not be worn on hard surfaces as it will wear down the spikes and you may slip! **Spikes** should only be worn when it is time to compete--be sure your child removes them at the completion of their event.

**Spikes should be carried to staging and then put on once you are staged or seated.**

----1/4" pyramid spikes are needed for Canyon and Valencia Highs tartan tracks and runways

----3/16<sup>th</sup> needle spikes are needed for all other tartan tracks and runways

----3/8" spikes are needed for dirt tracks

**Spikes** will be available to purchase at practice for \$2.00 a bag at the end of March.

**To ensure that you purchase the correct size spike, we encourage you to purchase them through the SCE team. Any athlete with the wrong size spike in their shoe, will not be allowed to run until the spike size is corrected.**

## **LOANER SPIKES**

On meet days, loaner spike shoes are available at no cost. **HOWEVER** you will need to purchase spikes, for \$2.00 bag if the appropriate size spikes are not in the loaner shoe.