

# *MINNESOTA FLYERS TRACK & FIELD*



## **MEET PREPARATION & PROCEDURE GUIDE**

We hope this guide helps you navigate the preparation, procedures, and questions you'll encounter regarding meets with our program! Please feel free to offer suggestions if you find an area of this guide unclear or in need of revision. Thanks much and...See You at the Track!!

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# **1. GENERAL MEET PROCEDURE**

## ***UNDERSTANDING REGISTRATION - ALL MEET ENTRY IS NOW DONE VIA ONLINE PRE-REGISTRATION ONLY***

### **REGISTRATION, MEET ENTRY FEES, & CHECK-IN PROCESS**

Registration must be submitted and paid online prior to the meet deadline. Late entries are not accepted. Registrants who follow this process are considered **PRE-REGISTERED** and entered into the meet. A registration link and/or specific instructions are provided in each meet document providing direction on this process.

1. **REGISTRANT FEES & CHECK-IN for INDOOR ALL-AGES MEETS:** Your bib will be waiting for you at the registration table. Please look for the registration/entry table upon entering the meet facility to check in; a MNF manager will also try to be in the vicinity to help guide you.
  - a. Entries are paid in advance via the online entry form and fee system.
  - b. Indoor meet fees are not included with your MNF membership as many families have weekend activities that conflict with indoor meets. Entry for indoor all-ages meets is therefore handled on a pay as you go basis.
  - c. Any changes to these policies will be provided in the meet documents.
  
2. **REGISTRANT FEES & CHECK-IN for OUTDOOR ALL-AGES MEETS:** Your bib will be waiting for you at the registration table. Please look for the registration/entry table upon entering the meet facility to check in; a MNF manager will also try to be in the vicinity to help guide you.
  - a. **COMPETITIVE and INTERMEDIATE MEMBERS:** Your meet fee is INCLUDED with your MNF membership. We submit your entry on your behalf, so you must either enter your events yourself into the entry system (but DO NOT submit payment), or let us know what events you wish to compete in via email or at practice. You may not change events once entered.
  - b. **DEVELOPMENTAL MEMBERS:** Entries must be paid in advance via the online entry form and fee system (instructions will always be provided in the meet docs). Due to the developmental nature of our program, while meets are encouraged, they are not mandatory for Developmental members so not included with MNF program fees. Meet fees are therefore handled on a pay-as-you-go basis and your Flyer is able to individually choose the meets in which they'd like to participate.
  - c. **PLATINUM & INCLUSIVE MEMBERS:** Entries must be paid in advance via the online entry form and fee system. Because these levels are handled on an annual basis and schedules vary greatly across the seasons, we do not include meet fees with your MNF membership. Meets are therefore conducted on a pay as you go basis.
  
3. **CHECK-IN for JUNIOR OLYMPIC, CHAMPIONSHIP or QUALIFICATION MEETS:** ALL JO, Region/National Open/Masters, and Qualification level meets require pre-registration.
  - a. Details and deadlines specific to each meet will be provided in the meet document. Examples of these meets include the USATF MN Indoor Championships, Junior Olympic Association, Region, and National meets, the Open/Masters Association, Region, and National meets, the SPIRE showcase, USATF U20 Championships, and New Balance Nationals.
  - b. Your bib and when required, wristband, will be with the designated manager at the team site OR hotel. Look for the team site (generally canopy tents during the outdoor season and a team collective by the bleachers for the indoor season) upon entering the facility.
  - c. **COMPETITIVE & INTERMEDIATE MEMBERS:** The Junior Olympic Association meet fee is INCLUDED with your MNF membership as this is considered a mandatory meet at the competitive level. We do not include any meet entry fees for Region or National level competition as these meets are optional due to the travel costs involved.

- d. **DEVELOPMENTAL MEMBERS:** JO and Championship level meets are not mandatory. However, individuals wishing to compete can submit their entry via the online entry form and fee system (instructions will always be provided in the meet docs). Due to the developmental nature of our program, while meets are encouraged, they are not mandatory for Developmental members so not included with MNF program fees. Meet fees are therefore handled on a pay-as-you-go basis and your Flyer is able to individually choose the meets in which they'd like to participate.

**REMINDER: day-of registration is no longer allowed for ANY MEETS at ANY LEVEL.** The deadlines, entry instructions, and registration links for meets will always be clearly posted and emphasized in our meet docs. Please pay particular attention to meets where we need to submit meet entry via team batch as we post clear instructions regarding this process in our meet documents.

## **BIB SIGNIFICANCE**

ALL REGISTERED ATHLETES will be given a bib number to pin to your shirt or uniform top. THIS IS YOUR PROOF OF ENTRY and YOU WILL NOT BE ALLOWED TO COMPETE WITHOUT IT. **The bib must be worn throughout the meet – this is especially important during meets that take place over the course of multiple days.** If you take off or lose your bib, you will not be allowed entry into your events, so please make sure to keep your bib on until you have left the meet for the day or series of days. In some instances, you will be allowed to purchase a replacement bib number, but please do not rely on this option as not all meets have it.

## **CHOOSING EVENTS**

### **ALL-AGES MEETS**

Events must be chosen during pre-registration – the meet is pre-seeded so you may not change events once registration closes.

1. These meets are fast-paced so we recommend no more than 4 events to allow adequate recovery time, with only two of those events being a distance of 800m or longer.
2. For those new to the sport, we especially encourage you to consider a combination of running and field events.
3. Coaches are always available before and after practices to help with event recommendations, so please come and see us if you'd like to talk through ideas or hear suggestions.

### **CHAMPIONSHIP, QUALIFICATION, & JUNIOR OLYMPIC LEVEL MEETS**

Events must be chosen in advance.

4. Most meets will have a 4-event limit. Junior Olympic meets have a 3-event limit for athletes ages 5-12.
5. You will not be able to change your entries once the deadline has passed. MNF coaches and staff will be on-hand before and after practices to discuss entry choices, and questions can also be sent to [manager@minnesotaflyers.com](mailto:manager@minnesotaflyers.com).
6. In Junior Olympic and Qualifier meets, you will only be able to advance in the events in which you originally competed at the first meet in the qualification series.
7. You must compete in an event in order to advance (i.e. you cannot advance in any scratched events).
8. You CAN advance in any event in which you compete even if you scratch from another event. (This is opposite MSHSL rules.)
9. **YOU GET TO DECIDE! Coaches are here to guide you, but ultimately, your event decisions are your own. We do encourage you to speak with your event coach to help determine what event(s) are a good fit for you!**

## **DEADLINE IMPORTANCE & UNDERSTANDING**

We encounter a number of meets that are subject to a strict deadline especially during the summer season. We will communicate these deadlines to ensure everyone has ample opportunity to indicate their events. **You will receive specific instructions for each of these meets.**

It is important to know, if you miss a deadline, we WILL NOT be able to process a late registration for you. This is not something we can control; many meets close their registration system a few days before the meet begins and DO NOT ALLOW LATE ENTRY.

## **EVENT START TIMES**

### **ROLLING SCHEDULE**

Most meets follow this format meaning we begin the meet at a certain time and “roll forward” where each new event begins at the conclusion of the previous. (I.e. as soon as the 100/110m hurdles are done we begin the 100m sprint.) **Race start times depend on unknown factors such how many registrants there are in a meet, how many entrants per event, how many heats, etc.,** many things that aren't known until we are at the meet.

### **SPECIFIC CHAMPIONSHIP LEVEL MEETS**

An event schedule is typically posted and times adhered to as much as possible. At any time, the meet director can change the schedule to rolling based on a number of factors such as weather and number of entrants. You may find some meets that post specific times for field events, but the running events are on a rolling schedule (this is the case with the USATF MN Indoor Championships).

## **EVENT CHECK-IN/CLERKING/HIPPING**

Generally speaking, all-ages meets are checked-in, clerked, and hipped all at the same time. Championship level meets will include a progression of first checking-in, then clerking, then hipping. We will clearly communicate the procedure to you in advance. The following details our team policies for this process.

**MNF coaches will be on site to help direct warm-up, cool-down, and clerking (checking in) for the events for ALL meets regardless of level.** Please look for the posted event coach at the team site (printouts are always displayed around the team site or announced as we prepare for events).

### **SPECIFIC TO EVENT CHECK-IN**

There is a certain time frame in which we must report to enter an event. MNF monitors this, or has specific times posted, and will let you know when to report to the team site to begin the process. **You are responsible for making sure you or your child reports to the team site when posted or called in order for us to both check them in on time, and properly warm them up to reduce risk of injury.**

### **ALL ATHLETES**

**We are a team. We warm up together, we cool down together, we help each other, we support each other.**

Older or more experienced athletes mentor the younger athletes or less experienced athletes. Some of you may have an established routine, but we ask that you either learn from the methods we will teach you, or ask that you take the time to include your teammates in your routine. **Our message is team unity** so please keep that in mind at all times. We are strict about warming up and cooling down properly, so you'll always be taken care of!

### **PARENTS OF YOUNGER ATHLETES**

It's especially important for coaches to lead your child's warm up and cool down in order for us to teach them the proper process and help keep them injury free. This also teaches critical social, participation, and cooperation skills. At the conclusion of your child's event, please allow them to return to their event coach after taking a few moments to congratulate him or her so we may cool your child down properly.

## **AGE DURING COMPETITION**

USATF and AAU require all participants **compete per their birth year age**. I.e. if you/your child is 16 now, but turning 17 anytime this year, you/your child are considered age 17 in competitions.

### **SPECIFIC TO USATF CHAMPIONSHIP LEVEL MEETS**

Athletes will participate in their age brackets designated as follows: 8 & Under, then 2-year age brackets for ages 9-10, 11-12, 13-14, 15-16, 17-18, then Open ages 19-30, then 5-year age brackets thereafter.

### **JUNIOR OLYMPIC AGE 19 RULE**

18 year olds turning 19 within the year must be 18 through the last day of national competition in order to be eligible to compete in the Junior Olympics. **Examples:**

Consider that the National JO meet would be held July 23-29, and

1. You will turn 19 on September 3 meaning you ARE eligible to compete in this season's JO circuit.
2. You will turn 19 on or before July 29 meaning you ARE NOT eligible to compete in this season's JO circuit.
3. You will turn 19 on July 30 meaning you ARE eligible to compete in this season's JO circuit.

Please speak with a manager or coach if you need clarification on this rule.

## **KEY TERMS**

**5 (or 3) ALIVE** - A round of competitors in vertical jumps to designate which athletes are in competition. Athletes are rolled in/out of the "Alive" group based on entry heights and clearances.

**CAFETERIA** - A term used in horizontal jumps and throws to designate athletes may compete in any order at any time

**CHECK-IN** - The process by which you arrive at a meet and obtain your bib

**CLERKING** - The process by which you arrive at a specific event to receive your lane or flight assignment

**CUT** - The mark on the track at which you "cut in" toward lane 1 - the cut is a gradual angle to lane 1

**DECLARATION** - The process by which you announce your intent to compete in an event so it can be seeded

**DNF/DNR/DNS** - Did not finish/Did not run/Did not show

**FLIGHT** - A round of trials for a group of competitors in a field event

**FOUL** - Committing an infraction against the competition rules of the event

**HEAT** - A round of trials for a group of competitors in a track event

**HIPPING** - The process by which you are provided your lane assignment number and place it on your hip and/or chest

**IS UP** - In field events, the call for the athlete who is to compete

**LANE** - In track events, the space designated between 2 white lines in which you are assigned to remain (or start)

**MARK** - A legal completion of a trial attempt in field events (marks are measured for recording)

**MULTIS** - Competition designated by a series of events rather than 1 individual event (ex. Decathlon, Heptathlon, etc)

**NO HEIGHT (NH)** - In vertical jumps, the lack of completion of any trial attempt

**ON DECK/UP NEXT** - In field events, the call for the athlete who is to compete next

**ON HOLD** - In field events, the call for the athlete who is to compete after the athletes who are up and on deck

**PASS** - In field events, the choice to not take an attempt in rotation. Passes remain in rotation in competition.

**ROLLING SCHEDULE** - The process by which events in a meet follow each other not according to a timed schedule

**SEED** - An individual athlete's placement in a heat or flight

**SCRATCH** - An athlete's official removal of themselves from an event

**ZONE** - The 30 meter portion of the lane in which the baton must be exchanged

## **2. MEET PREPARATION**

### **HYDRATION**

#### **WATER!!!**

WE can't stress this enough! **PREHYDRATE**...drink plenty of water throughout the days before the meet, have water on hand during the meet, and plenty to rehydrate after. Key points to remember about proper hydration:

1. **Water is your best hydration resource** – better than a sports drink.
2. The summer season is **HOT** and dehydration can happen quickly!! It is important to resupply your body with water during the meet as well as before and after.
3. Even indoor track complexes are very dry and create dehydration!
4. Please refer to the nutrition/hydration links provided on our team site or the nutrition/hydration section of the handbook for more information about proper consumption of sports drinks – they are not the ideal choice before a meet, or during a meet unless competition is prolonged (over 1.5 hours) and/or under excessive heat/humidity.
5. **DON'T FORGET TO BRING WATER BOTTLES to ALL MEETS!!**

#### **WATER vs. SPORTS DRINKS**

Sports drinks are **NOT** the best hydration resource. Water is always your go-to pre-hydration and re-hydration resource. Sports drinks were developed for and intended for use by athletes who sustain high levels of physical activity for extended amounts of time and/or in hot conditions. They are a **RECOVERY** source, and meant for times when you are losing electrolytes due to extreme temperatures or prolonged activity that can lead to heat illnesses. Used appropriately, they are good ways to treat symptoms of dehydration and heat illness. If you are not at risk of dehydration or illness due to electrolyte imbalance, then water is your best resource.

### **NUTRITION**

You'll often hear me ask, "what kind of car do you want to be?" Most answer Porsche, Lamborghini, etc. I then ask what kind of gas you'd put in that car if it was yours, and most answer the highest grade premium they can find. The reason I ask this is to engage our athletes in thinking on how well they fuel their bodies. Everything we do is sustained by the quality of our fuel, so if you're a Porsche, why would you ever consider E85 gas in your tank? Nutrition plays a key role in our ability to perform, recover, think clearly, manage our emotions, and rest well. **That's why we've created our nutrition resources information found on our team site. Please resource these and whenever in doubt, talk with a coach!** Here are some tips to consider as you plan your eating habits in preparation for, during, and around meets:

#### **THE HUMAN BODY TAKES 24+ HOURS TO FULLY DIGEST NUTRIENTS TO DISTRIBUTE THEM TO MUSCLES AND CREATE ENERGY STORAGE LEVELS/RESERVES**

**These reserves are your main source of energy during competition and cannot be generated if not already there!!** So, plan groceries ahead of time so you are eating well in the days leading up to competition.

#### **FOOD AT MEETS**

1. Small coolers are generally allowed at most meets. We will post anything differently in the specific meet docs.
2. **Bring healthy beverages and snacks along to keep nutrients in you or your Flyer to help refuel through the event.** Ideas include: fruit, veggies, granola bars, trail mix, sport drink, dried fruits, nuts, peanut butter sandwich, etc.

3. **Quick, light, healthy, easy to digest snacks are the best** way to keep energy levels high without giving yourself or Flyer an upset stomach. Your main source of energy comes from eating well in the days preceding competition as noted above.
4. **Stay away from greasy foods, chips, carbonated beverages, "ENERGY DRINKS", and candy.** (Cheese-its are NOT good day-of snacks!)
5. The Nutrition & Hydration post on our team site is a great resource for ideas, recipes, and instructions regarding nutrition for you/your athlete. **We can't stress the importance of proper nutrition enough**, so please do take a few moments to read through this area. **YOU CAN'T FAKE GOOD NUTRITION, SO DON'T TRY 😊**
6. Most outdoor meets *do* host concessions, and most indoor meets *do not* have concessions. **When concessions are present, PLEASE keep the quality of food in mind.**
7. **SPECIFIC TO LONGER MEETS OR MULTI-DAY MEETS:** These can be long days!! **Please make sure you or your athlete eats well in the days preceding the meet and eats a healthy breakfast day of.** Also plan to have a packed lunch along as well as healthy snacks as needed. This would be a time to have a sports drink on hand in case needed.

## **ATTIRE**

### **ALL MEETS**

Please plan to always wear your uniform or MNF shirt included with your team registration paired with black bottoms of your choice to include: shorts, compressions, tights, leggings, sweats, etc. (no jeans or slacks).

### **WARM-UPS AND OUTERWEAR**

Athletes are also welcome to wear t-shirts and gear from past seasons to meets as well as other comfortable choices you have available in your closet.

### **EVEN INDOORS!**

Indoor tracks are usually kept in the mid to high 60's, so a very comfortable temperature, but just enough to cool our bodies down faster. Please wear light cover-ups or sweats to keep muscles warm and elastic throughout the duration of your competition events. It's always easier to take layers off than it is to wish you had more! Please always plan accordingly for the elements when going to/from indoor facilities.

### **APPROPRIATE CLOTHING**

In the event any item of clothing is suggestive in nature or derogatory in comment, the athlete will be asked to change or leave competition if a change of clothing is not available. Please be considerate of the youth you are mentoring in this program, and the diversity this sport embraces.

### **UNIFORMS & GEAR FOR PURCHASE**

Seasonal gear information will be communicated prior to the start of each season. We work closely with our gear representative to provide you quality products that fit well and work well for this sport.

### **SPIKES AND SPECIALTY SHOES**

**You will always be allowed to use spike and special event shoes at both outdoor and indoor meet facilities.** You will be notified if otherwise. Generally speaking:

1. **Spike length and design** must be no longer than 1/4" reveal and pyramid style. NO Christmas tree or needle/pin spikes are allowed.
2. If you are event-specific, indoor meets are a great way to get back in your shoes for the new season...TJ,

HJ, Shot Put, etc.

3. **NEW/ENTRY LEVEL ATHLETES:** Wearing spike shoes is not mandatory or necessary. Feel free to speak with a MNF coach anytime with questions regarding your athlete and spikes.

## **IMPLEMENTS AND EQUIPMENT**

### **THROWING IMPLEMENTS**

We supply all necessary throwing implements including shot, discus, hammer, and javelins. If you prefer to bring your own, **please clearly mark your implements**. They are usually pooled from all competitors. We make sure all MNF implements are checked in at the weights and measurements table during the specified time schedule, so if you do bring your own, please be aware that there is a timeline in which this process must occur or the implements will not be allowed in competition.

### **REPLACEMENT SPIKES**

We supply ¼", 3/16", and 1/8" pyramid replacement spikes. We also keep a limited supply of high jump and javelin spikes on hand. Use of any spikes is subject to the meet rules which will always be provided in the meet documents. We also keep a spike measuring device in the spike kit in the event you question the legality of your spike reveal length. You can also find an assortment of spike wrenches and layman's tools in the spike kit to help change out your spikes.

### **VARIOUS EQUIPMENT**

We supply batons, tape and/or chalk, and tape measures to all meets.

### **POLES AND HELMETS**

Pole Vaulters must supply their own poles and helmets as provided by a responsible source. For further information, please review the Pole Vault Policy on our website or contact team management. *We do have a small supply of poles that are available for age and weight appropriate use.*

### **MEDICAL NEEDS**

We keep a stocked medical kit at every practice and meet, and have many coaches trained in CPR, Airway Obstruction, and Emergency First Aid.

### **3. GENERAL MEET INFORMATION**

#### ***MEET REGULATIONS & ETIQUETTE***

##### **RESTRICTED AREAS**

Most track meets limit admittance to the areas of competition to only athletes and coaches (further information below). These regulations are in effect to ensure the safety of all competitors, officials, coaches, and spectators at a meet. [Please respect these policies and view activities from the appropriate viewing areas.](#)

##### **PERSONAL CONDUCT and BEHAVIOR**

*Choice in language and behavior affects everyone including all participants, coaches, officials, and parents.* MNF adheres to our Parent Code of Conduct and Athlete of Conduct and appreciates your support of these values toward respecting athletes, coaches, and officials in this sport.

##### **TEAM SITE**

[Please look for the team site upon entering the facilities.](#) This is generally an identifiable set of canopy tents when outdoors, and a team collective near the bleachers when indoors. The team site is a great place for everyone to congregate throughout the meets. We also staff the team site to help direct you when there and be on-hand to assist especially if new to the sport. [You are welcome to keep your belongings at the team site, however please be aware they are unsecured.](#)

##### **MEET MANAGEMENT**

If you are competing throughout the meet, please [stay off your legs and in the shade as much as possible!!](#) This will help keep energy levels high, and reduce the amount of wear and tear on your or your Flyers' legs so athletes don't experience a "heavy" feeling during competition. Make sure to wear sunscreen. And of course **DRINK TONS of WATER!!**

##### **SECURITY**

The facilities we attend do not provide lockers or guarantee security meaning [you are responsible for your own valuables.](#) Leaving items in bags, coats, purses, etc. at the team site also does not ensure security. Please keep any valuables - cell phones, wallets, etc. - on your person or locked in another location. Track and Field is an upstanding sport, but has been subjected to theft, so you cannot be too careful.

##### **CHAPERONING/SUPERVISING**

[Younger children must be supervised at all meets, so please make sure to plan accordingly for your child.](#)

**Coaches are actively coaching and cannot supervise children unless within the posted event times** (which generally includes the start of warm up through the conclusion of cool down) as indicated in the event preparation area above. Generally speaking, junior and senior high aged athletes do frequently come without parents, however we encourage them to stay by the team site when not in action and always request you ask your children to adhere to the buddy system.

##### **SPECTATOR/PARENT INVOLVEMENT**

All spectators and parents are asked to please [stay off the infield and remain in the stands or around the fence surrounding the track to view any running and on-field events.](#) Parents on the infield can create a great deal of congestion and confusion, so the infield is generally considered closed to coaches, officials, and athletes only. Minnesota Flyers respects this rule and our coaches will oversee our Flyers on the infield during warm-ups and competition. Your Flyer will return to the team site after receiving a proper cool-down by their event coach. [An](#)

important issue in which to be aware: if parents are found on the infield during a meet, it can subject your athlete or our entire team to disqualification.

### **USATF MEMBERSHIP NUMBERS**

You should have received your membership number via email toward the beginning of the season, and a card from USATF via mail shortly thereafter. We also provide a link to login to your USATF account to retrieve your number. Please contact team management if you are not able to find your membership number through one of these resources.

### **RIDES**

There is some limited space available for ride assistance, however athletes who receive ride assistance will be UNSUPERVISED at the meet. Therefore, we have implemented the following **Ride Policy**:

1. Athletes must be 12 years of age or older to request ride assistance from Flyers staff.
2. Ride space is first come first served.
3. We must know BY 5pm the evening BEFORE a meet if you need help. You can email [manager@minnesotaflyers.com](mailto:manager@minnesotaflyers.com), or send a message via our team app with this request.
4. We will provide further details later that same evening to those needing ride help.
5. Please know, many of us who help with rides also have families and need to plan our family prep time as well as have time to organize our vehicles.
6. You must have yourself to the designated meeting place before leave time.
7. Drivers are not able to pick anyone up due to the number of athletes needing ride help.

There will always be travel arrangements posted for meets outside the metro area. These arrangements will be provided separately to preserve the safety and confidentiality of our members.

### **DIRECTIONS/PARKING**

Map links to all meet venues are provided in the meet documents. Parking is also detailed in the meet docs.

### **WEATHER**

Any changes/cancellations due to weather will be posted to our team site, Facebook and Twitter pages, and a message sent via our team site. Please remember to bring umbrellas and any rain gear in case needed! Meets are only cancelled in the event of heavy rains or lightning/thunderstorms.

***If at any time you have other questions, the handbook is a great resource. It can be found on our team site at [www.minnesotaflyers.com](http://www.minnesotaflyers.com)***

## TRAVEL RECOVERY GUIDELINES FOR ATHLETES

### ON THE ROAD Stop every 60-90 minutes

During this time, take about 10 minutes for activity - jog, do some drills, etc.

The most important thing is to get the blood flowing

If you are feeling restless in the car, do stationary activities like shoulder shrugs, muscle squeeze & release, stretch as able, etc

### IN THE AIR Get up every 30-60 minutes

During this time, take a few minutes for in-place activity - toe up downs, twists, stretches, etc.

The most important thing is to get the blood flowing to combat lactic acid buildup from stationary positioning and pressure changes which can both adversely affect performance even a day or more later.

If you are feeling restless, do stationary activities like shoulder shrugs, muscle squeeze & release, stretch as able, etc with as little disturbance as possible to those around you.

### UPON ARRIVAL Do a pre-meet warm-up/cool-down - everything should take 45-60 minutes

- 1 Jog 5-10 minutes
- 2 10-15 minutes dynamic stretching
- 3 10-15 minutes drills
- 4 5-8 minutes partner stretches, holding each for 10 seconds (do self-held stretches as best as able if no partner)
- 5 Do 3-4 Fly-ins - 2 from a leaning start, 2 from a falling start
- 6 Do 2-3 10-20m starts (from 4pt stance)
- 7 Jog 5-10 minutes
- 8 15-20 minute recovery stretch - long stretches targeting all muscles head to toe & holding each 20-30 seconds
- 9 Roll! Use both a large foam roller and hand held roller. Make sure to especially target your quads, hamstrings, glutes, hfc, and calves

If you arrive too late to do a full pre-meet, drop partner stretches and do them at the end with recovery stretches. You can also reduce the dynamics and drills to 10 min each. The remainder is key to recovery so it's important to do them inside if you aren't able to be outside.

### HYDRATION Stay hydrated! Even if it means making more than usual bathroom stops.

This is a good excuse to get up and move while traveling

Water is the best choice - you don't need sports or energy drinks the day before a meet since they're for essential electrolyte replacement during prolonged activity and do not enhance performance

**NUTRITION** **Eat healthy snacks and meals during travel and when stopping to eat**

Plan ahead and pack healthy snacks! If flying, review airline regulations to determine what you can bring on board

Stay away from restaurants/foods that contain MSG, saturated fat, and additives - this is the majority of food you would purchase at shops, kiosks, and in restaurants.

Stay away from any fast food place - most use high levels of preservatives and/or MSG (both can significantly affect performance...and your body's ability to recover)

Choose healthy options that cook with fresh produce and meat if at all possible

Consider grocery store foods instead of restaurant stops if you cannot find a healthy option.

**REST/SLEEP** **Make sure to get a good sleep tonight!**

There's no magic recovery formula for hours of rest needed per hour traveled. However, studies have shown it takes about 3-5.5 more hours to recover from a 2+ road trip than local travel to an event, and the best way to find those hours is through a sound sleep.

**OTHER TIPS** **Make sure there is adequate air flow near you.**

Traveling in a confined area can build up small levels of carbon monoxide which increases lactic acid levels. Making sure the air is circulating will help reduce this affect. If in a vehicle, make sure the air is circulating fresh air in rather than recycling internal air. If on a plane, turn on your overhead air nozzle.

Travel by any means is more exhausting on a body that people realize. Try to keep your body on it's usual schedule as much as possible to avoid fatigue and lactic acid buildup.

***These steps will help you recover and perform at your best!***

**WE'RE EXCITED TO SHARE THIS SPORT WITH YOU! THANK YOU FOR HELPING US PRESERVE THE INTEGRITY OF MINNESOTA FLYERS TRACK & FIELD.**

**SEE YOU AT THE TRACK!!!**