



# Golden Ears Athletics Competition Information

[www.golden-ears.org](http://www.golden-ears.org)

## Event Registration

Most meets have a registration **deadline** one week prior to the event. The club registrar will email a reminder of the deadline in advance. Late registration and same day registration for events can be very expensive and may not be available. Avoid registering for **two events** that start close to the **same time**. Coaches may also recommend the number or type of events to athletes. Our club philosophy is to expose athletes to all aspects of running, jumping and throwing so that as their skills and abilities change, they have many options.

## Things to Bring

- **Nutrition** – Bring healthy snacks and meals. Most meets have concession stands but items may not be ideal for performance. Avoid eating a full meal within two hours of competing. Bring lots of water. Drink plenty of water throughout the day and prior to the event. Some good items: pretzels, crackers, trail mix, raisins, orange slices, apples, bananas, cut vegetables, granola bars.
- **Clothing** – Wear your club uniform to all competitions. Bring clothing for all weather: a rain jacket, wind/training jacket, dry change of clothing, extra socks, blankets, and towel.
- **Equipment** – Set out your gear the night before. Check your spikes and bring extra spikes (check meet info for maximum length for synthetic surfaces - usually 5-7mm), bring a towel for throwing implements, sunscreen, sunhat, medicine, bandages and your training shoes. If you bring your own throwing implement, it must be weighed in one hour prior to the event's scheduled start.
- **Protection** – Some meets have covered seating areas (stadiums). The club will set up our team tent at events we are attending in the stadium or nearby. Bring whatever will make your day more comfortable – lawn chairs or stadium chairs, blankets to sit on, sunscreen, sunhat, umbrellas.
- **Notebook** – Many athletes track their progress over the season and like to have a way to record their results from each meet. You can download our Tracking sheet off the website, or record it some other way.
- **Entertainment** – Track meets can be long days. Bring your cell phone, iPad, books, or games to play with others.

## At the Event

- Be sure to arrive **1 hour** ahead of your first scheduled event. Check in with the club representative so we know you are there. BC Athletics will allow any event to run up to 30 minutes ahead of schedule, and you need at least 30 minutes to warm up, check in and get to your event.
- Get your event **bib** from the coach or team parent. You will need this bib for any event you are participating in and cannot use another team mate's bib.
- **Warm up**. Athletes need at least **30 minutes** of warm-up time for maximum performance. Do not wait for a coach – follow the same warm-up routines from practice.
- Stay in **viewing areas** and off the race course, track and infield at competitions. These areas are reserved for competitors. If you need to cross, ensure no events are in progress. If you wish to help your athlete warm up, do this outside of the competitive areas.

## Successful Competitions

- Listen to the **announcements**. Events can change times and locations. Generally, you will hear announcements for first, second and last call for events. Athletes must be signed in at the staging area of their event by second call. It is the athlete's responsibility to know when and where their events are. Coaches will try to get to as many athletes' events as they can at events we are attending as a club.
- Avoid **coaching** during the event as it can result in disqualification. Ideally, all the coaching required has been done prior to the event to set athletes up for success. Check with your coaches or officials ahead of time as to what is permissible.
- Show good **sportsmanship** and represent the club well. Avoid showboating, profanity and poor behaviour. BC Athletics Officials will issue warnings and potential disqualification of athletes involved.
- Stay **focussed**. Avoid distracting fellow athletes and officials once competitions are underway. Competitions can and should be fun – but athletes and officials should also be allowed to focus on their events.
- **Thank officials** after each event. Please take time to shake hands with officials and parent volunteers before leaving the event. This is great sportsmanship.
- **Have fun!** While personal bests and podium finishes are great, track is a great way to meet friends from across the province who share a love of sport. Enjoy time with your family and other club members.