

DUAL MEET COMMANDMENTS

1. Memorize the dual meet Order of Events. It is your responsibility to get to the starting line on time.
2. Know when you run, and which events are before your events.
3. All field events will start at 3:00, or as soon after as the judge arrives. The TJ will follow the LJ. You have one hour to get your jumps in, with the varsity getting the last 10 minutes.
4. YOU MUST WARM UP FOR EACH AND EVERY EVENT!!
5. If you need starting blocks, get to the line early to set your blocks correctly.
6. If you are running over hurdles, make sure you go over and over until you are sweating.
7. Know where the clerk-of-the-course is and where your event starts.
8. Don't bother officials about your time. The coaches will have it recorded and will give it to you as soon as possible.
9. After you run, **PUT YOUR SWEATS BACK ON AND TAKE OFF YOUR SPIKES!!**
10. **ONLY COACHES CAN DROP YOU FROM AN EVENT!!**
11. No one leaves a dual meet without permission from the **HEAD COACH**.
12. No one sits in the stands – stay in the warm-up area, or be cheering on a team-mate.
13. Take care of personal business (like bathroom stops) before the meet begins. After the meet starts, get permission before you leave the field.
14. Make sure you have everything on the day of a meet. Lay out and double-check all items the night before and check again in the morning.
15. Regrettably, there are thieves in this world, and this is true at track meets as well. **NEVER** leave your things unattended.
16. Remember who you are, and whom you represent. Leave the smack-talking at home. Let's have Husky Pride!!