

## **CARA Track Success Tips for Parents, Spectators and Participants**

Parents, for a better experience, your safety, increased meet efficiency, and in consideration of the athletes, meet staff and fellow spectators, please keep the following in mind:

1. Participants should wear their Track Team T-shirt during the meets. This helps with organization, identification, and team spirit.
2. Participants should check in with their team/coaches at the beginning of the meet in order to receive instructions on where events are to be held as well as any special instructions regarding event order, staging, etc.
3. Field events begin at 8 am, and running events at 8:30 am at each meet. Events will follow the same order each meet, but times may vary, as each event is run on a "ready basis" Please see the order of events sheet and listen for calls for event made by the announcer each day.
4. Participants should try to complete their field events while waiting for running events, but should go to the staging area when their running event is called, and then return to do their field events.
5. Please refrain from waiting for your child in the staging area. This is a very busy area and there will be staff at this area to make sure the athletes are taken care of once dropped off.
6. There will be shade provided in the staging areas and by many of the teams in the stands. As space is limited in the stands for tents, family tents may be directed to set up in other areas surrounding the track, please check with your coach or a meet host staff person for these designated areas. Also remember to bring plenty of fluids and sunscreen.
7. Please try to watch your child's track events from the stands. Hanging out on the infield or at the finish line is not allowed. Field events should be viewed from the stands when possible or the designate spectator area, and compliance with directions from meet staff, volunteers and coaches is expected.
8. Participants should compete in only 4 (four) events per meet, the exception being a fifth event if they are participating with a relay team.
9. For any concerns with meet operations, sportsmanship issues, or other issues on meet event days should be directed towards your team coach, who will follow up with meet directors and staff as necessary.

**For more information on the program please visit [www.caratrack.com](http://www.caratrack.com)**