

A Day in the Life of an Ohio Lightning Track Meet

*Most track meets start PROMPTLY at 9:00 AM

*We will usually meet at an assigned location and leave in an "Ohio Lightning Convoy" at an agreed upon time usually 1 to 2 hours prior to the meet. This helps guarantee we are getting to the meet together and on time. However you are more than welcome to go on your own.

*Once at the meet, we set up tents in a specified location and try to sit together, however you are not obligated to sit with the team. Staying together allows the athletes to have a centrally located place to be while waiting on their races and a place to relax and rest their bodies in between events. Some parents have purchased tents on their own but again this is not a requirement. We experience all kinds of weather at the meets so the tents help protect the families and more importantly the athletes from the elements.

*Prior to the meet you will usually know what event your child will be running. Once at the meet we will have an idea of what time your child will actually run. The time is APPROXIMATE! Depending on the number of athletes running at the meet will determine the time they will run. For example the 100 meter dash will often have many heats, meaning that although the 100m dash starts at 9:30 your child may run in the 10th heat and not run until 10:15. This is why it's important for us to be at the meets on time. Sometimes things move slowly and other times very quickly. We never know until we arrive.

*Track meets prove to be a long day, so we recommend parents pack a cooler full of healthy snacks for the athletes. If you go to the website there is a list of healthy foods we recommend you bring. It's important that the athletes be ready to run and are not eating very heavy foods that will slow them down or make them sick before a race.

*During the meets it is important that we keep athletes in the centrally located area so that the coaches can find the athlete and get them to the location of their events on time. Athletes must be checked in by officials 15 to 20 minutes before their event begins so it is extremely important we know where they are at all times. This is especially important if your child is on a relay. All four athletes must be checked in at the same time.

*The coaches ask that when not running in an event that all athletes keep on their warm up suits. Even in 90 degree heat. Believe it or not this prevents athletes from pulling muscles by keeping the muscles warm and loose. Kids will complain but we ask that the parents help to enforce this request.

*When the coaches call for athletes to check in for an event, the athlete must be in his/her warm up suit and have their bag with should include water and maybe spikes. Once ready the warm ups should be placed in their bags and shoes changed if needed. The Athletes or someone from our team will retrieve the bags after the event is over. Please ensure that your athletes name is marked on everything!

*After your athlete is done for the day, you are welcome to leave, however many parents stay to cheer on other athletes. You are not required to do so. We also sometimes eat as team after a meet. Again this is not a requirement but it does give us a chance to bond as a track family.

This is a great experience for your children and hopefully your family.