

CTK Track & Field – Practice and Race Preparation Checklist

Practice Essentials

- Shirt, shorts, socks, shoes (not race spikes)
- Water (label water bottle with your name)
- Layers – Sweatshirt, sweatpants/leggings, raincoat, hat, gloves (as needed)

Race Essentials

- Uniform shirt and shorts
- Sweatshirt and sweatpants
- Socks
- Track shoes
- Practice shoes
- Water bottle

Suggested Items to Pack in Personal Bag at Meets

- White long or short sleeve shirt
- Black leggings
- Spike wrench and extra spikes (1/4" pyramid)
- Extra socks
- Rain coat, towel (for rainy days)
- Hat, gloves, blanket (for cold, windy days)
- Sunscreen (for warm, sunny days)
- Tissues
- Band-aids
- Hair ties
- Sports drink, snacks
- Cash for concessions

Helpful Tips

- Lay out what you will wear and pack your bag the night before the meet for a less stressful morning.
- Eat a healthy, fulfilling breakfast and brush your teeth before the meet.
- Bring layers of clothing to practices and the meets. Pay attention to the weather forecast to know what to bring.
- It is windy many of the days at the SHG track and at the meets. It's better to bring more than you would expect to wear and leave it in the car or in your bag.
- Wear a good pair of running shoes to practice and for warm ups at the meet. Springfield Running Center can provide assistance selecting a suitable pair of shoes and track spikes, and they provide a discount to student athletes.