

Track Meet Checklist

Uniform & Equipment

- Uniform Shorts
- Uniform Singlet
- Nylon Jacket
- Nylon Pants
- Training Shoes
- Competition Shoes/Spikes
- Socks
- Plain White T-Shirt (long sleeve or short sleeve)

Inclement Weather Gear

- Tights
- Sweatshirt
- Sweatpants
- Headband, Stocking Cap
- Gloves
- Blanket
- Extra Clothing (socks, t-shirt, jeans)

Miscellaneous

- Sunscreen
- Lunch
- Dinner
- Snack Items
- Water Bottle