

<p><u>What to bring:</u> Running shoes Racing shoes (flats or spikes)(optional) Uniform shorts and top Warm-up pants or sweatpants Warm-up top or sweatshirt Light food to eat 2-3 hours before race. Food to eat after your race Water Sunscreen. Something to sit on. Warm jacket or blanket if it will be cold.</p>	<p><u>The start:</u> Go hard for a few meters and then <u>settle to the effort level you want for most of the race and which will put you in position you want at first 200 meters.</u> Note: Most HS runners go too fast for first 200 and then slow down to their race pace. You can expect to slide around some in second 200.</p>
<p><u>Before the meet:</u> Good nights sleep for 2 nights before. Light breakfast the morning of the meet. Drink water.</p> <p><u>When you get to the meet:</u> Find the restrooms. Find out where check-in is for your event. Figure out when to start warming up. Pick an event 45-50 minutes before yours. Stay out of the hot sun. Drink water. Rest.</p>	<p><u>If you're boxed:</u> Stay relaxed. A way out will appear. Or the box will break up.</p> <p><u>First half of race:</u> <u>Focus on pacing:</u> How you feel and efficient form. <u>No sudden surges.</u> It will hurt you later.</p> <p><u>Second half of race:</u> Focus on the back of a runner ahead of you. Stay calm, relaxed. Live with the pain. Hold good form: posture, legs, arms.</p> <p><u>The finish:</u> Drive through the pain. Fight for place all the way to the finish line. Hold good form: posture, arms, legs.</p>
<p><u>Warming up:</u> <u>50 minutes before your race:</u> Put on running shoes and get ready to go. <u>45 minutes before your race.</u> Light jog for 10-15 minutes. Dynamic stretches & drills. 2x100m at race pace 15-20 min before race <u>Check in.</u> Change to racing shoes. Strides. <u>Stay calm while you wait.</u> Visualize how you want to start your race to help execute the start you want. How much of the field should be in front of you at first 200? Visualize the rhythm of how you'll feel through the race to help get the pacing right. Visualize running with the discomfort of the second half of the race.</p>	<p><u>After your race:</u> <u>Cool down:</u> Cool down jog for 10 minutes. Stretching.</p> <p><u>Reflect on how your race went.</u> It will help you learn things that will help you do better next time. How was your start? How was your pacing? How was your focus throughout the race? Talk with your coach about your race.</p> <p><u>Drink water and eat something.</u> Within 30-60 minutes after your race. Chocolate milk is good for this. (It has good 3-to-1 ratio carb-to-protein).</p>