



TEAM PROVO TRACK & FIELD
Parent/ Athlete Agenda
13 APRIL 2017 | 5:00PM

1. Welcome
2. Introduce self (contact information), coaches and their events
3. Volunteer list –
We need as much help as possible to run smooth & efficient Meets
4. Schedules and Order of Events at CUTFA – birth year
5. High Jumpers – Once the bar is raised, it will not be lowered
6. Tri Meet organization –
3 events & relay, choose your events at each meet
Try each event throughout the season
7. Awards not given for Tri Meets, will be given at CUTFA Regional
8. Provo exclusive Meet on Thursday, April 27 (registered & non-registered)
9. T-shirts –
10. Rainout Hotline: 801 852 6629
Updated by 3:30PM on weeknights w/ questionable weather
11. Dress appropriately for practice w/ athletic shoes & WATER bottle
12. Feedback to children – Positive, ask about personal bests/improvements
13. Feedback to us – staff on site or by email palmoney@provo.org
14. QUESTIONS?

COACHES Mid Dist/Jump – Mike
Jump/Any – Natalie
Sprint – Kailey
Sprint – Allison
Long Dist – Clara
Mid/Long Dist – Kaylee
Throws – Meghan

TRACK MEET THINGS TO CONSIDER:

1. Show up early – each participant gets 3 labels (1 for each event)
2. 3 labels – each have name, gender, birth year, & City to track race results/placement in heats
3. 3 events – think about what events you want to run beforehand (usually 2 running & 1 field event)
4. Field events are: Long Jump, High Jump, Javelin, Shot Put, Discus
5. Meets have an announcer that does 1st, 2nd, & 3rd call for each event/age group e.g. “First call, girls 2005-2006 400 Meter run”
6. After 1st call, report to the Meet “BULL PEN” (tent in the middle)