

HOW TO REGISTER FOR A MEET

The club and coaches will select meets that are appropriate for competition for each age group. The coaches will have discussions with the athlete/parent and together they will determine the events for meets the athlete can attend. Athletes should not over-compete at meets, and coaches will work to select the correct amount of competition. Parents are not to register athletes for events not selected by the coach. Once events are selected, the coach will send the list of events to the club registrar, and the club will register the athlete in the meet. The coach will notify the athlete which events they will be doing in each meet. When signing up for events, make sure the coach knows your PB for each event as that will aid the meet organizers in placing you in the correct order of competition.

When signing up for events at a meet, check for conflicts. Schedules will be available on the host club website. There are many events occurring at the same time, usually between a track event and a field event so athletes must be aware of the schedule. For example, if two field events begin at the same time, the athlete will not be able to do both. In some events an athlete can go back and forth during field and track competition, but it is not always advisable. It's a good idea to check the schedule carefully BEFORE registering in the meet.

Members and parents should be aware that on some registration systems there may be a service charge on top of the event charge. The club will cover the service charge for these systems.