

MEET CHECK LIST

- ____ AAU Card (for AAU events)
- ____ Copy of birth certificate (some officials & other parents WILL protest age)
- ____ Proof of meet registration (receipt or copy of form)
- ____ Uniform (an extra for multiple day meets)
- ____ Sunblock (for outdoor meets, its a LONG day)
- ____ Sunblocking lip balm
- ____ Sunglasses
- ____ Umbrella for rain or sun (in case there is limited space under our tents)
- ____ Lunch & Snacks (non-sugary / fatty)
- ____ Water & Gatorade (I try to bring plenty, but take care of self and if you can bring a little extra for the club)
- ____ A way for keeping food and drinks cool (I usually bring a cooler for outdoor meets)
- ____ \$\$ for child's registration fee if not already sent or handled online by you or club officials.
- ____ Cash for admission into stadium (some charge spectators, usually \$2-\$5)
- ____ Cash for food at concessions or lunch intermission (not all events do that)
- ____ Stopwatch (if you want to keep up with performances)
- ____ Something to tie back hair (for long-haired athletes)
- ____ Stadium seat (if you want to be more comfortable)
- ____ Camera (if you want to take shots)
- ____ List of your child's best time/performances (to compare)
- ____ Replacement spikes for shoes (sometimes they come out or go dull). Most meets only allow 1/4" spikes or smaller.
- ____ Spike wrench
- ____ Regular shoes (for walking between events & going inside facilities)
- ____ \$\$ for food after the meet (usually we all go to the same place to eat before the trip back to Columbia)