

Developmental Meet Information, Race Schedule, and Sprinting Tactics

Preparation:

1. *Eat a substantial breakfast 3 hours before your race*

Ideal breakfast 1:

- *2 egg white omelet with 1/4c 2% cheese*
- *1-2 slices turkey*
- *1/4 cantaloupe or 1/2 grapefruit*
- *1/2 c blueberries*
- *1 slice whole grain toast*
- *8-16 oz water*

Ideal breakfast 2:

- *1/3 c of slow cooked oatmeal*
- *1/2 c plain low fat yogurt*
- *1/2 c low fat cottage cheese*
- *1/2 c blueberries (Wyman's frozen)*
- *Cinnamon*
- *Almonds or walnuts*

1. **Drink plenty of water** *The air is very dry and you need to stay hydrated. Bring a water bottle with you of at least 36 oz. over a long time period; take a drink of 3-4 oz. every 30 minutes. Fruit juice or a sports drink are good after you race. If you race later in the day, you should eat a protein bar or a healthy snack.*

2. *Bring money. Food will be for sale.*

Race schedule

<i>1. 45/50h</i>	<i>6. 5MR</i>
<i>2. 45/50m</i>	<i>7. 300m</i>
<i>3. 1000m</i>	<i>8. 3200m</i>
<i>4. 600m</i>	<i>9. 4x2.5 relay</i>
<i>5. 1600m</i>	<i>10. 4x1.5</i>

Race Strategy

45/50

1. *Make sure your blocks are set at the correct position*
2. *Hold steady at set until the gun is fired.*
3. *Explode out the blocks using both legs and arms.*
4. *Maintain relaxed form*
5. *Run through the finish line; lean at finish*

600m

1. *Run the first 50-60m fast.*
2. *Hold your pace concentrating on relaxing*
3. *Get into position with 2.5 laps to go*
4. *Press to the finish with 1 lap to go*

300m

1. *Run the first 50-60m fast.*
2. *Hold your pace concentrating on relaxing*
3. *Press to the finish with 1 lap to go*

4 x 2.5 lap relay

Same as 300m

Passing:

1. *You must have a full stride lead ahead to cut in-pass another runner.*
2. *Try not to pass on the turns-best time is coming out of a turn or on straightaway.*

Relays:

1. *Pass in the zone!*
2. *Move-in to lane #1 as soon as possible (if permitted)*
3. *After having passed off baton leave the track quickly and without interfering with other runners.*
4. *Dropping or throwing the baton during or after race can disqualify your team*

