**How a Home Track Meet Works**

1. You will be dismissed from school the same way as track practice and go to your attendance line.
2. The time of the track meet will be listed on the track website.

<https://www.gmstitans.org/sport/track%20and%20field/coed/>

1. The order of events are listed on the website. <https://5starassets.blob.core.windows.net/multi-media/2530430/hub/ORDER%20OF%20EVENTS%20(1).docx>
2. As stated in the order of events, we will start with boys hurdles followed by girls hurdles and all girls running events. Boys will start with field events. After all girls running events are complete then boys will do their running events and girls will do field events. You can pick up to four events to compete in. You get to pick your events, as we say in practice if you have ANY questions please talk to a coach so we can help direct you to an event. If you want to make a relay you need to run that open event. For example, if you want to be on the 4X100, you need to be in the top 4 of the 100 to be on the relay. You will know if you made a relay. You will also need to check with the field event coach to ensure you are good to participate in that field event.
3. When an event is announced you will need to report where that event starts. If you are late reporting to the event there is a good chance you will not be able to compete in the event. Make sure you report on first call. The 100 and hurdles start at the north end of the track. The 1600, 400, 800, and all relays start at the start/finish line. The 200 starts at the curve. When you report you will be assigned a lane. You will stay in your lane and come back in your lane so the timer can give you your time.
4. After receiving your time you will go to the flag pole where there will be a boys clipboard and a girls clipboard. Find your event and print your name and time on that sheet.
5. After a meet coaches will look at all times, heights, and distances to determine if there needs to be any changes to the away roster or any run-offs.
6. The away team is comprised of our top 2 athletes in each event. There are no practices on days of away meet.