
EPTFA Meet and Practice Etiquette

- Have your event recording sheets and related paperwork prepared prior to the start of the meet.
- Listen carefully to the announcer and be aware of what events are being run.
- Be mindful of the meet schedule event times and make sure your team is ready to participate ON TIME to ensure minimal delays in the meet.
- For track meets, have your team arrive to the track 20-30 minutes prior to the first event for warm-ups and to allow you to set-up your heats, lanes and relays.
- To ensure the meet runs efficiently and on-time, Coaches or Team Managers must check-in with the Clerk of Course at least 10 minutes prior to scheduled running events and relays. A copy of the running event recording sheet is the easiest way to provide the list of runners to the Clerk. This will allow time for the Clerk to finalize heat and lane assignments.
- Athletes should be ready to take their blocks in their assigned heat and lane immediately following the start of the previous heat.
- Coaches must maintain control of relay batons at all times. Batons should never be thrown, used as weapons/swords or treated in a manner that could cause damage.
- Always be aware of races in progress before crossing the track and make sure your team crosses together at the Coaches order.
- While not competing, cheer for your teammates and other competitors.
- Never “bad mouth” other competitors.
- Never cross over the approach area or runway of any field events.
- Never cross through the shot put or high jump areas.
- Never pace or run along-side any runner during a race.
- Everyone needs to remain quiet near the starting line of a race.
- No spikes are allowed for any athletes.

- The last team at each field event should bring in all field equipment to the starting line stands.
- Stress parental involvement especially making sure all athletes are at the right place at the correct time.
- Stress safety by instructing and encouraging athletes to stay in their lanes.
- Stress wearing the appropriate clothing and be prepared for any kind of weather conditions.
- Stress the importance of bringing a water bottle and staying hydrated between events.
- Have the athletes wear their EPTFA shirts over jackets, sweatshirts, etc.
- Some Coaches may distribute ribbons differently. Please inform your team what your ribbon distribution plan is prior to the first meet.