HYC Guide to First Competition Season
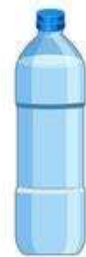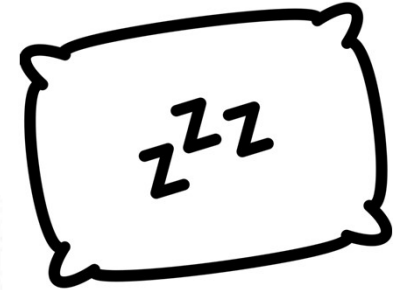
By The Youth Committee

Night before a competition (KYALs & YDLs)

1) Pack bag and get kit ready

2) Prepare lunch so you don't have to rush around in the morning

3) Rest, and try to get some sleep

4) Make sure to eat a proper dinner (start fuelling yourself)

What to pack in my bag for a competition?

1) Drinks
2) Lunch (snacks)
3) Spikes
4) Throwing shoes or trainers
5) Safety pins (8 each person)
6) Waterproof Coat
7) Chairs (optional)
8) Sun cream
9) Hair bands
10) Deodorant (optional)
11) Crocs or sliders (optional)

When should I arrive at the competition?

- You should arrive at least 45minutes to an hour before your event. This is because athletes must sign in, pin their letter on and warm up before their race/event.

- It's also important to leave early, as parking may be difficult to find depending on the venue.

Where should I go when I arrive?

- When you get to the competition, walk over to the Dartford Harriers' gazebo.

- At the gazebo, someone will be there to sign you and give you your number etc.

Dos

- Make sure to thank officials as they are all volunteers and give up their free time to help run these events.

- Be careful when crossing the track as races may be occurring (others around will be able to help).

- We are a team, so it's really important to support and congratulate each other.

- Get to your even 15 minutes before to sign in.

Don'ts

- Please don't be late to events and try to arrive early.
- Please don't disrespect officials as they are all volunteers.
- Please don't be disrespectful, as you are always representing your club.

What I wish someone had told me...

- When I first joined Dartford Harriers as a first year U15, I was so nervous to compete. I arrived at least 2 hours before my event and was a nervous wreck and at the end of the day I felt so proud and happy to be apart of the team.

- **Please don't worry**. Everyone is so welcoming and friendly, and I love the team spirit we have at competions.