PreMeet Checklist

* **Uniform**
* **Spikes/Race Flats**
* **Trainers**
* **Water 32oz**
* **Sports Drink**
* **Pre Race/Post Race Snacks (bars, fruit, trailmix, PB/AB&J\*)**
* **Post Race Lunch (Sandwich)**
* Simple Sugar Snack (Fruit Snacks, Fruit, etc)
* Change of Clothes (SOCKS)
* Layers of Clothes
* Sunscreen (even in the colder months/overcast)