

## IMPORTANT INFORMATION FOR FIRST TIME PARTICIPANTS



Welcome to your first national championships! The Potomac Valley Track Club and USATF Masters Track & Field Committee hope that this will be the first of many times that you compete at the national level and that you achieve your competitive goals and enjoy the camaraderie that builds friendships and makes Masters Track & Field so enjoyable. If you have questions during the meet, don't hesitate to ask any member of the Local Organizing Committee (in forest green polo shirts with the meet logo) or members of the Masters Championships Games Subcommittee (in lime green polo shirts). Any of them will be happy to help you.

To help you with finding your way around the Prince George's Sports and Learning Complex, there is a facility map on the last page of the meet program. Note that toilets are located on the concourse above the finish line and in the building's Main Street area behind the Information Desk at the entrance. On Sunday only, showers are available on the lower level (see section on Showers in the meet program for details).

### MEET PROGRAM

The meet program is filled with essential information to help you be successful in navigating the world of masters track & field championships. There you will find information about:

- Declaration for your events (see below also for this critical information)
- Spike check policy
- Implement check in and inspection location and procedures
- Relay entries – at the Inclusion Subcommittee table in Packet Pickup area

### VERIFY YOUR ENTRIES

Take a moment to verify the information about your entry on your packet against the events you entered online. If there is a discrepancy fine a member of the LOC immediately for assistance.

## **BIB NUMBERS**

Along with all the other information in your packet are two bib numbers – one with your last name on it and one with your number and age group. Please verify that they are correct. The one with your name on it is to be worn on the front of your singlet and the one with your number/age group on your back (NOTE: jumpers and throwers need only wear one bib on either the front or the back).

## **DECLARATIONS AND EVENT CHECK IN**

Picking up your packet is only the first step to competing. To compete you must declare for your event (one hour before the scheduled start time for running and race walk events; 20 minutes before the scheduled start time for field events). Declarations for running and race walk events are at the Clerking Area outside the track just beyond the finish line; declarations for field events are at the event venue. **IF YOU DO NOT DECLARE YOU WILL NOT COMPETE; NO EXCEPTIONS!**

## **WARM UP AREA**

The warm up area is outside the barriers along the back stretch or, weather permitting, outdoors. You may use the doors at the start of the back stretch to enter and exit the building for outdoor warm ups. While warming up be conscious of not interfering with others as they too warm up.

## **COMMUNICATIONS**

Current information is available online on the meet website, you can reach it through the USATF Masters website here: <http://www.usatfmasters.org/20180219landover.htm>

**There is on-going information shared on our Social Media:**

<https://www.facebook.com/usatfmasterstrack/>

<https://twitter.com/USAMastersTrack>

<https://www.instagram.com/usatfmasterstrack/>

**Latashia Key, the Active Athlete Representative** on the USATF Masters Executive Committee and will be available when she isn't competing at the National Masters News/Masters Rankings table near Packet Pickup on the lower level. She's your representative in the leadership of Masters Track & Field; take advantage of the opportunity to get to know her!

The **USATF Masters Inclusion Subcommittee** also has a table in the Packet Pickup area on the local level. Stop by and talk with members of that group, all of them experienced masters athletes who can answer your questions and tell you how to get more involved.

**Masters Communications Subcommittee** contact info – [usatfmasterstrack@gmail.com](mailto:usatfmasterstrack@gmail.com)

Your USATF membership has additional benefits! **Get discounts in the USATF shop** on the upper concourse or at the online store at <http://www.usatf.org/store/>

**USATF Masters Track and Field, Come Achieve Your Best with US!**