

Wednesday, December 27, 2017

## Blue Lightning Track Club Logistics For The Speed Invitational, 12/30.

Saturday, December 30, 2017, Birmingham CrossPlex - 2331 Bessemer Road, Birmingham, AL 35208 (approx. 179 mi, 2h 52 min)

December	Event/Activity	Location	Details
28, Thursday, noon.	Meet Competition Fee Due	Coacho.com	\$23.26 (\$20 + \$3.26 Coacho.com and PayPal processing fees.)
28, Thursday, 5:00 pm	Meet registration processed for all competitors.	Coacho.com	Coach Steve will apply the competition fees in one batch the meet registration.
29, Friday, Check-in	Team hotel - Hyatt Regency Birmingham - The Wynfrey Hotel	1000 Riverchase Galleria, Birmingham, AL, 35244 (205) 705-1234	It is not required that you book at this hotel, but it will be our home base in B'ham. Coach Strother will not be staying at this hotel and will arrive to the Birmingham Crossplex facility, Saturday, 7 am. <b>Mobile – 678.614.1258</b>
29, Friday, 7:45 pm	Pre-Meet Meeting via Teleconference.	641-715-0632 / pin 719374	
30th, Saturday, 7:00 am	The Speed Invitational	Birmingham Crossplex (indoor)	Guest and parent fee to enter event - \$8.

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Schedule of Events	
TRACK EVENTS ORDER (8 & under girls, then 8 & under boys, then 9-10 girls, etc. unless noted)	
Rolling schedule—All times are estimated—we will run ahead of this schedule if possible by up to 45 minutes.	
Running Events	Field Events
7:45 pentathlon 60 hurdles	8:00 Shot put (8 & under g & b first, then pentathlon girls, 9-10 g & b, pentathlon boys, 11-12 g & b)
8:00 CST 60 hurdles	Pentathlon boys long jump
8:30 60 dash	9:00 Girls & boys pole vault (13-14, 15-16, 19 & over option) Opening height—6'6" girls; 8' boys
10:15 400 (8 & under, 9-10, 11-12)	9:30 Pentathlon girls long jump
11:15 400 (13-14, 19 & over)	10:15 Girls & boys long jump (15-16, 17-18, 19 & over, 8 & under, 9-10, 11-12, 13-14)
12:00 400 (15-16)	10:00 Girls & boys high jump (11-12 first, pentathlon HJ in between age groups)
12:45 400 (17-18)	11:00 Girls shot put (13-14, 15-16, 17-18, 19 & over)
1:30 800	12:00 Girls & boys pole vault (17-18, 19 & over option) Opening height—8' girls; 10' boys
3:00 200	1:00 Boys shot put (13-14, 15-16, 17-18, 19 & over)
	2:00 Girls & boys triple jump (13-14 first)
	2:30 Girls weight throw followed by boys weight throw (15-16 first)

Which events will my Champion contest at The Speed Invitational.

Post Title	Age	Gender	Event(s)
1. Alyssa Crump	10	F	60, 200
2. Cole Strother	10	M	60, 200, 400
3. Colin Hudson	10	M	800,mile
4. Cydney Walker	10	F	60, 200
5. Frankie Pepe	11	M	Shot put, 800
6. Jalen Baker	15	M	60, 200
7. Jayden Whidbee	10	M	60, 400, LJ
8. Keandre Freeman	16	M	800
9. Layla Green	9	F	60, 200
10. Makala Lee	16	F	200, 400
11. Michael Bernard	6	M	60, 200
12. Michael Gizzi	14	M	200, 400
13. Peter Nelson-Broderick	17	M	800
14. Solomon Fatuga	6	M	200

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## **THE HYDRATION REGIMEN**

*Begin regimen Wednesday to be well hydrated on Saturday.*

### **How much water should a Champion drink before a workout or competition, and at what frequency?**

**A.** A least 6-8 cups each day, especially the day before a workout or competition.

Here's the suggested hydration (water) regimen for Cole to follow on the day of competition.

## **THE HYDRATION REGIMEN**

1. In the morning and at least 3 Hours before competition drink two 8-ounce cups of water.
2. 2 hours before the competition or workout drink one 8-ounce cups of water.
3. 1 hour before the competition or workout drink one 8-ounce cup of water.
4. 15-minutes before the competition or workout drink one 1/2 cup of water.
5. After the competition or workout drink one or more 8-ounce cup(s) of water.

Note: As your Champion warms up, the water will be absorbed by the body (organs and muscles). This hydrating regimen is consistent with warm weather, sweating, and heat, but It is important that Cole is hydrated even when the conditions are not warm.

### **Q. What type of water should my Champion drink?**

**A.** We recommend Alkalife Ten Spring Water with Electrolytes - it can be purchased at Wal-Mart, Publix, and other retailers. You can buy it by the case for \$1.12 a bottle.

## **HEALTH, NUTRITION, SLEEP**

### **1. Pre-Competition Sleep**

Athletes should receive 8 to 10 hours of sleep 2 nights before & the night before a meet.

### **2. Pre-Competition Meals 3 – 4 hours before the event**

- High in complex carbohydrates, such as bread, fruit and vegetables.
- Moderate in protein.
- Low in fat.
- Plenty of Fluids.
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water and juice.
- Little or no meat is best.

### **3. Snack Hints – For All Day Meets**

- Water
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon.
- Bread, bagels, muffins. With peanuts butter, cheese or cream cheese if within 3 to 4 hours before competition. (beware for those with peanut allergies).
- Crackers and pretzels.
- Oatmeal-raisin cookies.
- Fruit and Vegetable Juice – orange, tomato.
- Cereal – With milk if 3 to 4 hours before competition.
- Fruit yogurt – if 3 or 4 hours prior competition.

### **4. Post-Competition**

Athletes should always do their cool-down runs after race events.

- Water
- Low sugar yogurt with protein
- Energy bars (avoid high sugar energy bars)
- Fruit and plenty of rest should be a consistent part of your post-race activities.