



Training & Track Etiquette

1. Training sessions start at 5.40pm and we ask that no juniors come onto the track before that and the gate will be closed. This gives the coaches time to make sure the track is clear, setup any equipment and also ensure that all of the juniors can get there on time and warm up together.
2. Please don't leave water bottles on the fencing / by the gate. They can be kept at the side of the track, but away from runners.
3. We are trying to limit runners going back and forth to the stands all the time. Please encourage your juniors to stay on the track as much as possible.
4. No running in the stands.