



OFFICIALS RESOURCE SERIES

Track & Field / Cross Country Gear Guide

A practical checklist for arriving prepared, looking professional, and handling the assignment with confidence.

**THE
STANDARD**

Confirm every item against your state association, governing body, conference, and assigner requirements.

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Track & Field / Cross Country Assignment Checklist

Build your bag around reliability: the correct uniform, duplicate critical tools, comfort items, and protection for the conditions.

UNIFORM & PRESENTATION

- Meet-approved polo/jacket and neutral shorts or pants
- Supportive walking or trail shoes suited to the venue
- High-visibility vest when assigned to course or traffic areas
- Hat, rain shell, and layered clothing for changing conditions

ESSENTIAL TOOLS

- Clipboard, event sheets, pens/pencils, measuring tape as assigned
- Stopwatch/timing device and whistle if role requires
- Flags, cones, lap counter, or umpire materials when assigned
- Two-way radio only when supplied or approved

SMART BAG EXTRAS

- Sunscreen, insect repellent, hydration, snacks, hand warmers
- Portable seat for long field-event assignments if allowed
- Waterproof bags and document sleeves

Pack, Inspect, Perform

WHEN	WHAT TO DO
48-24 HOURS	Confirm venue, level, crew, uniform, arrival time, parking, payment process, and special instructions.
NIGHT BEFORE	Lay out the complete uniform. Charge devices. Test whistles/timers. Check weather and travel time.
ON ARRIVAL	Change or finish dressing privately. Inspect equipment. Meet the crew. Complete the required pregame.
AFTER GAME	Record game details, clean and dry gear, replace used supplies, and note anything needed before the next assignment.

AVOID THESE MISTAKES

- Bringing specialty equipment without confirming the assignment
- Standing in landing or competition zones
- Relying on a phone as the only timer

Starter Budget Strategy

PRIORITY	BUY FIRST	UPGRADE LATER
1	Required uniform and footwear	Second full uniform set
2	Required tools and protection	Premium bag/organizer
3	Backup whistle/timer and basics	Weather-specific duplicates

Important: This guide provides general preparation recommendations, not a universal uniform rule. Requirements vary by sport, season, level, state, conference, and governing body.