

## 2022 Track and Field Uniform Buying Guide

All track and field athletes must have a uniform in order to compete. It must be the one assigned to the event group they compete in. If you bought a uniform last year and are not changing event groups, you are all set. This year's uniform is the same as last year's. Please read below to see what you need to order. The rules around uniforms are oddly specific.

**Think about the events you want to compete in!** You want to look like the other Lassiter athletes in your event. Previous rules regarding uniforms being exactly the same though have gone away. This means that a relay team can be made up of people wearing distance and sprint uniforms. Throwers, however, must wear thrower uniforms while throwing.

**Distance Runners:** If you bought a new uniform during cross country season, you are all set. Your cross country uniform is your track uniform. If you are a distance runner who did not participate in cross country then you need to buy the Distance Shorts and Distance Jersey for your gender. Girls and Boys jerseys are cut differently so make sure you get the right one.

**Sprinters and Jumpers:** Anyone who is a sprinter or a jumper of any kind needs to buy the sprint uniform. This includes the horizontal and vertical jumps. You need to buy the Sprinter Shorts and Jersey.

**Throwers:** You need to buy the Throwers Shorts and the correct jersey for your gender. They are unisex and are a boys size with a 7" inseam. Boys buy the Boys throwers jersey. Girls buy the Girls Distance/Throwers Jersey.

**Leggings:** These are optional. You do not need to buy these if you don't want to. There are rules that apply to leggings if they are worn as part of the uniform. The ones that are listed meet those rules. We need to all have the same ones. *If you would like to wear leggings during a meet, it needs to be these.* Many leggings are actually underwear, or have a company name or logo on the waistband. Those are illegal to wear at a meet if they are the outermost item worn and will result in disqualification. Because they are optional and not everyone wants them I did not order as many as the other uniform items.

**Other garments:** Like the leggings any long sleeve shirt worn under the uniform needs to match across the team. I did not create a uniformed shirt in this way. If you would like to have a long sleeve shirt on under your jersey feel free to buy one. *It needs to be **all black**.* That means no visible logo or design on the front of it, or on the collar, and no colored stitching.

Any other garment commonly worn such as half sleeves, socks of any kind (compression or otherwise), and sports bras, are not subject to uniform restrictions. You can wear whatever you like in these categories.

Orders will be filled in the order they are received so get in early to guarantee the sizes you want.