

Sauqeen Track and Field Uniforms...or who wears what!

Junior program

athletes Competition uniform

1. grade 6 and under -red t-shirt plus navy shorts (can purchase navy notch shorts, generally small boys and girls wear the women's notch shorts, or just wear their own navy shorts.
2. *Grade 7*- navy t-shirt plus navy shorts (can purchase navy notch shorts, generally small boys and girls wear the women's notch shorts if men's are too big, or just wear their own navy shorts.
3. Grade 8- navy warm up shirt, singlet, plus any of the STFC competition shorts, (for those who are just out for one session, may wear the navy T-shirt for competition and their own navy shorts.)

Senior program

athletes Competition uniform

STFC t-shirt (warm up), singlet, navy shorts (see below)

*If conditions warrant, athletes may wear a plain white/navy or STFC long or short-sleeved t-shirt under their singlets during competition.

More on shorts...there is a wide and varied selection for competition short. Here are the options!

1. throwers-men and women, wear either mesh shorts, notch shorts, or spandex ½ tights
2. jumpers- men- wear either notch shorts, or spandex ½ tights
 - women- wear either notch shorts, spandex ½ tights (come in men's sizes only, so may be too big) or boy-cut spandex shorts
3. distance- men and women may purchase notch short for warm up/training. Competition shorts are:
 - men- split shorts
 - women- bun huggers or boy-cut spandex shorts
 - for cross country- may compete in navy tights
4. sprinters - men and women may purchase notch short for warm up/training. Competition shorts are".
 - men- notch shorts or split shorts
 - women- bun huggers or boy-cut spandex shorts or notch shorts

Any athlete receiving an award must wear the STFC t-shirt and shorts/tights or zipped up wind jacket and pants to the podium.