

Final Meet Instructions for Tracklab Grind Season Opener

Late Registration

Once registration closes at 11:59 p.m. ET on Wednesday, you can add an athlete on Thursday [here](#) until 3:00 PM with a \$5.00 late fee. Same day, on-site registration is not offered for this meet. You can add an event for an athlete already registered for the meet, but event selection may be limited to field events and events longer than 400m. To do so, email operations@tracklab.events immediately or see the Meet Director before the start of the meet.

Final Schedule and Performance Lists

After registration closes, the meet schedule may be updated to reflect actual entries. **Be sure to review the final schedule [here](#). You should also review the performance lists posted [here](#) to ensure that all of your athletes are in the meet, in the right events, and with the right sex and age.** Mistakes in age or sex are harder to fix after the meet starts. Email operations@tracklab.events immediately or see the Meet Director before the start of the meet.

COVID Protocols

To enter the stadium, you must be wearing a mask; inside the stadium, you must wear a mask when physical distancing is not possible.

Coaches, adult athletes, and parents or guardians of youth athletes must complete and sign a USATF Participant Waiver on the athletes' behalf. **The waiver can be found [here](#).** Complete the waiver before you arrive to expedite your entry.

Athletes should bring their own water as Tracklab will not provide water in a common area. Athletes may bring their own implements. Sanitizing wipes will be available at all field venues for shared implements. Athletes must retrieve their own implements.

Only athletes are permitted in Clerking unless 10U and being escorted; the escort must leave the area after the 10U athlete receives a hip number. Athletes must wear a mask in Clerking in order to receive a hip number. Only coaches and parents may pick up youth medals.

Only coaches wearing a VIP band and competing athletes are permitted in and around centerfield.

Uniforms and Spikes

Uniforms are not required and athletes can wear whatever they'd like during competition, including hats, hoodies, leggings, and warm ups, with the exception of headphones and air pods – neither of which are permitted. This stadium has a newly resurfaced track. Athletes may only use ¼ " pyramid spikes. No pin, needle or Christmas tree spikes will be allowed on the track.

Parking and Entering the Stadium

The meet venue is Peachtree Ridge High School located at 1555 Old Peachtree Rd NW, Suwanee GA 30024. The track is located behind the school. Parking is located behind the school around the stadium, and in front of the high school. No matter where you park, **please keep noise to a minimum because there is SAT testing from 7:45 AM to 1:00 PM.**

Stadium gates open and bib packet pick up begins at **7:00 a.m.** Bib packets may be picked up by coaches, club administrators and unattached athletes. Bib packets will be distributed intact; individual bibs will not be distributed.

To enter the stadium, you must be wearing a mask, and coaches, athletes and parents or guardians of youth athletes must complete and sign a USATF Participant Waiver. The waiver can be found [here](#).

There is a \$5.00 spectator fee that can be paid in cash, Cash App at \$tracklab, or \$5.50 with debit or credit card or \$6.00 with Go Fan. There is no spectator fee for ages 6U or 65+. Coaches will receive a VIP band that allows access to centerfield at no charge, as follows:

Coaches of clubs with 3-9 entries, one VIP band; 10-19 entries, 2 VIP bands; 20-29 entries, 3 VIP bands; 30-39 entries, 4 VIP bands, and 40+ entries, 5 VIP bands. If a club has more than 5 coaches, additional VIP bands may be purchased at \$5.00 per VIP band.



Final Meet Instructions for Tracklab Grind Season Opener

Tents

Tents are permitted in the stadium bleachers along the upper tier of the home side, and anywhere along the visitor side. Tents are also permitted around the track as long as they do not block the Clerking area or access to the track.

Warm-Up

The track is open for warm up from 7:00 a.m. to 8:15 a.m. Once the meet begins, the back stretch of the track may be used between events. Athletes may also use the grassy areas around the stadium or parking lots.

Clerking

For all running events, check-in takes place near the 100m start. Athletes must report to Clerking wearing a mask and only when their age group is called. There is no early check-in. Hip numbers should be placed on the left leg. Athletes must remain in Clerking until escorted to the start line by Tracklab. Athletes who skip check-in or miss the line escort may not be permitted to compete (even if they are coming from a field event). Coaches and parents are not allowed in Clerking unless escorting 10U athletes; you must leave Clerking once the athlete receives a hip number, when preparing athletes for upcoming events. Coaches may remain centerfield during competition if wearing a VIP band, and do not interfere with the operation of the meet.

For field events, check in at *that* field venue when your age group is called. There is no early check-in for field events.

Field Events

All field events take place inside the stadium. Long jump and javelin near the 100m start. Discus, shot put and high near the 300m start. Check in for field events at that field event venue. Masks may be removed during warm up and competition.

Each athlete is allowed 3 jumps and 3 throws. Rotations may be forfeited if the athlete leaves the field event for any reason. Athletes must retrieve their own implements.

Athletes are encouraged to bring their own implements. Athletes may share or use host-provided shot puts, discuses and javelins at their own risk. Sanitizing wipes will be provided.

Coaches must manage athletes who are entered in both field and track events. Tracklab will not hold track events waiting for field events to finish. Athletes are expected to report to Clerking for track events on the first call after updating the field official. After competing, the athlete must promptly return to the field event; there is no guarantee that the same age-group will be in progress, and the high jump bar will not be lowered upon the athlete's return.

Running Events

Masks may be removed during warm up and competition. Starting blocks are provided but athletes may bring their own. Starting blocks are not required for 14U athletes but may be used if the athlete can quickly set the blocks at the start. The 4x100m relay will not use the international exchange zone. The 4x400m relay will use a 3-turn stagger (first leg stays in lane). Batons are available along with sanitizing wipes. The 800m run will use a waterfall start.

Medals and PR Buttons

Medals are awarded for each age group beginning at 6U for first, second and third place. Events may be combined for meet efficiency but athletes will still be awarded separately by age division. Youth medals must be picked up by coaches, club administrators or parents. Medals earned but not picked up on February 27 may also be picked up at the Season Opener.

Personal Record buttons are not based on place of finish. These buttons are earned by athletes who set a new personal best in an event at Tracklab. As a means of PR verification, only coaches or parents should pick up youth PR buttons. For older athletes, the honor system applies. PR buttons are limited to 2 per athlete per meet.

Results

Live results can be found at www.tracklab.events. Final results will be submitted to milesplit.com. Please allow 2-3 business days after the meet for any necessary corrections and submission.

