

# GENERAL INFORMATION

# SPEED ENDURANCE CHALLENGE

## REGISTRATION

Registration closes on Wednesday 11:59 PM Eastern. Athletes can be added to the meet on Thursday until 3:00 PM Eastern with a \$5.00 late fee. Late entries and game-day changes may be limited to field events and races 800m and longer. **There is no on site registration.**

## FINAL SCHEDULE AND PERFORMANCE LISTS

Post-registration, the meet schedule will be finalized to reflect actual entries and posted along with the performance lists. Final meet schedule and performance lists can be found [here](#). Review the performance lists for accuracy and email [operations@tracklab.events](mailto:operations@tracklab.events) if corrections are needed.



### Central HS

113 Central High Rd  
Carrollton, GA 30116

Are all of your athletes in  
**IN THE MEET**

Are your athletes in all the  
**RIGHT EVENTS**

Did you enter the right  
**SEX & AGE**

## PARKING AND ENTERING THE STADIUM

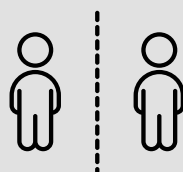
There is limited parking near the stadium entrance because of gym **construction**. There is additional parking along the side of the school. **Stadium gates open and bib packet pick up begins at 7:00 AM**. To enter the stadium, everyone must wear a **face covering**; inside the stadium, you should wear a face covering when physical distancing is not possible. Coaches, athletes, and parents or guardians of 18U athletes must complete and sign a [USATF Participant Waiver](#). Print and complete the waiver before you arrive to expedite your entry. Packets may be picked up by coaches, club administrators and unattached athletes. Packets will be distributed intact; individual bibs will not be distributed. There is a **\$5.00 spectator fee** that can be paid in cash or Cash App \$tracklab, or \$5.50 with debit or credit card. No fee for ages 6U or 65+. Teams receive a limited number of **VIP Coach Bands** that allow access to centerfield and other competition venues.



**VIP Coach Bands** are distributed based on the number of **team** entries: 3-9: 1 band; 10-19: 2 bands; 20-29: 3 bands; 30-39: 4 bands; 40+ 5 bands. Coaches above limit can purchase a VIP Coach Band for \$5.00.

## AROUND THE OVAL

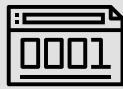
**Uniforms are not required** and athletes may wear whatever they'd like during competition, including hats, gloves, leggings and warm-ups, but not headphones or air pods. **Tents** are allowed in bleachers along the upper tier of the home side and anywhere along the visitor side, and around the track as long as access to the track is not blocked. **Restrooms** are located on both sides of the stadium; 10U athletes must be escorted to the restroom. **Warm up** on the track is allowed from 7:00 AM to 8:15 AM. There is a grassy field near the 300m start that can be used for warm up throughout the day.



## KEEPING EACH OTHER SAFE

To enter the stadium, you must wear a **face covering**; inside the stadium, you should wear a face covering when physical distancing is not possible. Coaches, athletes, and parents or guardians of 18U athletes must complete and sign a [USATF Participant Waiver](#). Athletes may bring their own **implements, batons** and **blocks**. Sanitizing wipes are available for shared implements, batons and blocks. Only competing athletes are permitted in **Clerking** unless 10U and being escorted; the escort must leave the area once the athlete is checked in. In Clerking, athletes must form a **single line** and wear a face covering in order to receive a hip number. Only coaches wearing a **VIP band** and competing athletes are permitted in and around centerfield. Only coaches and parents may pick up **18U medals**.

# EVENT RULES



## ATHLETE CHECK IN/CLERKING

For all running events, check-in takes place near the 300m start under a **green & white tent**. Athletes must report to Clerking wearing a face covering and only when their age group is called. A single line should be formed by sex. There is no early check-in. Hip numbers must be placed on the left leg. **Athletes must remain in Clerking until escorted to the start line by Tracklab. Please do not remove athletes from area, not even for warm up.** Athletes who skip check-in or miss the escort may **forfeit** their lane (even if coming from a field event). Coaches and parents are not allowed in Clerking unless escorting 10U athletes, and must leave Clerking once the athlete receives a hip number. Coaches may remain centerfield during competition if wearing a VIP Coach 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.



## RUNNING EVENTS

Face coverings 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 2-turn stagger (first leg stays in lane). Batons are available along with sanitizing wipes. The **800m run** will use a waterfall start.



## FIELD EVENTS

All field events take place within the stadium. **Long jump, javelin** and **discus** are near the 300m start, near the green & white tent. **Shot put** is near the 200m start under the scoreboard, **High jump** is near the 100m start. **Check in for field events at that field event venue.** Face coverings 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 are encouraged to bring their own implements, but may use Tracklab-provided implements 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 lowered upon the athlete's return.**



## T-SHIRTS, MEDALS AND PR BUTTONS

800m finishers receive an **event t-shirt** as part of Tracklab's annual Speed Endurance Challenge. T-shirts will be available in the field house once the 800m run has been contested for all age groups, **Coaches and parents must pick up 18U shirts. Medals** are awarded for each age group beginning with 6U for first, second and third place. Events may be combined for meet efficiency but athletes will still be awarded separately by age division. **18U medals must be picked up by coaches, club administrators or parents.** Medals earned but not picked up at previous meets can be picked up on Saturday. **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 18U 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](http://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

