

TRACKLAB

SEASON OPENER

SATURDAY, MARCH 15

PEBBLEBROOK HS

991 Old Alabama Rd SW
Mableton, GA 30126

WEATHER

Thunderstorms are in the **evening** forecast. If during the meet there is heavy rain or lightning, we'll pause the meet. We'll use the feed feature in the app for real time updates.

PARKING

Follow signs for "**athletic fields**" then "**football stadium**". Parking is located to the right of the stadium. Overflow parking is located on the other side of the school, the Jackson Gym parking lot.

MAIN GATE

Opens at 7:30 AM

Everyone must enter through the main gate. At the gate, coaches and unattached athletes pick up **bib packets**, coaches pick up **VIP bands**, and spectators pay the \$6.00 **spectator fee** - cash, card, and cash app OK **\$tracklab**. No spectator fee for competing athletes and persons ages 5U and 65+. Coaches enter free with VIP band based on the number of registered athletes*

*0-2 entries, 0 bands; 3-9 entries, 1 band; 10-19 entries, 2 bands; 20-29, 3 bands; 30- 39 entries, 4 bands; 40+ entries, 5 bands.

TENTS

On the home side, you can set up along the **top tier**. On the visitor side, tents are allowed anywhere. Tents also allowed on grassy areas around stadium.

GET THE APP

Start lists, live results, **individual and team scores**, and meet feed are available on the Roster Athletics app. Available for iPhones and Androids.

WARM UP

Warm up on the track is OK between 7:30 AM and 10:00 AM. Hurdlers can warm up center-field until their event. Use grassy field just outside stadium any time.

WHAT 2 WEAR

There are no uniform requirements. Athletes can wear warm ups, leggings, hoodies, hats and other outer gear as long as their **bib and hip numbers are** worn on the outermost layer.

SKILL CLINIC

We'll focus on 14U long jump. There'll be a jumps clinician at the LJ pit for these age groups who will review fundamentals, demonstrate drills, help find marks, and if requested, give feedback on jumps.

RUNNING EVENTS

Clerking for all running events is inside the stadium near the 100m start. Only athletes are permitted in Clerking unless escorting 10U athletes. Older athletes must report without an escort. 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 or miss Clerking (even if coming from a field event) may forfeit their lane. USATF false start rules apply.

FIELD EVENTS

Report directly to the field event when that age group is called. Athletes are permitted 3 jumps and 3 throws. 18U implements are provided but athletes may use personal implements. **Coaches must manage athletes entered in overlapping running and field events.** Field events will not be suspended during running events, and after a running event the athlete must promptly return to the field event, or risk forfeiture. The high jump bar is not lowered for returning athletes. Tracklab does not guarantee an age group will not conclude while the athlete is away.

MEDALS/PR BUTTONS

Medals are awarded to the top 3 finishers per age group, even if age groups were combined during competition. Medals for 18U athletes must be picked up by a coach or parent. PR buttons are available for athletes who set PRs during the meet. Only coaches can pick up PR buttons. Limit is 2 buttons per athlete per meet. Medals and PR buttons will be available infield under the awards tent.