

## TRACKLAB FREQUENTLY ASKED QUESTIONS

### Calendar

**What is the 2023 Spring series schedule?** March 11, March 25, April 1, April 15, April 29, and May 6. Athletes may enter as many, or as few, meets as desired; there is no minimum.

### Registration

**How do I register for a Tracklab meet?** From your desktop, go to the Roster Athletics [registration portal](#) then type "Tracklab" in the search bar. (Tracklab no longer uses CoachO for meet registration.) You will be required to create an account, one time, in order to register any athlete. It's free. Click [here](#) for more registration help.

**Do I have to create a new team roster every time I register for a meet using Roster Athletics?** No, once you add an athlete to Roster Athletics account, that's it.

**Is there late registration?** Yes. Registration after the deadline is permitted but, depending on the size of the meet, these athletes may be limited to field events, relays, and events without lane assignments (800m and up). A \$5 late fee will be added to the entry fee.

**Can changes be made to individual *entries* after registration?** Yes, but depending on the size of the meet, registered athletes may be limited to field events, relays, and events without lane assignments (800m and up); laned events may be added if there are open lanes. There is no fee for adding events.

### Meet Fees

**How much does it cost to enter each meet?** The entry fee is \$22.00 per athlete per meet; this fee includes the credit card processing fee. Entry fees defray costs for facility rental, custodial hours, security, event crew, medals and awards, FAT timing, online registration, implements, and event supplies. Thank you for your support.

**Is there a separate fee for relays?** No. The \$22 entry fee is a flat fee that covers all events, including relays, and includes the credit card processing fee.

**What is the gate/spectator fee?** The gate fee is \$5 per person using cash, or \$5.50 per person using a debit or credit card or Cash App \$tracklab.

The following persons enter without charge: registered athletes, USATF officials, event volunteers, and persons younger than 6 or older than 64.

Spectator fees defray costs for facility rental, custodial hours, security, event crew, medals and awards, FAT timing, online registration, implements, and event supplies. Thank you for your support.

### Athlete Eligibility

## TRACKLAB FREQUENTLY ASKED QUESTIONS

**Who can enter Tracklab meets?** Anyone can enter these developmental meets. Clubs, elementary, middle and high school students, and home-schooled and unattached athletes are all welcome. Neither AAU nor USATF membership is required.

**Is there an age minimum or limit?** Athletes must be at least 5 years old to compete in Tracklab meets. There is no maximum age limit. Competition age is determined by the athlete's age as of December 31 of the year. (For example, an athlete with a July 1st birth date may be 12 years old as of March 1 but will compete as a 13 year old because he will be 13 as of December 31st of that year.)

**Do you ever combine age groups on the track?** Yes, if there are few athletes in a single age division, efficiency and competition integrity may dictate combining age divisions to form a single heat. Even so, athletes will be awarded medals within their respective age divisions.

**Is club membership required?** No. Club affiliation is not required. Athletes not affiliated with a club should register can register without a club designation.

**Is USATF or AAU membership required?** No, these are developmental, non-qualifying meets. Neither USATF nor AAU membership is required.

**Is there a limit on the number of events an athlete can enter?** Tracklab is the place to try new events, so athletes are permitted to enter as many events as they'd like, with the exception of the Spring League Championship where USATF age-group limits apply.

### What to Wear

**Are there uniform restrictions?** No. Uniforms are not required.

Athletes may wear singlets, shorts, speed suits, sweatpants, leggings, tights, short- or long-sleeved shirts, coats, jackets, hats, headbands, gloves, wristbands, scarves and/or any other clothing desired to stay cool or warm. Sunglasses and jewelry are not prohibited. Athletic shoes are required. Spikes are permitted but are not required. Headphones are not permitted during competition.

### Coaches

**Are coaches charged an entry fee?** Coaches of clubs with 3-9 entries are entitled to one band for free entry and access to the field of play; 10-19 entries, 2 bands; 20-29 entries, 3 bands; 30-39 entries, 4 bands, and 40+ entries, 5 bands. Coaches of unattached athletes can buy a band for \$5 for access to the field of play.

**Are coaches permitted in and around the competition venues during competition?** Absolutely. Coaches may remain infield and in the proximity of field event venues throughout the meet to

## TRACKLAB FREQUENTLY ASKED QUESTIONS

observe, instruct, and otherwise coach their athletes - provided they do not interfere with the progression of the meet. One exception is the Spring League Championship where coaches are expected to remain outside the competition venues.

### Medals

**Who is eligible for medals?** At each meet, athletes finishing in first, second and third place, in each event, in each age division, by gender, receive gold, silver and bronze medals. Tracklab also makes PR buttons available for athletes who set personal records during any Tracklab meet (limit 2 buttons per athlete per meet).

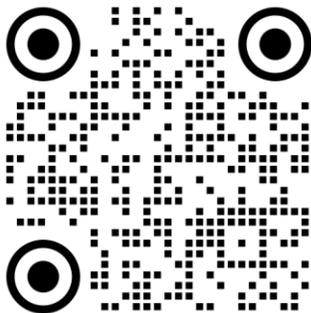
### Meet Operations

**Are starting blocks required?** Starting blocks are **required** for athletes ages 15 and older; starting blocks are optional for athletes ages 14 and younger. Starting blocks are provided at every meet. Athletes may bring their own starting blocks.

**Are implements provided?** Yes, Tracklab provides age-group discuses, shot puts and javelins. Poles are not provided. Athletes may bring their own implements.

**What are the competition rules?** Tracklab relies on the USATF Competition Rules for guidance unless otherwise stated on the meet schedule.

**Where can I find the meet schedule?** You can find the meet schedule on [our website](#) or use the Roster Athletics competition app. Scan here to download:



## TRACKLAB FREQUENTLY ASKED QUESTIONS

**Where can I find live results?** Live field and track results are available using the Roster Athletics app. Scan above to download.

### **Emergency Contact**

**Who do I contact in the event of an emergency?** For matters requiring immediate attention, contact the General Manager at (404) 895-3112 or the Operations Manager at (404) 936-2846 or [operations@tracklab.events](mailto:operations@tracklab.events).