



2024 TRACKLAB  
SPRING CHAMPIONSHIPS

# SPRING CLASH

Sat May 4

## GENERAL INFO



Every spring, records are broken at the Tracklab Spring Championships as athletes execute on the final phases of their spring training plans. This meet also features spring league recognition of excellence awardees, most improved athletes, and club champions.

**MEET DATE:** Saturday May 4

**REGISTER BY:** Wednesday May 1

**VENUE:** New Manchester HS, 4925 Hwy 92,  
Douglasville, GA 30135

**GATE:** Opens at 7:00 AM



### MEET REGISTRATION

Enter this meet by registering [here](#). The per-athlete entry fee is \$22.00. USATF event rules apply to the number of event entries for 18U athletes. All ages and abilities are welcome. USATF or AAU membership is not required. Participation in earlier Tracklab meets is not required.

When registering for running events, enter the athlete's **season best (SB)**. These times will be used to seed the running program. Seed times must be from 2024 and verifiable.

### COMPETITION BIBS

Each registered athlete must wear a bib to compete. Bib packets may be picked up at the ticket booth once the gates open, and remain available throughout the day. Club bib packets must be picked up by a coach or club administrator. Unattached athletes may pick up their own bib packet.

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## STADIUM OPS



*New Manchester HS, 4925 Hwy 92, Douglasville, GA 30135*

The main stadium entrance is circled in **yellow**. Park anywhere in the **green** lots. Please do not park in the lots marked in **red**, as this is crew access and crew parking only.

### STADIUM ENTRY

Athletes, coaches, and spectators must enter at the main gate circled in **yellow**, above. Main gate opens at 7:00 AM. General admission is \$6.00 per person for ages 6 to 64. No fee for registered athletes and eligible coaches. Cash, card, or Cash App \$tracklab.

### COACHES' ENTRY

Coaches wearing VIP wrist bands may enter the stadium without charge and are permitted infield for the coaches' meeting and athlete warm-up. VIP bands are available at the main gate.

VIP bands are distributed to club coaches based on the number of athlete entries: **0-2**, 0 VIP bands; **3-9**, 1 VIP band; **10-19**, 2 VIP bands; **20-29**, 3 VIP bands; **30-39**, 4 VIP bands; **40+**, 5 VIP bands.

### TENTS

Tents may be set up along the top tier of the home side of the stadium; however, you may set up below the top tier if you are **not** blocking the view of others. You may set up anywhere on the visitors side of the stadium.

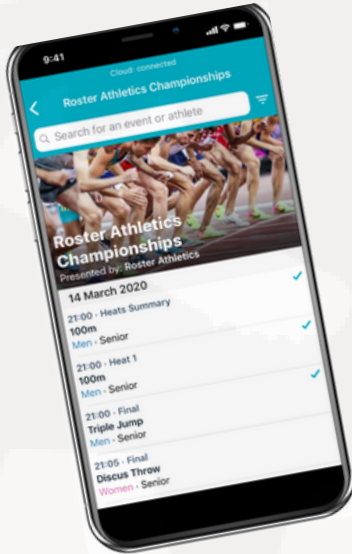
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## MEET OPS



## COMPETITION APP

Get the full digital experience by downloading the free Roster Athletics competition app. Use the app to view schedule changes, start lists and live results, and to receive weather alerts. You can also communicate with meet management using the meet feed.

NOTE: This is **not** a registration app.



## MEET SCHEDULE

You can find the paper meet schedule on our [webpage](#) or the digital schedule on the Roster Athletics [registration page](#). Or, be fancy and use the Roster Athletics app. In the app search bar, **type Tracklab** (one word) then **scroll down** to this meet. **Select** this meet and then **click follow** to skip this process the next time. You now have access to the meet schedule, athlete entries, start lists, and live results.

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## RESULTS

You can find **live results** using the Roster Athletics app. In the app search bar, **type Tracklab** (one word) then scroll down to this meet. You now have access to live results.

Final results are submitted to athletic.net 2-3 business days after the meet to allow for corrections, if needed.



## WARM-UP

Warm-up on the track is OK from 7:00 AM until the first running event. Once the track closes, warm up is OK near the field house.

**Hurdlers** may warm-up center field any time before their event.

## COACHES' MEETING

Send at least one coach or administrator to the infield for the coaches' morning informational session. This meeting will cover any meet-day changes to the schedule or competition rules.

## COMPETITION RULES



### RUNNING EVENTS:

Starting Blocks. Ages 15-18 must use starting blocks. 14U may use starting blocks if they can set them without delay. Athletes may use personal starting blocks.

False Starts. A false start by an athlete age 15-18 will result in immediate disqualification of the athlete; for ages 14U, a warning will be given to the athlete, and not the field.

### Clerking: Running Events.

Clerking for **all** running events takes place near the field house. Two calls will be made for each event by age group: a first call and a final call.



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Athletes should report to clerking on the first call for their age group, ready to compete. Personal belongings should be left in the bleachers.

10U athletes may be escorted to clerking; 11+ must report on their own.

Once athletes receive a hip number, they must remain in the clerking area until led to the start line **by Tracklab**. Please do not remove athletes from the clerking area.



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### Relays.

There is no separate fee for relays. Relays do not count against the USATF age-group entries limitation for 18U athletes. Athletes can “run up” in age groups. For example, an athlete age 10 can run on an 11-12 relay, but an athlete age 10 cannot run on a 7-8 relay. The relay age group is determined by the age of the oldest athlete.

Batons are provided.



## FIELD EVENTS

### Clerking: Field Events.

Clerking for field events takes place at that field event venue. Two calls will be made for each event by age group: a first call and a final call. Athletes should report directly to the field event on the first call for their age group, ready to compete. Personal belongings should be left in the bleachers. Athletes who miss field event check-in when called may be scratched from the event.

Number of Attempts. Athletes are permitted 3 jumps and 3 throws.

Event Conflict. If an athlete is at a field event when an overlapping event is called, the athlete must first check-out with the field event lead, then report to the other event.

Athletes must return to the first field event within 15 minutes of completing the overlapping event, or they risk forfeiting remaining attempts.

For high jump, the bar will not be lowered for returning athletes.

Personal Implements. Athletes may compete using their own discus, javelin or shot put. Tracklab will make available **youth** implements for those without personal implements.



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## USATF COMPETITION RULES

Unless otherwise noted in this info sheet or during the coaches' meeting, the USATF Competition Rules will be consulted. NOTE: Neither AAU or USATF membership is required to enter this meet.



## AWARDS



### Medals

Medals are awarded for each USATF 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. 14U medals must be picked up by coaches, club administrators or parents.

### PR Buttons

PR buttons are earned by athletes who set a new personal best at this meet and are **not** based on place of finish. As a means of PR verification, only coaches or parents may pick up 14U PR buttons. For older athletes, the honor system applies.

PR buttons are kept at the awards desk and are limited to 2 per athlete per meet.

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## Spring Honors

These championships mark the end of the spring season, the developmental season. We use this meet to celebrate progression with awards for athletes who have earned Most Improved accolades and age-group Spring Excellence recognition. We also celebrate the spring age-group club champions.



### **Registration questions:**

lynn@tracklab.events

### **Event questions:**

operations@tracklab.events

