

**TO**  
Coaches, Club  
Administrators, Unattached  
Athletes

Meet day is Saturday April 16. Please register online by Wednesday April 13 at [www.coacho.com](http://www.coacho.com). The entry fee is \$16.50 per athlete with unlimited entries; no separate fee for relays. **When registering a relay, only one leg is needed to reserve a lane.** Late registration before the meet may be limited to field events and races 800m and longer, along with a \$5.00 late fee. There is no same-day, on-site registration.

**FROM**  
General Manager  
[operations@tracklab.events](mailto:operations@tracklab.events)

After registration, the meet schedule will be finalized to reflect actual entries and posted along with the performance lists at [www.tracklab.events/calendar](http://www.tracklab.events/calendar) and sent to the email address you provided when you set up your account with CoachO; please make sure your CoachO email address is up to date.

**CC**  
Event Crew, Head Timer,  
Facility Manager

The meet venue is Discovery HS, 1335 Old Norcross Rd, Lawrenceville, GA 30046.

**DATE**  
December 1, 2022

On meet day, stadium gates open at 7:00 AM. The first field event begins at 8:00 AM and the first running event begins at 8:30 AM. To enter the stadium, everyone, including athletes, crew, coaches and spectators, may be required to show proof of COVID vaccination, or a negative test within 72 hours of the meet. There is free parking in front and along the sides of the stadium. Tents are permitted in stadium bleachers along the top row on the home side, and anywhere along the visitor side.

**SUBJECT**  
Relay Grind @ Discovery HS  
x April 16, 2022 – General  
Meet Information

All athletes must wear a bib when competing. Bib packets are available at the stadium ticket booth all day. Club coaches and club administrators can pick up team bib packets; individual bibs will not be distributed from team packets. Unattached athletes can pick up their individual bib packets.

There is a \$5.00 spectator fee that can be paid in cash or \$5.50 if using Cash App \$tracklab or debit or credit card. No fee for ages 5U or 65+. Clubs receive a limited number of VIP bands that allow access to centerfield and other competition venues. VIP bands are distributed based on the number of club entries: 3-9: 1 band; 10-19: 2 bands; 20-29: 3 bands; 30-39: 4 bands; 40+ 5 bands. Additional VIP bands may be purchased by coaches for \$5.00 each at the stadium ticket booth.

Tracklab provides batons, starting blocks and youth implements, except poles. Each event is called twice by age group - one first call and one final call. Live results will be available during the meet at [www.tracklab.events/home](http://www.tracklab.events/home). Medals are awarded to the top 3 finishers per event and by age group even if the event was combined during competition. 15U medals must be picked up by coaches, parents or club administrators.

Competition age is determined by the athlete's age as of December 31, 2022. The competition age groups are 6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-29, 30-34, 35-39, 40-44, 45-49, etc.

For running events, athletes should report to Clerking on the first call for their age division; reporting to Clerking before their age group creates congestion in Clerking. Only athletes are permitted in Clerking unless escorting 10U athletes. Older athletes should 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 Clerking or miss the escort may forfeit their lane (even if coming from a field event).

For field events, athletes should check in at that field venue when their age group is called. Athletes are permitted 3 jumps and 3 throws. All youth implements are provided. Coaches must manage their athletes entered in conflicting running and field events. Field events will not be suspended during running events, and after a running event the athletes must promptly return to the field event in progress or risk forfeiture. The high jump bar is not lowered for returning athletes. No guarantee an age group or field event will not conclude while athletes are away.

Coaches may remain centerfield during competition if wearing a VIP band, and if not interfering with the operation of the meet.

Contested Events: 100m dash, 400m dash, 800m run, 1500m run, 1500m race walk, 3000m run, 80m/100m/110m hurdles, triple jump, long jump, high jump, javelin throw, shot put and discus throw. No 200m dash and no intermediate hurdles. **Relays: 1600m sprint medley (2-2-4-8), 4x100m, Throwers 4x100, and Grown Folks 4x100m. All relays have a female, male and mixed division.**

For more information, please log over to [www.tracklab.events](http://www.tracklab.events).

