

# FIRST THINGS FIRST

It's meet day! Let's get this party started right!

1

Stadium

## Central High School

113 Central High Rd.  
Carrollton GA 30116

2

Parking

There is free parking around the stadium, starting at the main gate. Please do **not** idle, unload or park behind the stadium as those areas are reserved for crew. Otherwise, you may find yourself locked in for the entire meet, with no exit until we breakdown.

3

Main Gate

**Gates open at 7:30 a.m.** Athletes, coaches, administrators, parents, officials and spectators must enter through the main gate to pick up bib packets and coach wristbands and pay spectator fees.

4

Spectator Fee

The spectator fee is **\$6.00** (or \$6.50 with card) for ages 6-64. No fee for registered athletes, officials, or eligible coaches. Small bills, card or CashApp \$tracklab accepted.

5

Bib Packets

Every athlete must wear a bib to compete. Team bib packets must be picked up at the gate by a coach or administrator. Unattached athletes may pick up their own bibs at the gate.

6

Coaches

VIP coach bands allow free stadium entry and permit access to infield and competition venues. Based on 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.

7

Tent Set Up

On the home side, tents are OK along the top tier and any other location **where you are not blocking the people behind you**. On the visitor side, tents are allowed anywhere. Tents are also allowed on the grassy areas around the stadium.

8

Get the App

Meet schedule, start lists, **live results, live team scores**, and event feed are available on the Roster Athletics app for **iPhone** or **Android**.



This is the meet guide for the Hurdles Grind. But first, **congratulations** to the Throws Grind **Athlete of the Meet** and the top 3 teams:

#### THROWS GRIND ATHLETE OF THE MEET



VIOLET-MARIE NEWTON, 7-8  
TRACK PHI TRACK ELITE

#### THROWS GRIND TOP 3 TEAMS

**Girls** - ATL ZooM Athletics, Lightning Spikes, and Track Phi Track Elite

**Boys** - Lightning Spikes, Track Phi Track Elite, Parkview Express

Now, about Saturday at Central HS:

#### SATURDAY'S WEATHER

Sunny with a high of 70 and a low of 51. Sounds like layers are in order.

#### SCHEDULE NOTES

Gates open at 7:30 a.m.  
Hurdles clinic at 8:00 a.m.  
Coaches' meeting at 8:30 a.m.  
Warm up on track OK until 8:45 a.m.; after that, use infield or grassy area near long jump.

#### WHAT TO WEAR

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

#### TIPS

- Send a representative to the coaches' meeting to hear about schedule changes, venue layout, etc.
- Clerking calls are limited to first and final per age group. Go to clerking on the **first** call for the age group.
- Field events are **not** suspended during running events. Decide before the meet which events take priority in the event of an overlap.
- Do **not** remove athletes from clerking and do not escort athletes to the start line.
- Athletes who miss their heat must wait until the end of that event to compete, if there are others who have also missed their heat.

#### HURDLES GRIND

This Saturday, we'll host a hurdles clinic during the meet

The clinic begins at 8:00 a.m. centerfield and continues throughout the day. The facilitator is **Coach McCloud**, who will review hurdle mechanics, address common mistakes, demonstrate warm-up and cool-down drills, and evaluate races as requested.

Any coach, and any athlete who enters the meet in any event, is encouraged to attend the clinic; there is no extra fee. Coach McCloud will cover both the intermediate and sprint hurdles.

Coach McCloud's resume includes collegiate and pro sprint hurdles; Olympic Team USA, 110m hurdles; former Masters world record holder, 60m hurdles; and sprints and hurdles coach, Buford HS.

#### START LISTS / LIVE RESULTS

Meet schedule, start lists, live results, live team scores, and event feed available on the **registration page** and the Roster Athletics app. Download the app here for your **iPhone** or **Android**.

#### 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 only by a coach or parent. PR buttons are available for athletes who set PRs during the meet. As a means of verification, only coaches can pick up PR buttons. Limit is 2 per PR buttons per athlete per meet. Medals and PR buttons will be available infield under the awards tent.

## RUNNING EVENTS

Clerking for all running events is located along the visitor side of the stadium, across from the 200m 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.

Starting blocks must be used by ages 15+. 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.

### WEST GEORGIA UNITED

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.

## VENUE OVERVIEW



- Central HS, 113 Central St., Carrollton GA, 30116
- 8-lane track
- Ticket booth, main gate, concessions and restrooms in **orange** (home side)
- LJ in **red** (visitor side)
- Clerking for all running events in **green** (visitor side)
- SP, DT and JT in **gray** (below fieldhouse)
- Can warm-up anytime between clerking and LJ