

# FIRST THINGS FIRST

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

## Parking

**Look for Gwinnet Fire Station No. 16.** Across the street from the Station is the football stadium. There is free parking all along the stadium fence.

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Dacula HS  
123 Broad St.  
Dacula, GA 30019

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## Main Gate

Head toward the main stadium entrance; it's in the direction of the football fieldhouse. **Gate opens at 8:00 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.

## 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.

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## 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.

## Coaches

VIP 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.

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## Tent Set Up

### ATTENTION:

**The finish line is on the visitor side of the stadium.** You can set up tents on the visitors side along the top tier and any other location **where you are not blocking the people behind you.** On the home side, tents are allowed anywhere. Tents are also allowed on the grassy areas around the stadium.

## Get the App

Meet schedule, start lists, **live results** and event feed are available on the dark blue **Roster Athletics app.** Download it here [iPhone](#) or [Android](#)

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## Enjoy

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

### SEASON OPENER ATHLETE OF THE MEET



KADEN MITCHELL, 13-14  
WEST GEORGIA UNITED

### SEASON OPENER TOP 3 TEAMS

**Girls** - Lightning Spikes, Track Phi Track, and Intensity Athletics

**Boys** - Lightning Spikes, West Georgia United, and Intensity Athletics

Now, about Saturday at Dacula HS:

### SATURDAY'S WEATHER

Some clouds but dry. If heavy rain enters the forecast, we will update you using the meet feed in the Roster Athletics app.

### SCHEDULE NOTES

**Gates** open at 8:00 a.m.  
**Warm up** on track OK from 8:00 a.m. - 10:00 a.m.  
**Coaches' meeting** at 9:00 a.m.  
**Throws clinic** at 9:00 a.m.  
**Shot put** moved to morning segment at 9:30 a.m.  
**Discus** moved to afternoon segment at 1:00 p.m.  
**Javelin** moved to afternoon segment at 1:00 p.m.

### 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.

### INSIDE TIPS

- Send a representative to the coaches' meeting to hear about schedule, etc. changes.
- 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 the event to compete.

### FINISH LINE ON VISITOR

At Dacula HS, the finish line is on the **visitor** side of the stadium. Think about **where** you want to set up with this in mind.

### THROWS CLINIC

Any registered athlete is welcome to attend the clinic. About 30 minutes before shot, we'll invite coaches and athletes to the shot put venue. The facilitator will review safe handling of the shot, review throwing mechanics, and demonstrate warm up drills. The facilitator will also provide feedback on throws as requested. This same process will be repeated in the afternoon for discus.

### 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 home 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.

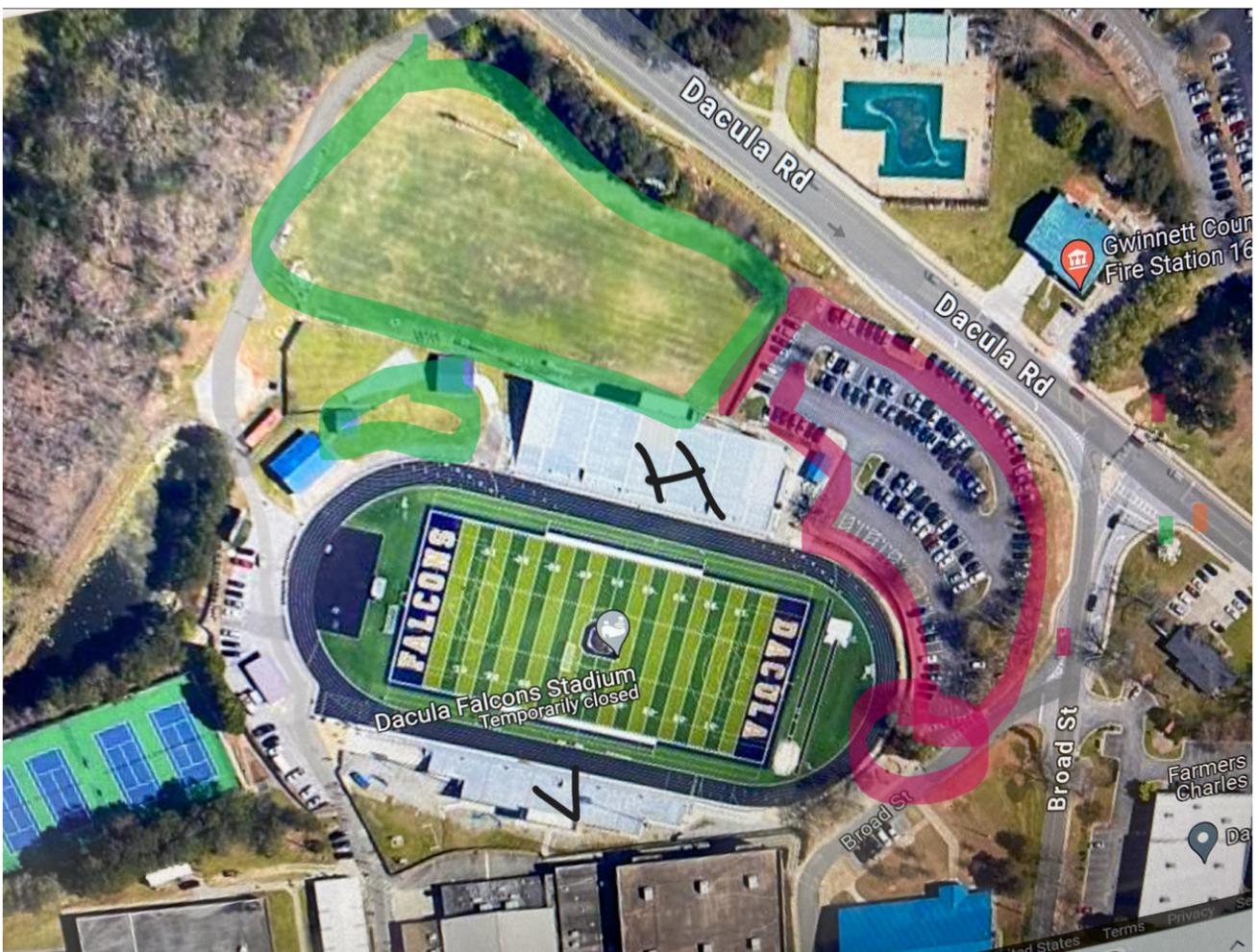
Athletes are permitted 3 jumps and 3 throws. 18U implements are provided but athletes may use personal implements.

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.

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



Dacula HS, 123 Broad St., Dacula GA, 30019

Main gate entrance is located across from football fieldhouse

Parking and main gate entrance marked in **red**

Throw venues and clerking marked in **green**

6-lane track

“V” is visitor side. **Finish line is on the visitor side of stadium**

“H” is home side