

SAT.  
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# FIRST THINGS FIRST

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

## Parking

There is free parking in front of the football stadium. Please do not park behind the school, not even to unload. Towing enforced.

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New Manchester HS,  
4925 Hwy 92,  
Douglasville GA 30135

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## Main Gate

**Main stadium gate opens at 8:30 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.

## 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

On the home side, you can set up 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.

## Get the App

Start lists, **live results** and meet feed available on the **Roster Athletics app**. Download it here [iPhone](#) or [Android](#)

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## Enjoy



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# SEASON OPENER MEET GUIDE



## WEATHER

1

We expect a few showers throughout the day. Competition will continue during showers unless there is lightning or heavy rain. Download the **Roster Athletics app** for weather alerts, live results, and more.

## GATES OPEN AND WARM UP

2

**Main stadium gate opens at 8:30 a.m.** Track is open for warm up between 8:30 a.m. and 10:00 a.m. Hurdlers can warm up centerfield until their event.

## WHAT TO WEAR

3

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

## START LISTS AND LIVE RESULTS

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

## ATHLETE OF THE MEET - SEASON OPENER



## MEDALS/PR BUTTONS

5

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

6

Clerking for all running events is inside the stadium near the fieldhouse, toward the 100m 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

7

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.

## SKILL CLINIC

8

No skill clinic is scheduled for this meet. The first skill clinic of the season is **throws** on March 16 at Dacula HS. Tips, skills and drills for athletes and coaches.



# VENUE LAYOUT



New Manchester HS, 4925 Hwy 92, Douglasville GA 30135



Free parking is near the main stadium gate and near the school entrance.



Main gate entrance is circled. Grassy field outlined is for JT and DT. You must first enter the stadium to access this area.



Please do not park in these areas, not even to unload. This area is for crew only. Towing enforced.