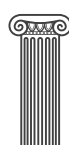


SPRING LEAGUE CHAMPIONSHIPS

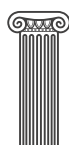
SPRING'S BIGGEST STAGE

Welcome to one of the most competitive Spring meets in the region, the Tracklab Spring League Championships, on **Saturday, May 7** at New Manchester HS, Douglasville. Any athlete or club/team can enter this championship meet, even if they have not competed in earlier Tracklab meets. **Seed** times and marks should be added when registering but only if the performance occurred in 2021 or later and is verifiable; otherwise, enter NM. Seed times are not required for relays.



SPRING HONORS

Bring on the confetti as Tracklab celebrates Spring performance progression and excellence with its spring honors program. During the championship meet, Tracklab recognizes its **Most Improved, Record Breakers, Excellence in Track & Field** awardees, **Spring League Club Champions**, and **Spring League Meet Champion**. You can find the honors eligibility requirements [here](#) and keep track of individual and club leaders on our [home page](#).

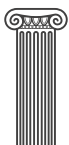


ABOUT REGISTRATION

The entry fee is \$16.50 per athlete inclusive of relays. 10U athletes can enter up to 3 individual events and 2 relays, and older athletes 4 individual events and 2 relays.

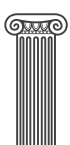
Seed times and marks should be added when registering but only if the performance occurred in 2021 or later, and is verifiable; otherwise, enter NM.

Verifiable seed times are not required for relays. **Registration ends on Wednesday, May 4 at 11:59 PM Eastern.** Late registration takes place on Thursday between 8:00 AM and 3:00 PM Eastern. There is a \$5.00 late/administrative fee. There is no on site, same day registration. Game-day event additions may be allowed but will be limited to field events and races 800m or longer.



AFTER REGISTRATION

Once registration closes Thursday afternoon, the meet schedule will be finalized to reflect actual entries and posted at www.tracklab.events along with the performance lists and final meet instructions. Be sure to review the performance lists to ensure that all of your athletes are in the meet, in the right events, and with the right DOB and sex. Notify us immediately of errors by emailing operations@tracklab.events.



ABOUT COVID-19

Based on current guidance, proof of COVID testing and/or COVID vaccine is **not** required, at this time.

SPRING LEAGUE CHAMPIONSHIPS

MEET INFORMATION



New Manchester HS

4925 Hwy 92
Douglasville, GA 30125

PARKING

The stadium/track is located to the far left of the school's main entrance. There is **parking** in front of the stadium and school. Please do not park behind the fieldhouse or near the tennis courts, as these areas are reserved for crew and Clerking.

STADIUM ENTRY

Stadium gates open and bib packet pick up begins at 6:30 AM. Packets may be picked up, at any time, by coaches, club administrators and unattached athletes. Packets will be distributed intact; individual bibs will not be distributed. There is a \$5.00 **spectator fee** that can be paid in cash or \$5.50 with CashApp @ \$tracklab or debit or credit card. No fee for ages 5U or 65+. Teams receive a limited number of **VIP Coach Bands** that allow access to centerfield for the coaches' meeting and meet operations, but not for coaching.



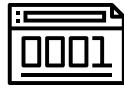
VIP Coach Bands are distributed based on the number of **team** entries: 3-9: 1 band; 10-19: 2 bands; 20-29: 3 bands; 30-39: 4 bands; 40+ 5 bands. Coaches above limit can purchase a VIP Coach Band for \$5.00.

AROUND THE OVAL

For this championship meet, **coaches are not permitted** centerfield or around field event venues. Exceptions are the 7:45 AM coaches meeting and hospitality, participating in awards activities, and preparing athletes for events. **Uniforms** are not required. **Tents** are allowed in bleachers along the upper tier of the home side and anywhere along the visitor side, and around the track as long as access to the track is not blocked. **Restrooms** are located concession and track levels; 10U athletes must be escorted to the restroom. **Warm up** on the track is allowed from 6:30 AM to 7:45 AM.



EVENT RULES



ATHLETE CHECK IN/CLERKING

For all running events, Clerking takes place across from fieldhouse, lower concessions level. Athletes should only report to Clerking when their age group is called. There is no early check-in. **Coaches and parents are not allowed in Clerking** unless escorting 10U athletes, and must leave Clerking once the athlete receives a hip number.

Hip numbers must be placed on the **left** leg. 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 check-in or miss the escort may forfeit their lane (even if coming from a field event). For field events, check in at **that** venue when your age group is called. There is no early check-in for field events.



RUNNING EVENTS

Starting blocks are provided but athletes may bring their own. Starting blocks are not required for 14U athletes but may be used if the athlete can **quickly set the blocks** at the start. The **4x100m relay** will not use the international exchange zone. The **4x400m** relay will use a 2-turn stagger (first leg stays in lane). The **800m run** will use a waterfall start.

One **false start** for 15+ will result in disqualification; for 14U, the first false start will be charged to the individual and the second one by the same athlete will result in disqualification for that athlete.



FIELD EVENTS

Check in for field events at that field event venue. Each athlete is allowed **3 jumps** and **3 throws**. Rotations may be forfeited if the athlete leaves the field event for any reason. Tracklab provides youth implements.

Coaches must manage athletes who are entered in both field and track events. Tracklab will **not** hold track events waiting for field events to finish. Athletes are expected to report to Clerking for running events on the first call **after updating the field official**. After competing, the athlete must promptly return to the field event; there is no guarantee that the same age-group will be in progress, and the high jump bar will not be lowered upon the athlete's return.



MEDALS AND PR BUTTONS

In addition the **Spring Honors program**, medals are awarded for each 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. Youth athletes may pick up awards, including medals, if accompanied by an adult. Medals earned but not picked up at previous meets can be picked up on Saturday.

Personal Record buttons are not based on place of finish. These buttons are earned by athletes who set a new personal best in an event at Tracklab. As a means of PR verification, only coaches or parents should pick up 18U PR buttons. For older athletes, the honor system applies. PR buttons are limited to 2 per athlete per meet.



RESULTS

Live results can be found at www.tracklab.events. Final results will be submitted to milesplit.com. Please allow 2-3 business days after the meet for any necessary corrections and submission.