

## TRACKLAB FREQUENTLY ASKED QUESTIONS

### Calendar

**What is the 2022 Spring series schedule?** February 26, March 12, March 19, March 26, April 9, April 16, April 30, May 7, May 21 and June 11-12. To register, go to [www.coacho.com](http://www.coacho.com) and select the meet date to begin. Athletes may enter as many, or as few, meets as desired; there is no minimum.

### COVID

**Are there any COVID protocols?** Proof of COVID vaccination, or a negative COVID test within 72 hours of the meet, may be required for entry, depending on local and state COVID cases and regulatory guidelines in effect at the time of the meet.

### Eligibility

**Who can enter Tracklab meets?** Anyone can enter these developmental meets. Clubs, elementary, middle and high school students, and home-schooled and unattached athletes are all welcome. Neither AAU nor USATF membership is required.

**Is there an age minimum or limit?** Athletes must be at least 5 years old to compete in Tracklab meets. There is no age limit. Competition age is determined by the athlete's age as of December 31 of the year. For example, an athlete with a July 1st birth date may be 12 years old as of March 1 but will compete as a 13 year old because he will be 13 as of December 31st of that year. If there are few athletes in a single age division, efficiency may dictate combining age divisions to form a single heat. Even so, athletes will be awarded medals within their respective age divisions.

**Is club membership required?** No. Club affiliation is not required. Athletes not affiliated with a club should register as "unattached" when registering at [www.coacho.com](http://www.coacho.com).

**Is USATF or AAU membership required?** No, these are developmental, non-qualifying meets. Neither USATF nor AAU membership is required.

**Is there a limit on the number of events an athlete can enter?** Tracklab is the place to try new events, so athletes are permitted to enter as many events if they'd like, with the exception of the Spring League Championship where USATF age-group limits apply.

### Registration

**How do I register for a Tracklab meet?** Meet registration must be done online at [www.coacho.com](http://www.coacho.com) by the posted deadline. There is no on-site or same-day meet registration.

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**Is there late registration?** Yes. Registration after the deadline is permitted but, depending on the size of the meet, these athletes may be limited to field events, relays, and events without lane assignments (800m and up). A \$5 late fee will be added to the entry fee.

**Can changes be made to individual *entries* after registration?** Yes, but depending on the size of the meet, registered athletes may be limited to field events, relays, and events without lane assignments (800m and up); laned events may be added if there are open lanes. There is no fee for adding events.

### What to Wear

**Are there uniform restrictions?** No. Uniforms are not required.

Athletes may wear singlets, shorts, speed suits, sweatpants, leggings, tights, short- or long-sleeved shirts, coats, jackets, hats, headbands, gloves, wristbands, scarves and/or any other clothing desired to stay cool or warm. Sunglasses and jewelry are not prohibited. Athletic shoes are required. Spikes are permitted but are not required. Headphones are not permitted during competition.

### Meet Fees

**How much does it cost to enter each meet?** The entry fee is \$16.50 per athlete per meet. Entry and spectator fees defray costs for facility rental, custodial hours, security, event crew, medals and awards, FAT timing, online registration, implements, and event supplies. Thank you for your support.

**Is there a separate fee for relays?** No. The \$16 entry fee is a flat fee that covers all events, including relays.

**What is the gate/spectator fee?** The gate fee is \$5 per person, cash, or \$5.50 per person, debit or credit card. The following persons enter without charge: registered athletes, USATF officials, event volunteers, and persons younger than 6 or older than 64. Entry and spectator fees defray costs for facility rental, custodial hours, security, event crew, medals and awards, FAT timing, online registration, implements, and event supplies. Thank you for your support.

### Coaches

**Are coaches charged an entry fee?** Coaches of clubs with 3-9 entries are entitled to one band for free entry and access to the competition venues; 10-19 entries, 2 bands; 20-29 entries, 3 bands; 30-39 entries, 4 bands, and 40+ entries, 5 bands. Coaches of unattached athletes can buy a band for \$5 for access to the competition venues.

**Are coaches permitted in and around the competition venues during competition?** Absolutely. Coaches may remain infield and in the proximity of field event venues throughout the meet to

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observe, instruct, and otherwise coach their athletes - provided they do not interfere with the progression of the meet. One exception is the Spring League Championship where coaches are expected to remain outside the competition venues.

### Medals

**Who is eligible for medals?** At each meet, athletes finishing in first, second and third place, in each event, in each age division, by gender, receive gold, silver and bronze medals.

### Meet Operations

**Are starting blocks required?** Starting blocks are required for athletes age 15 and older; starting blocks are optional for athletes age 14 and younger. Starting blocks are provided at every meet. Athletes may bring their own starting blocks.

**Are implements provided?** Yes, Tracklab provides age-group discuses, shot puts and javelins. Poles are not provided. Athletes may bring their own implements.

**What are the competition rules?** Tracklab relies on the USATF Competition Rules unless otherwise stated on the meet schedule.

**Where can I find live results?** A live results link can be found on our home page the day before the meet.

### Emergency Contact

**Who do I contact in the event of an emergency?** For matters requiring immediate attention, contact the General Manager at (404) 895-3112 or the Operations Manager at (404) 936-2846 or [operations@tracklab.events](mailto:operations@tracklab.events).