

Handle Grind



Saturday, April 13
Gates open 7:30 AM



TBD



tracklab.events



digital schedule

This meet features a free facilitated-led clinic with hurdle skills and drills, for sprint and intermediate hurdles, for any registered athlete and coaches, as part of the hurdle grind.

REGISTER NOW



• Opens Monday,
October 2



• \$22.00 per athlete
for unlimited entries,
ages 5-29.

- Register at rosterathletics.com by the close date. Late registration on Thursday may be limited to distance and field events and is subject to a \$5.00 late fee. No same day onsite registration. Get the full digital experience by downloading the Roster app after registration.
- AAU and USATF membership not required. Club, unattached, home-schooled, and middle and high school aged athletes are welcome.



• Closes Wednesday
April 10
@ 11:59 PM ET



• Masters athletes
(ages 30+) enter
free.



iPhone



Android



support

Parking

- Free parking in front of stadium and school; please do not park behind the school as those gates are for staff only and are locked until the very end of the day.



- Gates open 7:30 AM
- Bib packet pick-up 7:30 AM
- Warm-up on track until 9:00 AM

Competition Bibs

- Each registered athletes must wear a bib to compete. Bib packets may be picked up at the ticket booth once the gates open, and remain available throughout the day. Club packets must be picked up by a coach or club administrator. Unattached athletes may pick up their own bib.

Spectator Fee

- General admission is \$6.00 per person for ages 6 to 64, and payable at the gate/ticket booth. No fee for registered athletes, volunteers, and eligible coaches (see below).

- Cash, card or Cash App **\$tracklab**

- Coaches wearing VIP wrist bands may enter the meet without charge and are permitted infield and around the competition venues.



- VIP bands are distributed to coaches based on the number of team entries: **0-2** entries, 0 VIP bands; **3-9** entries, 1 VIP band; **10-19** entries, 2 VIP bands; **20-29**, 3 VIP bands; **30-39** entries, 4 VIP bands; **40+** entries, 5 VIP bands.

Tents

- Tents may be set up along the top tier of the home side of the stadium; however, you may set up below the top tier if you are not blocking the view of others. You may set up anywhere on the visitors side of the stadium.

What to Wear

- Uniforms are not required. Athletes may wear whatever will keep them dry, warm or cool during competition. Headphones and air pods are not permitted when checking in or during competition

Start Lists/Meet Schedule

Digital start lists and meet schedule can be found:

- On the companion app for iPhone or Android. Type "Tracklab" (one word) in the search bar to find the right meet.
- On the Roster registration web page.
- Old school paper schedule at tracklab.events.

Results

- Live results can be found on the companion app for iPhone or Android. Type "Tracklab" (one word) in the search bar to find the right meet.
- Final results will be submitted to athletic.net. Please allow 2-3 business days after the meet for any necessary corrections before submission.

Implements



- Tracklab provides starting blocks, batons and 18U shot puts, discuses and javelins.
- Athletes ages 19+ must bring own shot puts, discuses and javelins.

PR Buttons

- PR buttons are earned by athletes who set a new personal best in an event at Tracklab, and are not based on place of finish.
- As a means of PR verification, only coaches or parents can pick up 14U PR buttons. For older athletes, the honor system applies.
- PR buttons are kept at the awards desk and are limited to 2 per athlete per meet.

Medals

- Medals are awarded for each **USATF 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.
- 14U medals must be picked up by coaches, club administrators or parents.
- Medals earned but not picked up at previous meets can be picked up on Saturday.

Spring Honors

- We see you. At the end of the series, at the championship meet, Tracklab celebrates athletes who have earned **Most Improved** accolades and age-group **Spring Excellence** recognition. We also recognize age-group **club champions**.

Running Events

- For each running event, athletes check-in by reporting to Clerking on the first call for their age division. There will be a first call and a final call, only. Reporting to Clerking outside of age group creates congestion in the area.
- Only athletes are permitted in Clerking unless escorting 10U athletes. Once the 10U athlete is hippped, please leave the area.
- Older athletes must report to Clerking without an escort.
- Athletes may not bring electronic devices to Clerking, and must remain in Clerking until escorted to the start line by Tracklab.
- Athletes who leave Clerking before the escort risk DNS. Please do not remove hippped athletes from the area.
- Athletes ages 15+ must use starting blocks and are subject to the USATF start rules.



Field Events

- For each field event, athletes check-in by reporting to the venue for **that** field event (and not to Clerking) on the first call for the event. There will be a first call and a final call, only.
- **Coaches must manage athletes entered in overlapping events.** An athlete must first notify the field official before leaving for a running event, and must return promptly after the running event, or risk forfeiture.
- Tracklab does not pause field events for running events, and there no guarantee an age group or event will not conclude while the athlete is away.
- High jump bar is not lowered for returning athletes.
- Athletes are permitted 3 jumps and 3 throws.

