

Re: DCG Track Club Meet
Date: 03/30/2018

Good morning ~

We will be hosting our inaugural home meet on Friday, April 20. Registration will be from 5:00 - 5:45 pm and events will begin at 6:00 pm. We've attached the meet flier with additional information.

Athletes will need to register between 5:00 - 5:45 pm the day of the meet. They will receive a wristband that indicates their age group. They do not need to declare events at registration. Our DCG track club athletes will not have to pay the \$5 fee to participate.

Meet events will include the 100m, 400m, 800m, 4x200, long jump and shot put. USTAF rules limit athletes in the 8U, 9-10 and 11-12 age groups to three events. Athletes in the 13-14 age group may compete in four events. Any participation in a running event, field event or relay counts toward these limits.

Reminder that age groups are based on birth year rather than age. USATF age divisions (birth years) and other USTAF information can be found on the meet page of our website. Please click [here](#) to review.

During the meet, athletes (parents) need to listen for event calls from the meet announcer throughout the evening. Parents and athletes should not be on the track or infield until their event is called. When an event is called, athletes should report to the start area for the event. There will be volunteers to assist getting athletes into heats and then to the starting line. The long jump and shot put events will be concurrent to running events. If your athlete is actively competing in a field event and a running event is called, they should leave the field event after informing the volunteer at the field event, report to and compete in the running event, and then return to the field event for remaining jumps or throws.

Please reply to this email if you plan to attend the meet. Please include your athlete's event interest and whether they would like to compete in the 4x200 relay. Since we are not requiring pre-registration or event declaration at the time of registration, athletes can change their mind on individual events up until the actual event call on meet day. We just want a reply to get a tentative idea of events for athletes. We will set up relays based on those that express interest. If your athlete is not selected for a relay, then we will try to place them on a relay in a future meet. Do not request to participate on a relay if there is a potential conflict that would prevent you from being at the meet for the entire duration.

In addition to providing an additional opportunity for our club to compete, one of our main goals in hosting an "early bird" meet is to provide parents and athletes a chance to become familiar with meet structure and expectations. All of this may be confusing for those that have

not participated in the past. Much of the confusion will be eliminated after participating in a meet. And, we will reiterate much of this information (and answer questions) during our parent meeting - Sunday, April 8 at the start of practice.

We will be sending a separate email to coordinate meet volunteers. We will need volunteers for a number of meet related activities. Also, the DCG Booster Club has allowed us to open the concession stand for the evening. We will need a number of volunteers to staff that as well.

Thanks,

DCG Track Club Coaches