

## **Welcome to the 2020 NCHSAA Indoor State Track and Field Championship Meets**

Welcome to the 1A/2A; 3A and 4A NCHSAA Indoor State Championships! Welcome to JDL Indoor Fast Track. We are honored to host our Indoor Championship here. We hope your team has a wonderful experience today and put on the greatest performances of their lives. To insure that the meet is run in a professional manner that showcases the very best in track and field in North Carolina, please read the following details and share these with your athletes **prior** to the meet.

1. There is no charge for parking for buses and/or patrons.
2. **Park the Team buses in the back of the lot...** please note this and be respectful of the spaces for parents and fans. Additional parking is available along the streets.
3. **Upon your arrival, you should enter to pick up your team packet. Then you will exit and take the wristbands to your athletes who will be waiting outside of the building. All athletes must have a wrist band in order to enter the facility. Hand out your wristbands outside of the team entrance.**
4. Athletes and team entrance is back/rear doors of JDL Fast Track. The Team Entrance area is clearly marked at the facility.
5. Entry fee for a non-participating athlete is \$5.00. This is done at the team entrance and the athlete must be with the team.
6. **Admission for the general public is \$10.00. (We do not accept checks or credit cards. Please share this information with your parents.)**
7. Public entrance is at the front of the building and is clearly marked. No public admission tickets will be allowed at the team entrance.
8. **The 1A/2A Meet starts at 4:00 on Saturday. The teams and fans will start entering the complex at 2:30. In order to prevent congestion at the main entrance, we are requesting that ALL 4A fans and teams exit through the doors behind the bleachers adjacent to food court. There will be signs posted. Use these exits only from 2:30 to 3:30 on Saturday.**
9. Restrooms for student athletes are upstairs and access is clearly marked. JDL spared no expense in rubberizing the floor so they will not need to remove their spikes. The restroom on the main level are for the fans. Please observe the signs that are posted.
10. **No water bottles, Gatorade, PowerAde, personal bottles etc., are allowed in the Clerking Area or on the Warm-up track.**
11. Athletic Trainers will be on site. There are three (3) training tables in the facility and a taping table in the Training Room.
12. Shot Puts will be provided and you cannot use your own.
13. Starting blocks are provided for the 55 Meter Dash, 55 Meter Hurdles, 800 Meter Relay and 1600 Meter Relay ONLY. You cannot use your own.
14. NO Starting Blocks in the 300 Meter Dash.
15. Certified scales for the Pole Vault are located at the Pole Vault area.
16. **All officials listed on the rosters should check in at the "Official's Check-in" table upon their arrival. The table is locate next to Meet Management adjacent to the Clerk's booth.**
17. **If your athletes are using on the streets for warm-ups or cool downs, they should run AGAINST the traffic without headphones. We are located in an industrial complex. Safety first and always.**
18. Vault poles cannot be brought in the spectator entrance. Use the team entrance only.
19. **Coaching Notes:**

- a. Bring confirmations of athlete's entry from Mile Split in case we have a question...if there is a question and no confirmations sheet, no participation will occur. Be proactive and take the necessary steps to protect the interest of your athletes.
  - b. Respect the facility...we are role models and ambassadors for our students. Teach them pride in the facility and the rightful thing of leaving a borrowed facility in better shape that you found it...**PUT THE TRASH AND BOTTLES IN TRASH CONTAINERS!!!**
  - c. **Hip Numbers: We are having issues with athletes pasting their hip numbers on the walls, floor, benches, bleachers, bathroom stalls, etc. Any athlete found committing these offenses and defacing JDL Fast Track will be reported to the NCHSAA.**
20. Spikes should be either "1/4 or 1/8" pyramids or Christmas tree ONLY. No needle spikes will be allowed. Athletes with illegal spikes will be disqualified. ALL shoes will be tagged at check-in.
21. All athletes are to be in proper uniform in accordance with the sanctioning body and rules: National Federation (NFHS) and NCHSAA.

**22. COACHES' SCRATCH MEETING and SCRATCH PROCEDURE: There Is No Scratch Meeting. Instead, there is a NCHSAA Indoor State Meet Scratch Form in your packet. (Additional forms are in Meet Management). All scratches must be written on this form and submitted to Richard Prince, Meet Director, by the designated times. Richard will be located in Meet Management adjacent to the Clerk's booth. No scratches will be accepted after the deadline.**

**Note:** If an athlete is not scratched and fails to check in for an event, **DISQUALIFIED FOR REMAINDER OF THE MEET.** Event judges are to report any athletes who fail to report to the Meet Director. The athlete's coach will then be notified.

**3A State Meet:** All Scratches are Due 3:15 pm. **No Scratches are allowed after 3:15 pm.**

**4A State Meet:** All Scratches are Due By 8:15 am. **No Scratches are allowed after 8:15 am.**

**1A/2A State Meet:** All Scratches are Due By 3:15 pm. **No Scratches are allowed after 3:15 pm.**

23. All running events heat sheets and re-seed heat sheets will be posted on the wall next to the Clerking booth. Results will be posted on the Results Board behind the home grand stand. PLEASE Do NOT remove these sheets. We will also have live results at [www.jdlfasttrack.com](http://www.jdlfasttrack.com).

24. **Rule 4, Section 3 Article 1:** Uniforms shall be worn as intended by manufacturers.  
**Subsection C.3:** The waistband of a competitor's shorts shall be worn above the hips.  
**Subsection B.6:** Bare midriff tops are not acceptable.

**Rule 3, Section 3, Art. 1-b-4 and NOTES 2-c-5.** A SINGLE, VISIBLE MANUFACTURER'S LOGO/TRADEMARK/REFERENCE NO MORE THAN 2 1/4 SQUARE INCHES WITH NO DIMENSION MORE THAN 2 1/4 INCHES AND WITH STATE ASSOCIATION APPROVAL IS PERMITTED ON THE TOP, BOTTOM OR ONE-PIECE UNIFORM.

**Rule 3, Section 2, Art. 4j: Athletes must tuck the top part of the uniform into the bottom portion.**

**Rule 4, Section 3 Article 1: PENALTY:** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or caused to be notified the head coach of the offending school of the competitor's violation and warning.

**Penalty for violation of the uniform rule:**

**1<sup>st</sup> Violation: Warning; 2<sup>nd</sup> Violation: Disqualification from the event.**

25. **Rule 4-3-1**, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. **The rule now states that “any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”**
26. In addition, **Rule 4-3-2** was rewritten to allow schools more options in meeting the uniform rule. The rule now states that **“all relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.” The uniforms DO NOT have to be identical.**
27. **Any waistband turned under in order to circumvent the rules is a violation of the Coaches Code of Ethics (Page 89) and merits Disqualification from the event and the meet. (Rule 4 Section 6 Article 1 Page 25).**
28. All athletes are to have their complete uniform on at all times while on the track or in the infield. Failure to comply with this rule will result in first, a warning, and second disqualification from an event or possibly the entire meet.
29. **Rule 4, Sect. 5 Art. 9e:** Communicating with a competitor through the use of a wireless device. (Athletes will not be allowed to have cell phones in the competitive area, notably field events.) **PENALTY: DISQUALIFICATION FROM THE EVENT.**
30. All persons participating in the Pole Vault will be weighed and have poles verified prior to competition.
31. **The 10-minute check-in /check-out rule will be in effect.** If an athlete is in a field event and gets a first call for a running event, they should check out of their field event and check-in at the Clerk's Table and then **RETURN** to the field event. Event judges will be instructed to allow athletes to go “out of turn” if necessary as the rule book allows. The Clerks have been instructed not to “hold” athletes competing in field events. It is the responsibility of the coach and the athlete to report to the starting line for their event. If they are in a running event, they need to report back to the event within 10 minutes of the conclusion of their heat. **They can check-out for fifteen (15) minutes maximum. (Five minutes prior to the running event, 10 minutes following.)**

32. Athletes competing in 2 or more field events simultaneously will have to go “back and forth.” They will need to check-out and report immediately to their next event. (Officials will allow them time to change shoes if the need shall arise.) Athletes that properly check-out cannot lose an attempt if competing in another field event.
33. All protests should be filed with the Referee, Richard Prince, on the proper “Protest/Appeal Form.” Protest forms will be located at the Meet Management table.
34. **Awards:** Coaches should have their athletes that finish in the “Top 4” available to pick up their medals immediately after the event is completed. Awards will be given out at that time.
35. **Break Points:**  
 300 Meter Dash: Stay in lanes for entire race: No break.  
 500 Meter Run: Start in lanes: 2 – turn stagger, break near the LJ pit adjacent to packet pick-up  
 1000, 1600, 3200 Meter Runs: 2-Turn Stagger break near the 55 Meter start line.  
 4 x 400 Relay: 2-turn stagger: 2-Turn Stagger break near the 55 Meter start line.  
 4 x 800 Relay: 2-turn stagger: 2-Turn Stagger break near the 55 Meter start line.  
 4 x 200 Relay: 3-turn stagger

**36. New NFHS rules for 2019-2020 Indoor/Outdoor Season:**

- A. **Rule 6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.  
 B. **Rule 5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**37. The 800 Meter Relay Exchange Zones. (Zones are 30 Meters)**

**The 4x200 will be run in a 3-turn stagger**

- A. **1<sup>st</sup> leg entirely in lanes. Starting line is Red**  
 B. **1<sup>st</sup> exchange (Small Red Triangle to the Large Red Triangle) in lanes and 2<sup>nd</sup> leg breaks after 1 turn.**  
 C. **2<sup>nd</sup> and 3<sup>rd</sup> exchange (Red Line to 2<sup>nd</sup> Blue Triangle). Teams are positioned by the order as they come down the back stretch.**  
 D. **Note: There are No “Acceleration Zones.”**

**37. Starting Heights for 1A/2A Indoor State Meet**

	<u>Women</u>	<u>Men</u>
High Jump	4' 4"	5' 6"
Pole Vault	7' 0"	9' 0"

**Starting Heights for 3A Indoor State Meet**

	<u>Women</u>	<u>Men</u>
High Jump	4' 6"	5' 6"
Pole Vault	7' 6"	10' 6"

**Starting Heights for 4A Indoor State Meet**

	<u>Women</u>	<u>Men</u>
High Jump	4' 8"	5' 8"
Pole Vault	8' 0"	10' 6"

**36. Warm-up Times for Field Events:**

- A. 1 Flight: 30 minutes; 10 minutes for Finals
- B. 2 or 3 Flights: 15 minutes Open; 15 per Flight; 10 minutes for Finals
- C. High Jump: 30 minutes
- D. Pole Vault: 45 minutes

**37. Coach and all athletes are expected to show GOOD SPORTSMANSHIP. Competitors who engage in taunting, profanity, baton throwing, and/or refuse to follow the instructions of meet officials will be DISQUALIFIED FROM THAT EVENT OR POSSIBLY THE MEET.**

**Sportsmanship...important...a reflection of you, your program and the NCHSAA...if in doubt, we will take them out!**

38. We are looking forward to a great State Championship Weekend. If we can be of service to you, please do not hesitate to call on us.

Chiquana Dancy, NCHSAA

Richard Prince, State Meet Referee

DePaul Mittman, State Meet Coordinator  
Daniel Helms, 3A State Meet Director

John Buchholz, 4A State Meet Director  
Alan Peoples, 1A/2A State Meet Director