

2022 NCHSAA State Indoor Track and Field Championships

Welcome to the 1A/2A, 3A and 4A NCHSAA State Indoor Track and Field Championships! After a one-year absence, we are excited to be back at JDL Indoor Fast Track Facility. It is our hope that your team has a wonderful experience today and that performances rise above the levels of expectation.

To ensure that the meet is run in a professional manner that showcases the very best in indoor 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 for patrons.
2. **Team buses should park 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. Athletes and team entrance is through the back/rear doors of JDL Fast Track. The Team Entrance area is clearly.
 - a. Vault poles must enter the facility through this team entrance only.
4. Upon arrival, only one coach should enter to pick up the team packet. Then, you will exit and distribute wristbands to your athletes who will be waiting outside of the building. Hand out your wristbands on the bus or **outside** of the team entrance. A wrist band must be on the arm to gain entrance into the facility.
 - a. **There is NO reduced fee for a non-participating athlete. Their admission cost is \$10.00.**
5. **General public admission is \$10.00. All tickets must be purchased online at: [Indoor Track and Field | North Carolina High School Athletic Association \(nchsaa.org\)](http://Indoor Track and Field | North Carolina High School Athletic Association (nchsaa.org))**
6. Public entrance is clearly marked at the front of the building. No public admission tickets will be allowed at the team entrance.
7. **The 3A Meet is scheduled to start at 4:00 on Saturday. The teams and fans will start entering the complex at 2:30. Note that this could be delayed if the morning meet has not completely concluded.**
 - a. **In order to prevent congestion at the main entrance, ALL 4A fans and teams will 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.**
8. **Restrooms:**
 - a. Upstairs for student athletes. JDL spared no expense in rubberizing the floor so they will not need to remove their spikes.
 - b. First floor for spectators
 - c. Please observe all posted signs
9. **Water bottles, Gatorade, PowerAde, personal bottles etc., are not allowed in the Clerking Area or on the Warm-up track.**
10. Athletic Trainers will be on site. There are three (3) training tables in the facility and a taping table is located in the Training Room.
11. **Shot Puts will be provided by Meet Management. Athletes using unapproved implements will be disqualified. Rule 6-2-13. Page 41**
12. Starting blocks are provided **ONLY** for the 55 Meter Dash, 55 Meter Hurdles, 800 Meter Relay and 1600 Meter Relay. Personal blocks are not permitted.
13. Starting Blocks are not permitted in the 300 Meter Dash.
14. Certified scales for the Pole Vault will be located at the Pole Vault area.
15. **All officials listed on the rosters should check in at the "Official's Check-in" table upon their arrival. The table is located in Meet Management adjacent to the Clerk's booth.**
16. **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.**
17. **Coaching Notes:**

- a. Please bring confirmations of athlete's entry from Mile Split in case there is a question...without a confirmations sheet, an athlete will be in jeopardy of not being allowed to participate.
- b. PLEASE respect the facility...we are role models and ambassadors for our students. Our expectation is that you teach your athletes to take pride in the JDL Facility. Help all of us by placing trash, including bottles, in the trash cans!
- c. **Hip Numbers are to be worn appropriately! Pasting hip numbers on the walls, floor, benches, bleachers, bathroom stalls, etc. is unacceptable. Any athlete found committing such offenses and defacing JDL Fast Track will be reported to the NCHSAA and may be grounds for disqualification from the meet.**

18. Spikes:

- a. Either "1/4 or 1/8" pyramids or Christmas tree ONLY.
- b. Needle spikes will not be allowed. Athletes with illegal spikes will be disqualified.
- c. ALL shoes will be tagged at check-in.

19. Each athlete is to be in proper uniform in accordance with the sanctioning body and rules: National Federation (NFHS) and NCHSAA.

20. COACHES' SCRATCH MEETING and SCRATCH PROCEDURE: There Is No Scratch Meeting. Instead, there is an 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 Running Referee, 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.**

1A-2A State Meet: Scratches due 3:15 pm. No Scratches are allowed after 3:15 pm. 4A State Meet: Scratches due by 8:15 am. No Scratches are allowed after 8:15 am. 3A State Meet: Scratches due by 3:15 pm. No Scratches are allowed after 3:15 pm. Note: If an athlete is not scratched, fails to check in for an event, he/she will be **DISQUALIFIED FOR THE REMAINDER OF THE MEET. Event judges will report any athlete who fails to report to the Meet Director. The athlete's coach will then be notified.**

21. Heat sheets for all running events 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 grandstand.

PLEASE Do NOT remove these sheets. Live results can also be found at www.jdlfasttrack.com.

22. **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 ¼ square inches with no dimension more than 2 ¼ and with state association approval is permitted on the top, bottom, or one-piece uniform. No are no limitations for the size of logos on the waistband.

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:

1st Violation: Warning; 2nd Violation: Disqualification from the event.

23. **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."**

24. 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.**
25. 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.
26. 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.**
27. All persons participating in the Pole Vault will be weighed and have poles verified prior to competition.
28. **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.)**
29. 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.
30. All protests should be filed with the appropriate Referee, on the proper “Protest/Appeal Form.” Protest forms will be located at the Meet Management table.
31. **Awards**: Coaches should have their athletes who 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.
32. **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
There are No Acceleration Zones in any relays. Once you enter the zone, it is illegal to step outside of the zone.
33. More on the 4x200 Relay: The **2022 rule book states if the runners are not in lanes, their exchange zone is 20 meters not 30 meters. This is a change from last year.**
1st Exchange is 30 meters: Red to Red
2nd Exchange is 20 meters: Blue to Blue
3rd Exchange is 20 meters: Blue to Blue
34. 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. **Wheelchair Shot Put: 3 attempts-No Finals. They will take 3 consecutive throws. It is the responsibility of the coach of the athlete to set-up the chair. The official does not aid in this process.**

38. 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' 7"
Pole Vault	8' 0"	10' 6"

High Jump: 2" Progression

Pole Vault: 6" Progressions

35. 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

36. 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!

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.

Mark Dreibelbis, NCHSAA

DePaul Mittman, State Meet Director

Rodney King, Assistant State Meet Director

Richard Prince, Running Referee

Pam Bolton, Throws & Pole Vault Referee

Ed Teasley, Jumps Referee