

Welcome to the 2019 NCHSAA Outdoor State Track and Field Championship Meets

Welcome to the NCHSAA Outdoor State Championships! Welcome to the campus of NC A&T State University, home of the Aggies! We are honored to host our Outdoor Championships here. This is the premier track and field venue on the east coast. The 2A and 3A championships will be held on Friday, May 17 and the 1A and 4A championships will be held on Saturday, May 18. We hope your team has a wonderful experience today and put on the greatest performances of their lives. To ensure 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. All team buses will park at Memorial Stadium. Memorial Stadium is about ¼ mile from the track on Lindsay Street.**
2. Those coaches driving their personal cars who **volunteer to officiate** will be allowed to park in the grassy lot behind Aggie Stadium free of charge. Your name must be on the list that was submitted by May 8, 2019. **If you are not officiating**, it will cost you \$10.00 to park in this lot.
3. Parking for fans in the lots in the front and rear of the stadium will be \$10.00. Parking on the streets and in Memorial Stadium is free.
4. 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. The non-competing athlete's gate will close at 10:00. After that time; they will need to pay the general admission price of \$10.00.
- 5. Admission for the general public is \$10.00. (We do not accept checks or credit cards. Please share this information with your parents). A limited number of digital tickets can be purchased through the GoFan link that is posted on the NCHSAA website.**
6. Public entrances are at the front and back of the facility.
- 7. Implement inspection:** Shot Puts and rubber discs will be **NOT** be provided by meet management. Bring Your Own. All implements will need to be inspected at the Storage Building located next to the disc cage. All implements will be impounded and taken to the site by meet management. All rejected implements will also be impounded, and spray painted with a **Red X**. They will be returned to the athlete/coach at the conclusion of the event.
8. The discus inspection schedule is as follows:
 - a. 3A/4A Girls Discus: Inspection closes at 9:15.
 - b. 1A/2A Girls Discus: Inspection closes at 11:15.
 - c. 1A/2A Boys Discus: Inspection closes at 1:15.
 - d. 3A/4A Boys Discus: Inspection closes at 3:15.
9. The shot put inspection schedule is as follows:
 - a. 1A/2A Girls and Boys Shot Put: Inspection closes at 9:15.
 - b. 3A/4A Girls and Boys Shot Put: Inspection closes at 11:15.
- 10. Implement inspectors should arrive by 8:00.**
- 11. Coaches' Box:** One coach per team in the box.
- 12. All Head officials, including clerks, please familiarize yourself with the "Meet Management Checks and Balance".**
13. No field events will start until the Field Referee, Jumps or Throws Referee has certified that all athletes are in proper uniform.
14. All persons participating in the Pole Vault will be weighed and have poles verified prior to competition according to NCHSAA guidelines. The scales will be located next to the vaulting pads.
- 15. All officials should check in at the "Official's Check-in" table by 8:15 located at packet pick-up upon their arrival in order to receive their credentials.**

16. **Spikes should be either “1/4 or 1/8” pyramids ONLY.** All spikes will have 2-tags. No needle spikes or Christmas tree spikes will be allowed. Athletes with illegal spikes will be disqualified. Any athletes wearing spikes, including field events, must have their shoes inspected and tagged at the Spike Check table located next to Running Events check-in. **Clerks of course and other officials checking spikes need to be in place by 8:15.** This will cut down on the long lines.
17. All athletes are to be in proper uniform in accordance with the sanctioning body and rules: National Federation (NFHS) and NCHSAA.
18. **Rule 3, Section 2 Article 4n:**
Devices, such as bobby pins, barrettes and hair clips, no longer than two (2) inches, may be worn. Items such as rubber bands, cloth headbands or scrunchies are Approved. Hats are PROHIBITED.
19. **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.

Rule 4, Section 3, Art. 1-b-5: A SINGLE, VISIBLE MANUFACTURER’S LOGO/TRADEMARK/REFERENCE NO MORE THAN 2 1/4 SQUARE INCHES WITH NO DIMENSION MORE THAN 2 ¼ INCHES AND WITH STATE ASSOCIATION APPROVAL IS PERMITTED ON THE TOP, BOTTOM OR ONE-PIECE UNIFORM.

20. **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 4, Section 3, Art. 1-b-7 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.”**
21. 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.
22. **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).**

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. **Clerks of Course, Running Referee and the Field Referee need to familiarize themselves with the Uniform Violation Reporting Form.**

Penalty for violation of the uniform rule is disqualification from the event.

23. 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.
24. Rule 4, Sect. 6 Art. 5d: 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.
25. **The 10-minute check-in /check-out rule will be in effect.** Tell your athletes to check out with the event judge and return within **fifteen minutes maximum. (Five minutes prior to the heat of their event, 10 minutes following the conclusion of their heat.)** 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. **The Clerk will be 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.
26. 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 cannot lose an attempt if competing in another event.
27. **All protests should be filed with the Referee, Daniel Barrow, on the proper "Protest/Appeal Form." Forms will be located in a 3-ring binder at the Meet Management table located near the finish line.**
28. There is **NO Coaches' Scratch Meeting for the outdoor State Meet.** If an athlete fails to show up for an event, the athlete will be **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 be notified.
29. 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.
30. The infield is off limits if you do not have a worker's hang tag and you have not been assigned meet duties by the Meet Director.
31. There should be **NO ONE** other than the Durham Striders Finish Line Coordinator in the finish line area.
32. Advancement to the Finals for 100 Dash, 100 Hurdles and 110 Hurdles: Top 2 per heat and the next 4 fastest times.

33. High Jump and Pole Vault Starting Heights

| Pole Vault | Girls | Boys |
|-------------------|--------------|-------------|
| 1A | 7' 0" | 9' 6" |
| 2A | 7' 6" | 10' 6" |
| 3A | 8' 0" | 11' 6" |
| 4A | 8' 6" | 11' 6" |

| High Jump | Girls | Boys |
|------------------|--------------|-------------|
| 1A | 4' 6" | 5' 8" |
| 2A | 4' 6" | 5' 8" |
| 3A | 4' 8" | 5' 10" |
| 4A | 4' 8" | 5' 10" |

34. Coaching Notes:

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

35. 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
Daniel Barrow, State Meet Referee
James Ward, 2A State Meet Director

DePaul Mittman, State Meet Coordinator
Rodney King, 1A/3A State Meet Director
John Buchholz, 4A State Meet Director