




student athlete focused
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2024 NCHSAA INDOOR STATE CHAMPIONSHIPS INFORMATION MEETING FEBRUARY 7, 2024

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NCHSAA Indoor Track and Field Championship Meeting

- ◆ Agenda
 - Welcome
 - Southern Recognition
 - Expectations
 - State Championship Information (NCHSAA)
 - State Championship Information (Rodney King – Meet Director)
 - Question
- ◆ In respect to others, please mute yourself until you are ready to speak

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NCHSAA Commissioner



Que Tucker

CentralCherryville NorthEastCarolinaPrep SoutheastAlamance SouthGarner
 Franklin CorvianCommunity SoutheastRaleigh BunkertHill Olympic
 CentralAcademy ThomasJefferson
 HeideTrask HendersonCollege BessemerCity Goldsboro AveryCounty Randleman
 NorthMecklenburg NorthDuplin Freedom
 EastWakeAcademy ApexFriendship
 WestMecklenburg CummingsTrinity
 FarmvilleCentral MountAiry
 Davidson BearGrassCharter
 ChathamCharter GreeneCentral DouglasByrd
 SoutheastGuilford NeuseCharter Orange
 HickoryRidge
 Academy HighlandTech
 RoxboroCommunity Louisburg
 ResearchTriangle NorthSurry
 Williams HarnettCentral Hayesville
 EasternGuilford
 MountainHeritage
 CorinthHolders R-SCentral Cary

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Southern Recognition



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 Franklin CorvianCommunity SoutheastRaleigh BunkertHill Olympic
 CentralAcademy ThomasJefferson
 HeideTrask HendersonCollege BessemerCity Goldsboro AveryCounty Randleman
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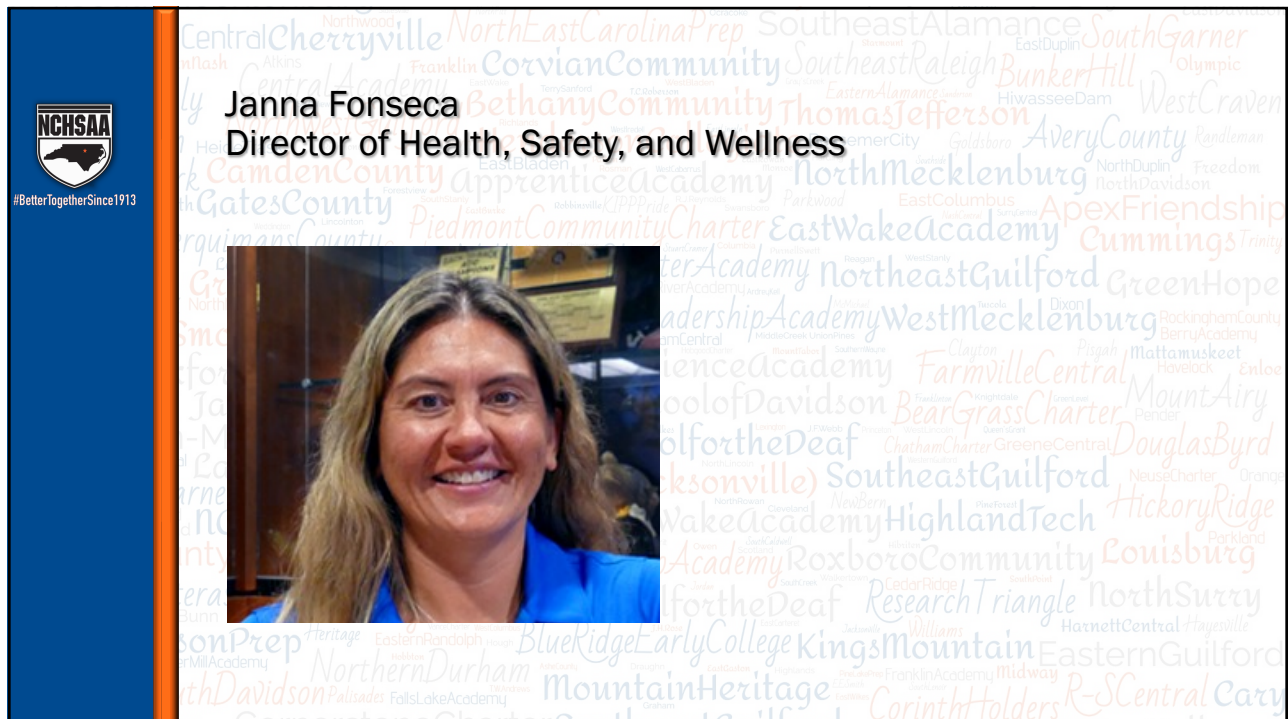


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NCHSAA Staff Indoor Track and Field

	<p>Commissioner Que Tucker</p>		<p>Rhonda Dreibelbis Assistant Commissioner Sports and Championships</p>		<p>Caitlin McMannen Assistant Director, Sports and Championships</p>
	<p>Evan Sauer Director, Development, Marketing and Student Programs</p>		<p>Janna Fonseca Director of Health, Safety, Wellness</p>		<p>Logan McNeil Administrative Assistant Sports, Championships, and Officiating</p>


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Janna Fonseca

Director of Health, Safety, and Wellness



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Expectations of Schools/Coaches/Athletes

- ❖ Be proud of the accomplishment that your team has made this year
- ❖ NCHSAA Sportsmanship Expectations
- ❖ JDL Policies and Rules
- ❖ Uniforms in NFHS Compliance
- ❖ Participants on time for races

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Meet Information

Days: February 9 - 10


Location: JDL Indoor Fast Track
2505 Empire Drive
Winston-Salem, NC

Classification Schedule:

Friday, February 9	4A Men and Women
Saturday, February 10	1A/2A Men and Women
	3A Men and Women

Admission: \$10.00 (Digital Ticketing only through GoFan) Tickets are on now on sale

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Fan Information

- ❖ Admission: \$10.00 through GoFan only
- ❖ Payment will be accepted via credit/debit purchases on meet day
- ❖ The entrance will be at the front of the building and clearly marked
- ❖ Public Admission will not be allowed at the team entrance
- ❖ Restrooms on the main level are for fans
- ❖ Admission will be charged for ages 6 years old and up
- ❖ **Non-participating athletes will need to pay**
 - ❖ The 3A meet will start at 4:00 p.m. on Saturday.
 - ❖ The team and fans will start entering the complex at 2:30 p.m.
 - ❖ **To prevent congestion at the main entrance, 1A and 2A fans and teams must exit through the doors behind the bleachers adjacent to the food court.**
 - ❖ Please make sure your fans and teams know this information.
 - ❖ These exits will be used from 2:30 – 3:30 on Saturday.

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Bus Parking

- *There is no charge for parking buses or for patrons at JDL.*
- *Please ensure that you park your bus so that you and others can get it in and out of the parking lot.*
- *Team buses should park in the back of the lot.*

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Parking Map


❖ Parking for teams and fans is limited to the areas indicated in **BLUE**.

❖ Parking in the **RED** areas could result in vehicles being towed.

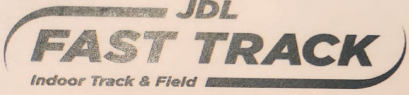
JDL FAST TRACK PARKING

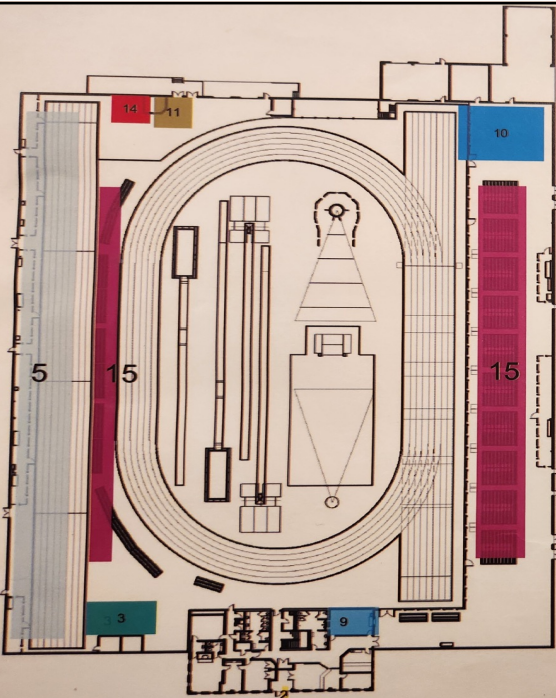


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2	Fan Entrance
3	Clerking/Spikes/ Poles
5	Warm-Up Area
9	Training Room
10	Individual Awards
11	Participate Entrance
14	Packet Pick-up
15	Bleachers

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Team Arrival and Packet Pick-up

- ❖ Team and athlete entrance will be at the back/rear doors of JDL
- ❖ The team entrance will be clearly marked
- ❖ A Coach will need to enter to pick up your team packet
- ❖ Exit and take the wristbands that are in your packet to your athletes, who should be waiting **in the bus or car.**
- ❖ **We will not allow athletes to line up at the door to get wristbands. Please ensure your competing athletes have them on before walking up the steps to enter the facility.**
- ❖ For your relays, you will have a total of 5 wristbands. (one for an alternate)
- ❖ Ensure that wristbands are firmly placed on athletes' wrists, so they do not come off.

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Items in Packet

- ❖ Bag-Tags for participating athletes
- ❖ Pink and Blue relay cards as needed
- ❖ Wristbands for participating schools
- ❖ Coaches' wristbands will be per team and based on competing athletes as follows:
 - 1- 5 Athletes 1 Wristband
 - 6-10 Athletes 2 Wristbands
 - 11 or more 3 Wristbands
 - Example: Balee High School has 4 girls competing = 1 wristband
 - Example: Wrigley High School has 12 boys competing = 3 wristbands for boys' coaches
Wrigley High School has 4 girls competing = 1 wristbands for girls' coaches

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TEAM INFORMATION 4A

- ❖ The facility opens at 2:30 p.m. on Friday for the 4A state championship
 - Fans will not be allowed to enter through the team entrance
 - Participating athletes will not be allowed to enter through the fan entrance
- ❖ 2:30 p.m. – Coaches will pick up packets
- ❖ 2:40 – 3:00 p.m. Pole Vaulters weigh-in
- ❖ 3:00 – 3:55 p.m. Pole Vaulters warm-up
- ❖ **3:15 p.m. - ALL scratches are due**
 - **No scratches after 3:15 p.m.**
- ❖ 3:00 p.m. - Meeting for officials
- ❖ 3:15 p.m. - Meeting for coaches
- ❖ 4:00 p.m. - Field Events Begin
- ❖ 4:00 p.m. - Running Events Begin (**women will run first in all races**)
- ❖ The order of events and award schedule is available on the Indoor Track and Field page of the NCHSAA website. (**Will not be in your packet**)

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TEAM INFORMATION 1A/2A

- ❖ The facility opens at 7:30 a.m. on Saturday for the 1A/2A teams
- ❖ The facility will open at 8:00 a.m. for fans
 - Fans will not be allowed to enter through the team entrance
 - Participating athletes will not be allowed to enter through the fan entrance
- ❖ 7:30 a.m. – Coaches will pick up packets
- ❖ 7:40 – 8:00 a.m. Pole Vaulters weigh-in
- ❖ 8:00 – 8:55 a.m. Pole Vaulters warm-up
- ❖ **8:15 a.m. - ALL scratches are due**
 - **No scratches after 8:15 a.m.**
- ❖ 8:15 a.m. - Meeting for coaches
- ❖ 9:00 a.m. - Field Events Begin
- ❖ 9:00 a.m. - Running Events Begin (**women will run first in all races**)
- ❖ The order of events and award schedule is available on the Indoor Track and Field page of the NCHSAA website. (**Will not be in your packet**)

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TEAM INFORMATION 3A

- ❖ The facility opens at 2:30 p.m. on Saturday for the 3A state championship
- ❖ 2:30 p.m. – Coaches will pick up packets (Approximate Time)
- ❖ 2:40 – 3:00 p.m. Pole Vaulters weigh-in
- ❖ 3:00 – 3:55 p.m. Pole Vaulters warm-up
- ❖ **3:15 p.m. - ALL scratches are due**
- **No scratches after 3:15 p.m.**
- ❖ 3:00 p.m. - Meeting for officials
- ❖ 3:15 p.m. - Meeting for coaches
- ❖ 4:00 p.m. - Field Events Begin
- ❖ 4:00 p.m. - Running Events Begin **(women will run first in all races)**
- ❖ The order of events and award schedule is available on the Indoor Track and Field page of the NCHSAA website. **(Will not be in your packet)**

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TEAM INFORMATION 1A/2A

- ❖ To prevent congestion after the 1A/2A meet and in respect of the 3A teams and fans:
- ❖ All 1A/2A fans and teams must exit through the doors behind the bleachers adjacent to the food court.
- ❖ There will be signs posted.
- ❖ Please use these exits only
- ❖ Please exit and celebrate with your team outside the facility

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Scratch Procedure

- Indoor does not have a scratch meeting
- Indoor Scratch Meet Form will be with Pam Bolton
- Pam will be in Meet Management adjacent to the Clerk's booth
- Scratches will not be accepted after the deadline
- If an athlete is not scratched and fails to show up for the event, they are disqualified for the remainder of the meet
- Event judges will report any athlete(s) who fail to show up to the Meet Director

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Reminder of Scratch Times

- ❖ 4A State Meet: Scratches are due by 3:15 p.m.
- ❖ 1A/2A State Meet: Scratches are due by 8:15 a.m.
- ❖ 3A State Meet: Scratches are due by 3:15 p.m.

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Re-Seeds and Heat Sheets

- ❖ All re-seed, heat sheets and results will be posted on the wall beside the clerking booth.
- ❖ Please do not remove these sheets.
- ❖ You can take a picture of them, but please do not remove them.

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Spike Information

- ❖ Spikes should either be 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.

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General Information

- ❖ Restrooms for the athletes will be upstairs and are clearly marked
- ❖ Restrooms on the main level are for fans only
- ❖ Water bottles, Gatorade, Powerade, personal bottles, etc.. **will not** be allowed in the clerking area or on the warm-up track.
- ❖ Please stress to your athletes to put trash in the trash cans
- ❖ Athletic Trainers will be on-site
- ❖ Pole Vaults must be brought in through the team entrance
- ❖ **Shot puts will be provided**
- ❖ **Pole vaults will be weighed, and poles will be verified before the event.**

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General Information cont.

- ❖ Bring confirmation of athlete's entry from MileSplit
- ❖ Please make sure athletes put trash in trash cans
- ❖ Hip numbers are to be placed in trash cans. Not on walls, floors, benches, bleachers, bathroom stalls, etc...
- ❖ If athletes choose to warm up outside JDL, please ensure they are running against traffic without headphones on.

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Uniform Reminders

- **Uniforms shall be worn as intended by manufacturers**
- **Uniforms are to be school-issued track uniforms (top and bottoms or one-piece)**
- **Tops can't be knotted or have knot-like intrusions**
- **Bare midriffs are not permitted. Tops must hang below or be tucked into the waistband of the uniform when the competitor is standing**
- **Removing any part of the uniform, excluding shoes, while in the area of competition, as defined by the game committee, is illegal.**
- **Penalty for violation of uniform rule:**
 - **1st violation = warning**
 - **2nd violation = Disqualification from the event**

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Uniform Reminders cont.

- **All athletes must always wear their complete uniform 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.**
- ***Athletes should be dressed in full uniform or school-issued warm-ups and shoes when receiving awards***

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Assistance to Athletes

It is an unfair act when a competitor receives any assistance. Assistance includes but not limited to:

- a. 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.)**
- b. Pacing by a teammate, not in the race or persons participating in the event.
- c. Competitors joining or grasping hands during a race.
- d. Coaching a competitor from a restricted area

- a. Competitors using an aid during the race or trial

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Pole Vault Coaches Reminder

- Only those pole vault coaches who are listed on the NCHSAA Pole Vault Form will receive a pass for the pole vault area.
- Coaches will only be allowed to be in the pole vault area for the school that has submitted them as a coach.

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10-minute check-in/check-out

- 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 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. The coach and the athlete are responsible for reporting 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 event, 10 minutes following.)
- Athletes competing in 2 or more field events simultaneously must 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 needed.)
- Athletes cannot lose an attempt if competing in another field event.

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Protests

- ❖ The proper “Protest/Appeal Form” will be at the Meet Management Table.

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Starting Heights for High Jump and Pole Vault

Division	<u>Women</u>	<u>Men</u>
1A/2A		
High Jump	4' 8"	5' 6"
Pole Vault	7' 0"	9' 6"
3A		
High Jump	4' 10"	5' 10"
Pole Vault	8' 6"	10' 6"
4A		
High Jump	4' 10"	5' 10"
Pole Vault	9' 6"	11' 6"

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Warm-up Time Allowances

1 Flight: 30 minutes; 10 minutes for Finals

2 or 3 Flights: 15 minutes Open; 15 per Flight; 10 minutes for Finals

High Jump: 30 minutes

Pole Vault: 45 minutes

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Questions

Congratulations
and Good Luck
to all our
member schools

NCHSAA Indoor State Championships February 9-10

