

WELCOME TO THE 2024 TRACK AND FIELD COACHES MEETING



- Purpose of Meeting:
 - Provide Information to all schools for the state meet
1. Expectations of Schools
 2. Meet Information
 3. Answer any questions

1

Presenters



- Que Tucker: Commissioner*
- Rhonda Dreibelbis: Assistant Commissioner*
- Janna Fonseca: Director, Health, Safety, and Wellness*
- Rodney King: Meet Director*
- Pam Bolton: Meet Referee*

2

WELCOME TO THE 2024 TRACK AND FIELD COACHES MEETING



- THE 2024 NCHSAA State Track and Field Championships Information:
- Location: Marcus T. Johnson Track @ Truist Stadium
- North Carolina A & T University
- Championship Class Schedule:
 - **Friday, May 17**
 - 2A & 4A
 - **Saturday, May 18**
 - 1A & 3A
- Wheelchair and Unified Athletes will compete first in all events
Unified will compete on Friday only

3

Ticket Information



- \$10.00 per person
- Non-participating athletes will pay the total \$10.00 for a general admission ticket.
- Tickets can be purchased via GoFan
- **Online ticket sales only**
- **We will NOT accept cash at the gate**

4

Student-athlete Meeting



- There will be a student-athlete meeting at 9:00 a.m. at the high jump pit.
- Please make sure that you athletes are there and seated
- Coaches should accompany their athletes

5

Expectations of Schools/Coaches/Athletes



- We have reached the pinnacle of the year in outdoor track and field.
- You should be proud of yourselves and your athletes for your accomplishments this year.
- The culture of your program will be on display on May 17 or May 18
- Sportsmanship/Fair Play/Integrity/Respect
- Properly Dressed – Check/double check/ triple check and check one more time
- Make sure you leave the track as you found it – pick up your trash
- On-Time at events
- Listen for the calls to their events
- Ask questions if there is uncertainty – “I did not know it” should not be the reason for any mishaps.

6

Sportsmanship



- Taunting and cursing at any time
- Win humbly
- Lose graciously
- Coaches might not have an issue with this
- NCHSAA does
- Handbook – Page 51 (3.3.6)
 - Sportsmanship Ejection Policy:
 - e. taunting, baiting or spitting toward an opponent or official
 - f. Profanity, inappropriate language, racial/ethnic slurs, sexist, or homophobic language
 - g. Obscene gestures, including gesturing in such a manner as to intimidate or instigate
 - h. Disrespectfully addressing an official

7

Coach Information



- If a school must send a substitute coach, a letter to the NCHSAA on school letterhead must be sent to me before the close of business day on Wednesday, May 16, 2024
 - **Should an emergency arise between Wednesday and Friday or Saturday, the letter will need to be brought to packet pick-up by the coach that is replacing you.**
 - **Athletes will not be able to compete without proper school representation**
- Coach's responsibility to make sure all athletes are properly dressed in accordance with NFHS and NCHSAA rules and policies
- **The penalty for violation of the uniform rule is a disqualification from the event.**
- **Please make sure that all uniforms are TRACK issued uniforms (not football, basketball, etc..)**
- Pole Vault is the only event with a coach's box.
- **Pole vault coaches will need to check in at clerking**
 - List of approved pole vault coaches will be at the check-in
 - Pole vault coaches will check in and receive a coaching box pass
 - The pass to be worn at all times and can't be passed off.

8

Starting Heights for Friday 2A/4A



- 2A Girls High Jump – 4'06"
- 2A Boys High Jump - 5'08"

- 4A Girls High Jump - 4'08"
- 4A Boys High Jump 5'10"

- 2A Girls Pole Vault - 6'06"
- 2A Boys Pole Vault - 6'06"

- 4A Girls Pole Vault - 9'00"
- 4A Boys Pole Vault - 11'06"

9

Starting Heights for Saturday 1A/3A



- 1A Girls High Jump - 4'06"
- 1A Boys High Jump – 5'04"

- 3A Girls High Jump - 4'6"
- 3A Boys High Jump – 5'6"

- 1A Girls Pole Vault - 6'06"
- 1A Boys Pole Vault - 7'06"

- 3A Girls Pole Vault - 7'00"
- 3A Boys Pole Vault - 11'00"

10

Scratches - Checking in/checking out



- There are no scratches at the state meet.
- If an athlete misses an event, they are done for the meet
- Please remind your athletes that are in multiple events to make sure they are in checking in/out in the proper manner
- Check out with flight coordinator 5 minutes before HEAT (not event) and must return 10 minutes after completion of HEAT.
- Athletes should check out, get hip number at clerking, check back in at the field event until 5 minutes before heat
- Athletes must be listening for calls
- If an athlete wins a medal, they can pick it up anytime now so there is no need to worry about not being at the current event
- Head coaches must inform their assistant coaches of the check in/out rule

11

A&T Policies



- Everyone that enters through the gates will go through a metal detector
- **All** bags and coolers will be searched
- Fans will not be allowed to bring in coolers, tents, or umbrellas
- No parking in apartment complexes located on Sullivan, Homeland, Castlewood, or Dewey. Towing will charge \$250.00
- A&T has a clear bag policy

12

Stadium Map for Tents and Umbrellas



- Tents and umbrellas are not allowed on the home side of the stadium



13

PARKING



Team buses will park at Memorial Stadium.

Memorial Stadium is about 1/4 mile from the track on Lindsay Street.

Coaches driving their personal cars and have volunteered to help officiate the meet will be allowed to park in the grassy lot behind Aggie Stadium free of charge.

Your name must be on the list by May 15, 2024, by 4 pm.

If you are not officiating and your name is not on the list, it will cost you \$10.00 to park in this lot.

14

PARKING



Note: This lot is also for fans. Once it is full, it is full. There are no reserved spots for officials.

Fans will be able to park in the lots located in front and rear of the stadium for a \$10.00 fee

Parking on the streets and in Memorial Stadium is free.

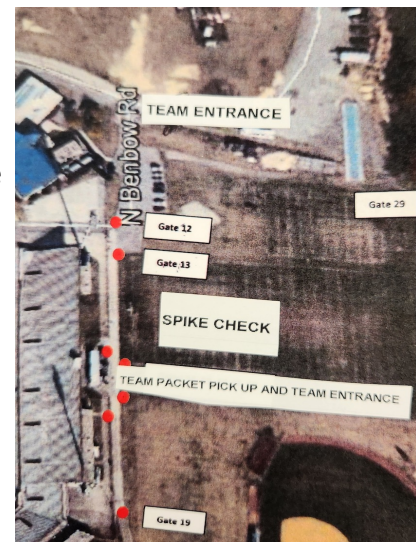
Parking in apartment complexes on Sullivan Street, Homeland Ave., Castlewood Drive, or Dewey Street will cause cars to be towed at the expense of \$250.00

15

Packet Pick Up



- Coaches will pick up packets at the team check-in;
- Coaches must check their packets before leaving the table



16

Packet Information



Head coaches will pick up your team packet at the NCHSAA packet-pick-up area located straight down from your team entrance.

You will need to count all wristbands for players and coaches while at the pick-up area – once you leave, we will not be able to accommodate any missing wristbands that you may have

Wristbands will need to stay on the for the entire meet

A reminder that non-participating athletes will pay to enter

17

Timeline of Events



- The order of events and times have been placed on the NCHSAA website.
- We will start on time, and the running events will be rolling times.
- Schedules for both days are on the NCHSAA website.
- **8:00 am** – Gates will open for Teams (Rear/ Back entrance only)
- **8:00 am** – Implement Weigh-Ins will begin
- **8:30 am** – Gates will open for spectators (press box side of the stadium only)

18

Implement and Spike Inspection Locations



- Spike check will occur at the table located near the team packet pick-up area
- **After 9:30 a.m., spikes will be checked at the clerking area**
- **Implement Weigh-Ins**
 - will begin in the storage building next to discuss cage
 - Rejected implements will be returned to the coach at the conclusion of the event
- **Pole Vaults**
 - Will be checked on the field at Pole Vault Pits

19

Spike Information



Only ¼" or 1/8" pyramid spikes are allowed on A&T's track.
All spikes will have 2-tags.

- Needle spikes or Christmas tree spikes will NOT 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 near the team check-in tent.

20

Event Information



Field Events will have one flight

- * Wheelchair athletes will compete first
- * Unified athletes will compete on Friday and will compete first in the events in which they are competing

Running events will have timed finals only except for the following:

- 100 M (Boys and Girls)
- 100 M Hurdles (Girls)
- 110 M Hurdle (Boys)

21

Warm-Ups



* Shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

* Warm-up approaches in horizontal jumps, pole vault, or javelins will be done in the direction the event is being conducted.

22

NFHS Communication Rule Reminders



- **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.

23

The individual awards will be presented in the main entrance area after each event once the results are final.

Championship
 Runner-Up
 Sportsmanship
 Outstanding Performance
 Will be conducted on the infield



24

Team Reminders



- **Teams are not allowed on the track prior to their meet day. The track will be locked on Thursday.**
- **Team camps will not be allowed along the main corridor underneath the bleachers**
- Athletes in multiple events will need to make sure they check-in at each event
- No scratches at the state meet
- Relay cards will be in your coaches' packet
- Coolers are allowed for teams, but fans will not be able to bring them in
- Athletes can wear shades during running events
- All NCHSAA approved passes will be honored
- Tents can be put up upon your arrival at the stadium for your meet on Friday or Saturday.
- Please take tents home at the conclusion of the events
- Tents will not be allowed to be put up on Thursday.

25

Trainer and Physicians



We will have trainers and physicians on-site for the entire event.

26

WEATHER CONDITIONS

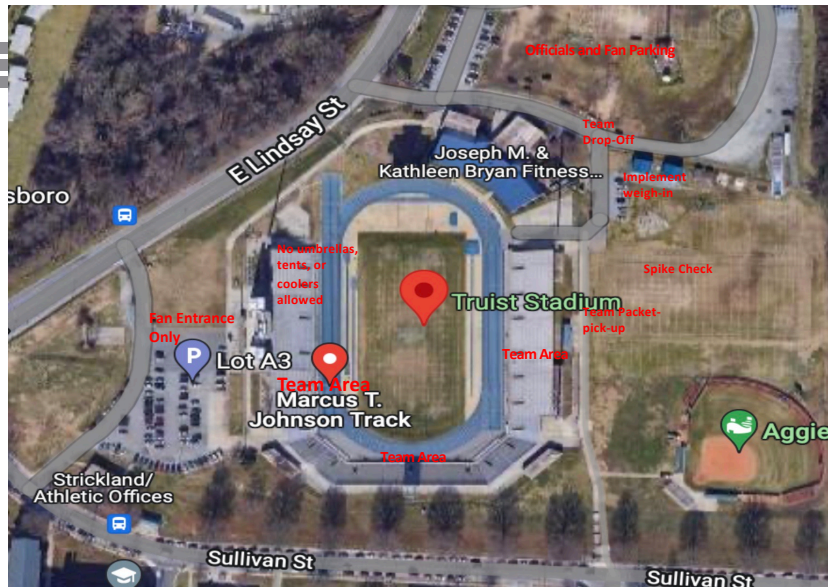


Please make sure that your athletes are hydrated. Make sure they are drinking now and not just on the day of the meet.

Please make sure you have plenty of water, ice, Gatorade, and a tent for them to be under and out of weather

27

MAP OF FACILITY



28

Questions



We wish you all the best and fully expect our member schools to behave in a manner that represents the sportsmanship expectations of the NCHSAA.