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> 2025 NCHSAA INDOOR TRACK AND FIELD STATE CHAMPIONSHIP INFORMATION MEETING



QUE TUCKER, COMMISSIONER RHONDA DREIBELBIS, ASSISTANT COMMISSIONER

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Mission and Vision

KingsMountainHighSchool JohnM.MoreheadHighSchool

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

Mission

CaldwellHighSchool BallantyneRidgeHighSchool

ramerHighSchool SouthernGuilfordHighSchool

redellitighSchool RobertL.PattonHighSchool

To provide governance and leadership for interscholastic athletic programs in North Carolina that support and enrich the education experience of students

John T. Hoggard High School

CarolinaInternationalSchool

Vision

To be the national model for developing and inspiring greatness through interscholastic athletic experiences

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SouthGranvilleHighSchool NorthGastonHighSchool

RockinghamCountyHighSchool

Wallace-RoseHillHighSchool CharlesB.AvcockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

ChathamCentralHighSchool A

NorthHendersonHighSchool Fuguay-VarinaHighSchool



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ramerHighSchool SouthernGuilfordHighSchool

redellitighSchool RobertL.PattonHighSchool

Special Recognition

KingsMountainHighSchool JohnM.MoreheadHighSchool

- Craig Longhurst and JDL
- Rodney King Meet Director
- Pam Bolton Meet Referee
- Ali Bahr Field Referee

SoutheastGuilfordHighSchool

- NCHSAA Corporate Sponsors
- Mount Tabor High School (Host School)

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CarolinaInternationalSchool

HighSchool RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology ChathamCentralHighSchool

CaldwellHighSchool BallantyneRidgeHighSchool lGibboi

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Expectations of Member Schools

Be proud that you are competing in the state championship

John T. Hoggand High School South Granville High School North Gaston High School

- NCHSAA Core Values should always be on display
- Student-athletes properly dressed based on NFHS rules
- Student-athletes on time for their events
- No profanity

SoutheastGuilfordHighSchool

- No removing of uniform in any manner at any time
- Follow JDL Rules and Policies

WalterM WilliamsHighSchool HughM CummingsHighSchool

EastRutherfordHighSchool PerquimansCountyHighSchool

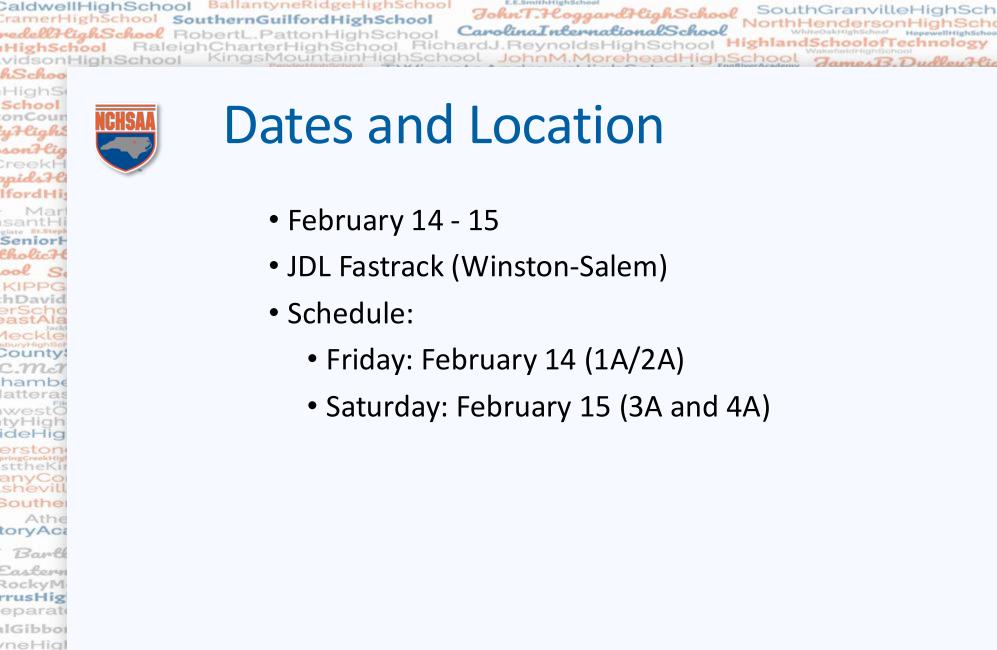
KingsMountainHighSchool JohnM.MoreheadHighSchool

 Competitors not engaging in taunting, profanity, throwing the baton, refusing to listen to meet officials

Newton-ConoverHighSchool

• Electronics (ear buds, phones, headphones) only in team camps

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Dates and Location

- February 14 15
- JDL Fastrack (Winston-Salem)
 - - Friday: February 14 (1A/2A)

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

Saturday: February 15 (3A and 4A)

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ChathamCentralHighSchool

John T. Hoggand High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuguay-VarinaHighSchool

NorthJohnstonHighSchool

Wallace-RoseHillHighSchool CharlesB.AycockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

RockinghamCountyHighSchool

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Spectator Information

KingsMountainHighSchool JohnM.MoreheadHighSchool

- Admission is (\$10.00 + online fees) for ages 6 and up
- Payment will be accepted via credit/debit purchases on meet day
- Balloons are not allowed in JDL

RemnashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool

SoutheastGuilfordHighSchool

- The entrance will be at the front of the building and clearly marked
- Spectators will not be allowed to pay at the team entrance
- Spectator restrooms located on the main level
- At conclusion of 3A championship, ALL 3A fans and teams need to exit through the door behind the bleachers adjacent to the food court.

Richard J. Reynolds High School Highland School of Technology

John T. Hoggand High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuguay-VarinaHighSchool

• 3A fans and teams will need to use this exit from 2:30 -3:30 on Saturday so that we can allow 4A fans to enter.

Newton-ConoverHighSchool

Non-participating athletes will need to pay

WalterM WilliamsHighSchool HughM CummingsHighSchool

EastRutherfordHighSchool PerquimansCountyHighSchool

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- 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

WalterM. WilliamsHighSchool HughM. CummingsHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

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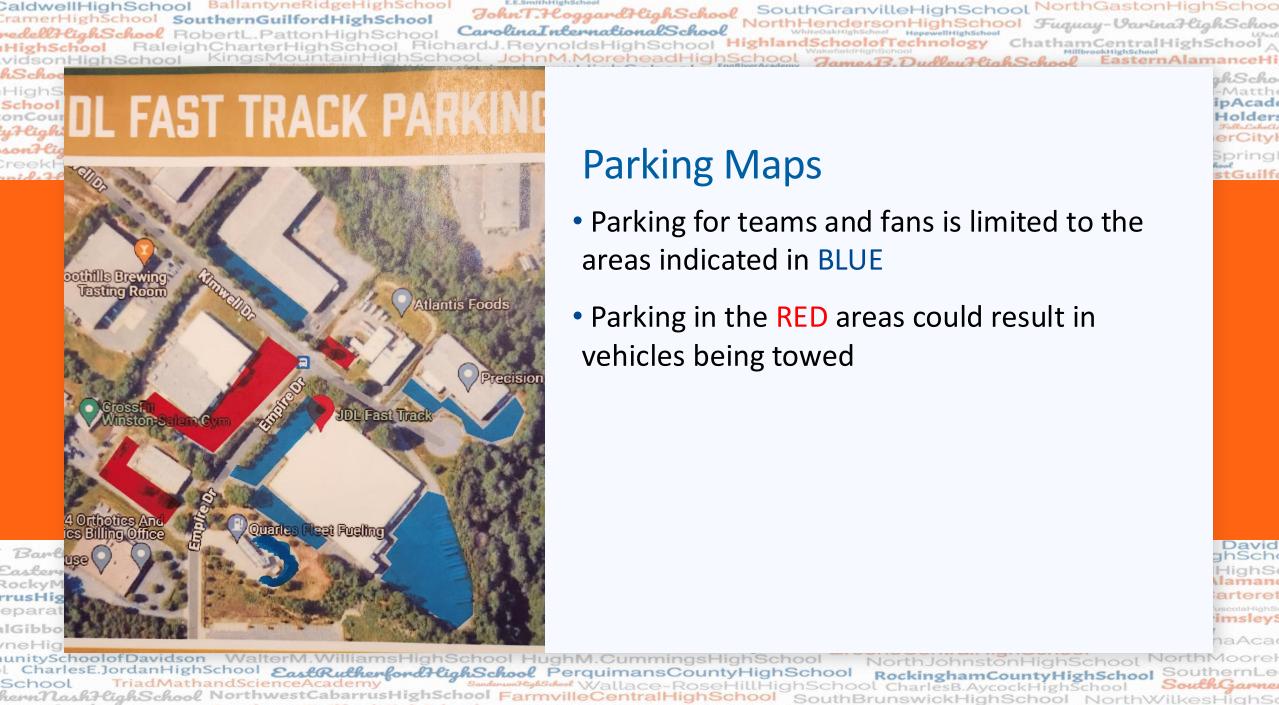
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ChathamCentralHighSchool A

NorthHendersonHighSchool Fuquay-VarinaHighSchool



SoutheastGuilfordHighSchool

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CaldwellHighSchool BallantyneRidgeHighSchool

Parking Maps

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

NorthHendersonHighSchool Fuguay-VarinaHighSchool

RockinghamCountyHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

 Parking in the RED areas could result in vehicles being towed

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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

KingsMountainHighSchool JohnM.MoreheadHighSchool

• Exit and take the wristbands that are in your packet to your athletes, who should be waiting on the bus or in a car

RichardJ.ReynoldsHighSchool HighlandSchoolofTechnolo

John T. Hoggand High School South Granville High School North Gaston High School

- Athletes should not line up at the team entrance before receiving wristbands. Please ensure your competing athletes have wristbands on and they are visible before entering 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 Team Packet

KingsMountainHighSchool JohnM.MoreheadHighSchool

CarolinaInternationalSchool

HighSchool RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology ChathamCentralHighSchool

- Souvenir Bag Tags for participating athletes
- Participation Certificates
- Relay Cards
- Wristbands for athletes and coaches

unitySchoolofDavidson WalterM.WilliamsHighSchool HughM.CummingsHighSchool

SoutheastGuilfordHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

• Coaches' wristbands will be per team and based on competing athletes as follows:

hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool

Sandorum High School Charles B. Aycock High School

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

John T. Hoggard High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuquay-VarinaHighSchool

NorthJohnstonHighSchool

RockinghamCountyHighSchool

- 1- 5 Athletes 2 Wristband
- 6-10 Athletes 3 Wristbands
- 4 Wristbands 11 or more

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Team Information

- •1A/2A Championships (Friday)
 - The facility opens at 2:30 p.m. on Friday

KingsMountainHighSchool JohnM.MoreheadHighSchool

- •3A Championships (Saturday A.M.)
 - Facility opens at 7:30 a.m. for participating teams

CarolinaInternationalSchool

Richard J. Reynolds High School Highland School of Technology

- Facility opens at 8:00 a.m. for fans
- Meet starts at 9:00 a.m.
- •4A Championships (Saturday P.M.)

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

• Teams will be able to enter the facility at 2:30 P.M.

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

• Reminder: All 3A teams and fans will need to exit through the doors behind the <u>bleachers to allow 4A fans to gain entrance</u>

John T. Hoggard High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuguay-VarinaHighSchool

RockinghamCountyHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

ChathamCentralHighSchool

Participating athletes should enter through team entrance only doors

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Team Information

Restrooms for the athletes will be upstairs and are clearly marked

CarolinaInternationalSchool

Restrooms on the main level are for fans only

KingsMountainHighSchool JohnM.MoreheadHighSchool

- Trash should be put in trash cans
- Athletic Trainers will be on-site

SoutheastGuilfordHighSchool

Poles must be brought in through the team entrance

WalterM WilliamsHighSchool HughM.CummingsHighSchool

 Indoor shot-puts brought in will need to be weighed and certified at shot-put area

hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool

Richard J. Reynolds High School Highland School of Technology

John T. Hoggand High School South Granville High School North Gaston High School

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

NorthHendersonHighSchool Fuguay-VarinaHighSchool

ChathamCentralHighSchool

Shot-puts will be available if needed

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Team Information

•Pole vaulters will be weighed and all poles verified by officials at the pole vault venue prior to competition warm-ups

John T. Hoggand High School South Granville High School North Gaston High School

sonHighSchool Fuquay-VarinaHighSchoo

- Pole Vault coaches must be on NCHSAA Pole Vault Coach's list to have access to coaching box
- 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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lGibboi WalterM. Williams High School Hugh M. Cummings High School EastRutherfordHighSchool PerquimansCountyHighSchool www.NashFlighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHigh SoutheastGuilfordHighSchool Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHigh atoryAcademy

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Scratch Information

SoutheastGuilfordHighSchool

Indoor does not have a scratch meeting

KingsMountainHighSchool JohnM.MoreheadHighSchool

Indoor Scratch Meet Forms will be with Pam Bolton at the Clerk's booth

Richard J. Reynolds High School Highland School of Technology

John T. Hoggand High School South Granville High School North Gaston High School

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

NorthHendersonHighSchool Fuguay-VarinaHighSchool

ChathamCentralHighSchool

Scratches will not be accepted after the deadline

CarolinaInternationalSchool

- If an athlete is not scratched and fails to show up for the event, he or **she is** disqualified for the remainder of the meet
- Event judges will report any athlete(s) who fail to show up to the Meet Director
- Protest/Appeal form will be at the Meet Management table

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Scratch Time Reminders

- Due by 8:15 a.m. • 3A:
- Due by 3:15 p.m. • 4A:

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SoutheastGuilfordHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

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John T. Hoggard High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuquay-VarinaHighSchool

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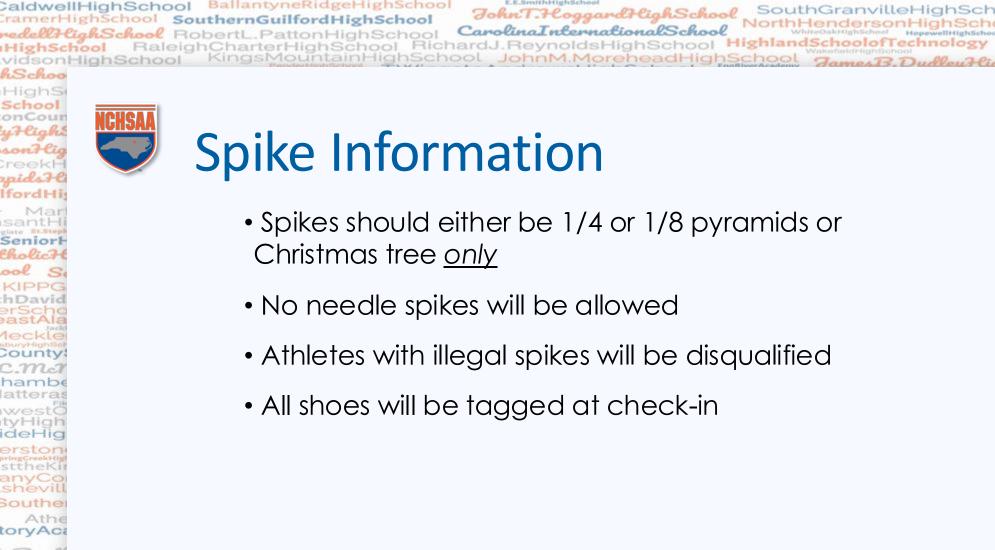
RockinghamCountyHighSchool Wallace-RoseHillHighSchool CharlesB.AycockHighSchool hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

• 1A/2A: Due by 3:15 p.m.

KingsMountainHighSchool JohnM.MoreheadHighSchool

CarolinaInternationalSchool

HighSchool RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology ChathamCentralHighSchool



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Spike Information

SoutheastGuilfordHighSchool

 Spikes should either be 1/4 or 1/8 pyramids or Christmas tree only

CarolinaInternationalSchool

- No needle spikes will be allowed
- Athletes with illegal spikes will be disqualified
- All shoes will be tagged at check-in

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

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John T. Hoggand High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuguay-VarinaHighSchool

ChathamCentralHighSchool

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NFHS Uniform Reminders

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

- The responsibility for each student-athlete to be properly dressed and in compliance with the NFHS rules ultimately belongs to the head coach
- This will be emphasized at the coach's meeting and if there are any questions as to the legality of a competitor's uniform, they should be answered and taken care of before the start of any event

Wallace-RoseHillHighSchool CharlesB.AvcockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

John T. Hoggand High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuguay-VarinaHighSchool

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NFHS Uniform Reminders

KingsMountainHighSchool JohnM.MoreheadHighSchool

RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology

Uniforms are to be worn as intended by manufacturer

CarolinaInternationalSchool

- School issued track uniforms
- Tops can't be knotted or have knot-like intrusion
- Tops are not allowed to be tucked under in the back
- Tops must hang below or be tucked in the waistband of the uniform when the competitor is standing

John T. Hoggard High School South Granville High School North Gaston High School

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

NorthHendersonHighSchool Fuguay-VarinaHighSchool

- Removing any part of the uniform, excluding shoes, while in the competition area, as defined by the games committee, is illegal
- Athletes should be in full uniform or warm-ups when receiving awards

hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool

- Penalty for uniform violation:
 - 1St violation: Warning

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

• 2nd violation: Disqualification from the event

WalterM. Williams High School Hugh M. Cummings High School

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Assistance to Athletes

• It is an unfair act when a competitor receives assistance

CarolinaInternationalSchool

Athletes are not allowed to have cell phones in the competition area

Richard J. Reynolds High School Highland School of Technology

John T. Hoggard High School South Granville High School North Gaston High School

Wallace-RoseHillHighSchool CharlesB.AvcockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

NorthHendersonHighSchool Fuguay-VarinaHighSchool

RockinghamCountyHighSchool

ChathamCentralHighSchool A

- Coaches are not allowed to coach from a restricted area
- The entire infield, warm-up, and clerking areas are restricted areas.
- Pacing is not allowed

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

Competitors are not allowed to grasp hands during a race

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WalterM.WilliamsHighSchool HughM.CummingsHighSchool

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CaldwellHighSchool BallantyneRidgeHighSchool

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Pole Vault Coach Reminder

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

SoutheastGuilfordHighSchool

Highschool RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchool WinterHighSchool VidsonHighSchool KingsMountainHighSchool JohnM.MoreheadHighSchool WinterHighSchool JohnM.MoreheadHighSchool

 Only pole vault coaches listed on the NCHSAA Pole Vault Coach form will receive a pole vault coaching box pass

CarolinaInternationalSchool

John T. Hoggand High School South Granville High School North Gaston High School

Wallace-RoseHillHighSchool CharlesB.AycockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

NorthHendersonHighSchool Fuquay-VarinaHighSchool

RockinghamCountyHighSchool

ChathamCentralHighSchool A

 Coaches are only allowed to coach the student(s) for the school in which they are listed

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10 Minute Check-In/Check-Out

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

SoutheastGuilfordHighSchool

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.

SouthGranvilleHighSchool

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- 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.

Newton-ConoverHighSchool

CaldwellHighSchool BallantyneRidgeHighSchool ramerHighSchool SouthernGuilfordHighSchool HighS eparate lGibbo

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10 Minute Check-In/Check-Out

KingsMountainHighSchool JohnM.MoreheadHighSchool

WalterM. Williams High School Hugh M. Cummings High School

Lenn Nash High School Northwest Cabarrus High School Farmville Central High School

SoutheastGuilfordHighSchool

EastRutherfordHighSchool PerquimansCountyHighSchool

They can check out for fifteen (15) minutes maximum. (Five minutes prior to the event, 10 minutes following.)

Richard J. Reynolds High School Highland School of Technolog

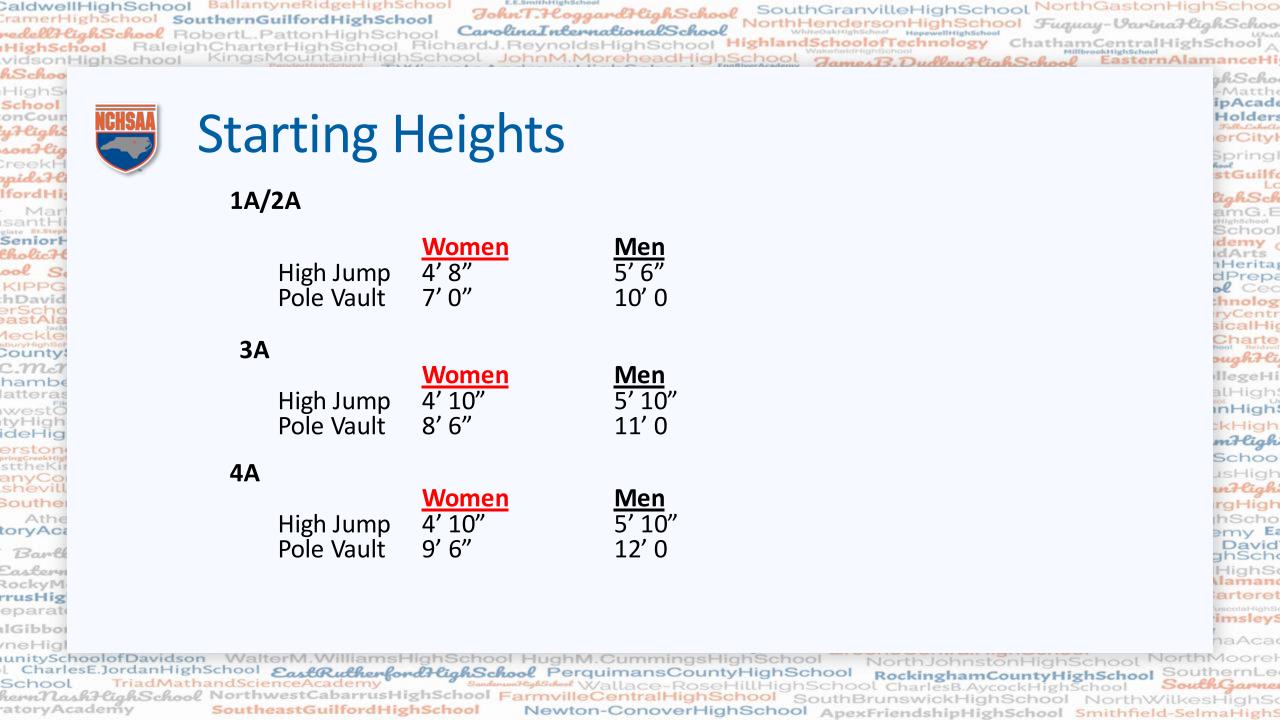
John T. Hoggand High School South Granville High School North Gaston High School

onHighSchool Fuguay-VarinaHighSchoo

- 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 unless they exceed their maximum 5-minute check out and 10minute return time

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Warm-Up Time

• 1 Flight: 30 minutes; 10 minutes for Finals

WalterM.WilliamsHighSchool HughM.CummingsHighSchool

Charles E. Jordan High School East Rutherford High School Perquimans County High School

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

hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool

CarolinaInternationalSchool

John T. Hoggard High School South Granville High School North Gaston High School

NorthHendersonHighSchool Fuquay-VarinaHighSchool

NorthJohnstonHighSchool

Wallace-RoseHillHighSchool CharlesB.AycockHighSchool

Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS

RockinghamCountyHighSchool

- High Jump: 30 minutes
- Pole Vault: 45 minutes

SoutheastGuilfordHighSchool

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Awards

 The awards will be given at the conclusion of each event in the area behind the bleachers as it was last year

CarolinaInternationalSchool

kingsMountainHighSchool JohnM.MoreheadHighSchool

• Any medals $(1^{st} - 4^{th})$ will NOT be mailed to schools if they are not picked up at the event

Richard J. Reynolds High School Highland School of Technology

John T. Hoggand High School South Granville High School North Gaston High School

ersonHighSchool Fuquay-VarinaHighSchoo

- The championship, runner-up, sportsmanship, and most outstanding performer awards will be presented in front of grandstand at the end of each championship
- •State champion and state runner-up coaches will need to give us their sportsmanship winner
 - The student that has exhibited good sportsmanship throughout the year

Newton-ConoverHighSchool

Has embraced the core values of sportsmanship

WalterM. Williams High School Hugh M. Cummings High School

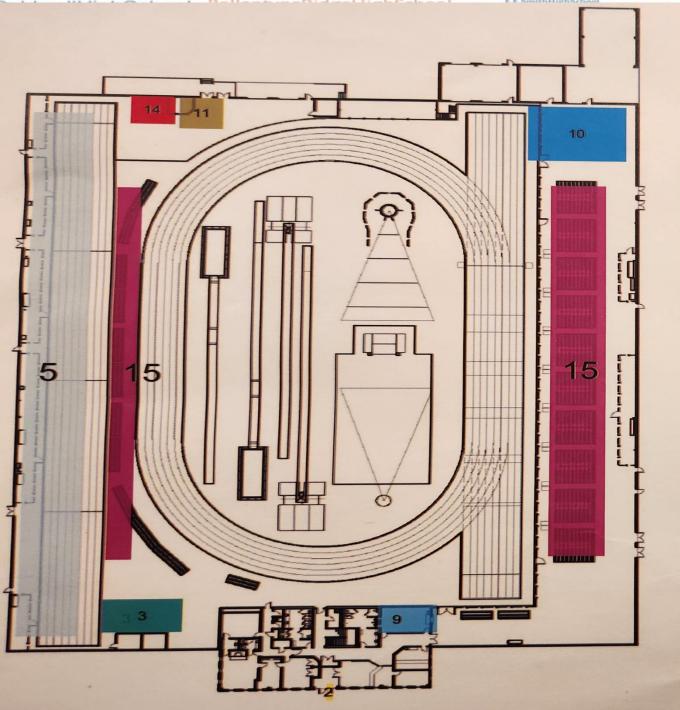
EastRutherfordHighSchool PerquimansCountyHighSchool

Should know who this athlete is today

Renn Nash High School Northwest Cabarrus High School Farmville Central High School

SoutheastGuilfordHighSchool

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	Fan Entrance
3	Clerking/Spikes/ Poles
5	Warm-Up Area
9	Training Room
10	Individual Awards
10	
	Awards Participate



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CaldwellHighSchool BallantyneRidgeHighSchool

ramerHighSchool SouthernGuilfordHighSchool

Contact Information

Rhonda Dreibelbis: Rhonda@nchsaa.org

KingsMountainHighSchool JohnM.MoreheadHighSchool

Rodney King: rodney.king@stokes.k12.nc.us

John T. Hoggard High School

CarolinaInternationalSchool

Pam Bolton: <u>pambolton03@gmail.com</u>

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WalterM.WilliamsHighSchool HughM.CummingsHighSchool Charles E. Jordan High School East Rutherford High School Perquimans County High School RockinghamCountyHighSchool Wallace-RoseHillHighSchool CharlesB.AycockHighSchool hernNashHighSchool NorthwestCabarrusHighSchool FarmvilleCentralHighSchool SouthBrunswickHighSchool NorthWilkesHighSchool atoryAcademy Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS SoutheastGuilfordHighSchool

School BallantyneRidgeHighSchool John T. Hoggard High School South Granville High School North Gaston High School SouthernGuilfordHighSchool NorthHendersonHighSchool Fuguay-VarinaHighSchool CarolinaInternationalSchool Robert L. Patton High School RaleighCharterHighSchool RichardJ.ReynoldsHighSchool HighlandSchoolofTechnology ChathamCentralHighSchool Achool KingsMountainHighSchool JohnM.MoreheadHighSchool Zames B. Du Mou High School Eastern Alamance High School Eastern Eas

THANK YOU

GOOD LUCK

QUESTIONS



Herita

David

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Davidson WalterM.WilliamsHighSchool HughM.CummingsHighSchool NorthJohnstonHighSchool SoutheastGuilfordHighSchool Newton-ConoverHighSchool ApexFriendshipHighSchool Smithfield-SelmaHighS