

2025 NCHSAA INDOOR TRACK AND FIELD STATE CHAMPIONSHIP INFORMATION MEETING



QUE TUCKER, COMMISSIONER

RHONDA DREIBELBIS, ASSISTANT COMMISSIONER



Mission and Vision

Mission

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

Vision

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



Special Recognition

- Craig Longhurst and JDL
- Rodney King – Meet Director
- Pam Bolton – Meet Referee
- Ali Bahr – Field Referee
- NCHSAA Corporate Sponsors
- Mount Tabor High School (Host School)



Expectations of Member Schools

- Be proud that you are competing in the state championship
- 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
- No removing of uniform in any manner at any time
- Follow JDL Rules and Policies
- Competitors not engaging in taunting, profanity, throwing the baton, refusing to listen to meet officials
- Electronics (ear buds, phones, headphones) only in team camps



Dates and Location

- February 14 - 15
- JDL Fastrack (Winston-Salem)
- Schedule:
 - Friday: February 14 (1A/2A)
 - Saturday: February 15 (3A and 4A)



Spectator Information

- 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
- 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.
- 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.
- **Non-participating athletes will need to pay**



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

JDL FAST TRACK PARKING



Parking Maps

- Parking for teams and fans is limited to the areas indicated in **BLUE**
- Parking in the **RED** areas could result in vehicles being towed



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 **on the bus or in a car**
- **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



Items in Team Packet

- Souvenir Bag Tags for participating athletes
- Participation Certificates
- Relay Cards
- Wristbands for athletes and coaches
- Coaches' wristbands will be per team and based on competing athletes as follows:
 - 1- 5 Athletes 2 Wristband
 - 6-10 Athletes 3 Wristbands
 - 11 or more 4 Wristbands



Team Information

- 1A/2A Championships (Friday)
 - The facility opens at 2:30 p.m. on Friday
- 3A Championships (Saturday A.M.)
 - Facility opens at 7:30 a.m. for participating teams
 - Facility opens at 8:00 a.m. for fans
 - Meet starts at 9:00 a.m.
- 4A Championships (Saturday P.M.)
 - Teams will be able to enter the facility at 2:30 P.M.
 - Reminder: All 3A teams and fans will need to exit through the doors behind the bleachers to allow 4A fans to gain entrance
 - Participating athletes should enter through team entrance only doors



Team Information

- Restrooms for the athletes will be upstairs and are clearly marked
- Restrooms on the main level are for fans only
- Trash should be put in trash cans
- Athletic Trainers will be on-site
- Poles must be brought in through the team entrance
- Indoor shot-puts brought in will need to be weighed and certified at shot-put area
- Shot-puts will be available if needed



Team Information

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



Scratch Information

- Indoor does not have a scratch meeting
- *Indoor Scratch Meet Forms* will be with Pam Bolton at 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, **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



Scratch Time Reminders

- 1A/2A: Due by 3:15 p.m.
- 3A: Due by 8:15 a.m.
- 4A: Due by 3:15 p.m.



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



NFHS Uniform Reminders

- 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



NFHS Uniform Reminders

- Uniforms are to be worn as intended by manufacturer
- 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
- 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
- Penalty for uniform violation:
 - 1st violation: Warning
 - 2nd violation: Disqualification from the event



Assistance to Athletes

- It is an unfair act when a competitor receives assistance
- Athletes are not allowed to have cell phones in the competition area
- 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
- Competitors are not allowed to grasp hands during a race



Pole Vault Coach Reminder

- Only pole vault coaches listed on the NCHSAA Pole Vault Coach form will receive a pole vault coaching box pass
- Coaches are only allowed to coach the student(s) for the school in which they are listed



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.



10 Minute Check-In/Check-Out

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



Starting Heights

1A/2A

	<u>Women</u>	<u>Men</u>
High Jump	4' 8"	5' 6"
Pole Vault	7' 0"	10' 0"

3A

	<u>Women</u>	<u>Men</u>
High Jump	4' 10"	5' 10"
Pole Vault	8' 6"	11' 0"

4A

	<u>Women</u>	<u>Men</u>
High Jump	4' 10"	5' 10"
Pole Vault	9' 6"	12' 0"



Warm-Up Time

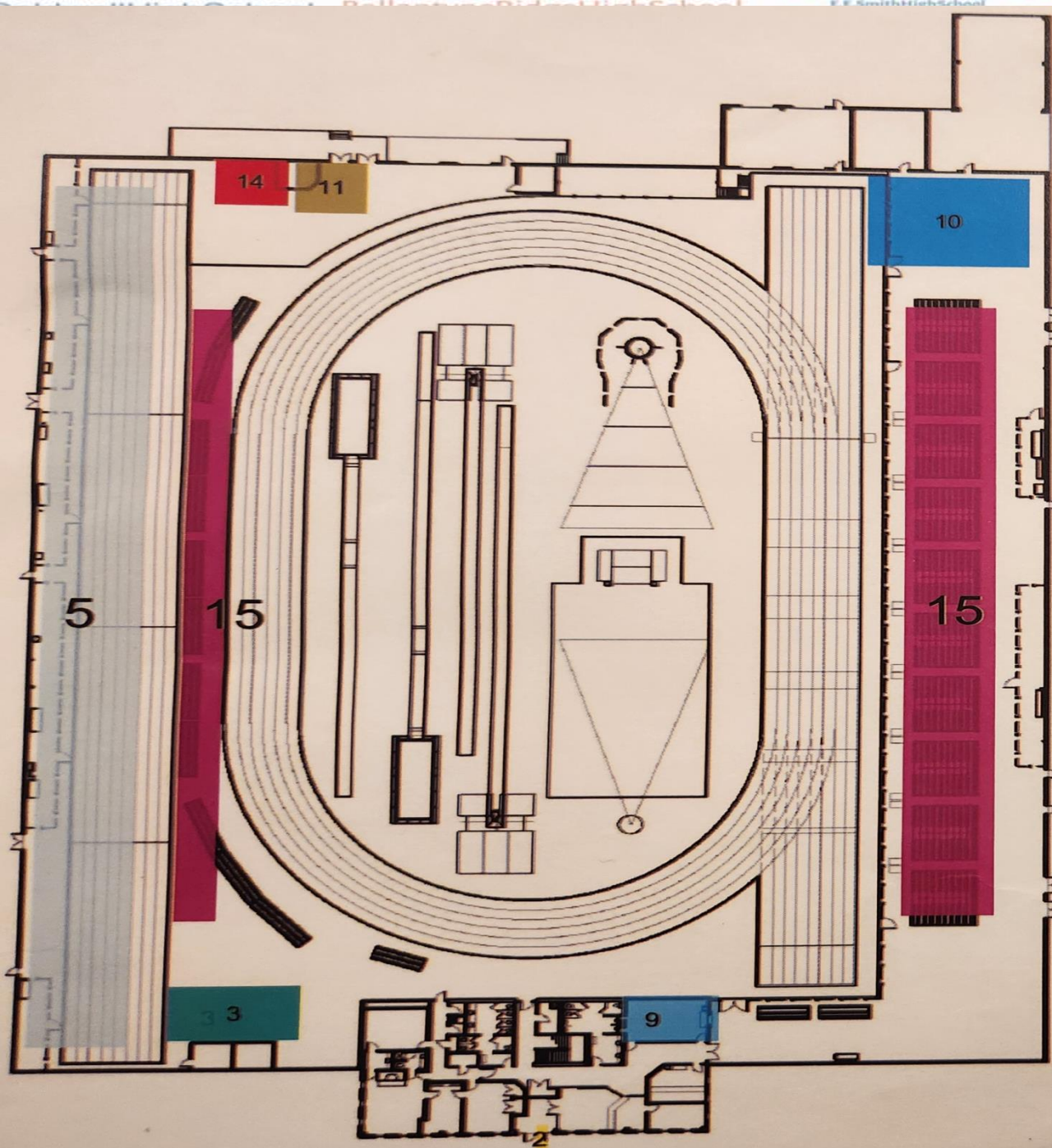
- **1 Flight:** 30 minutes; 10 minutes for Finals
- **2 or 3 Flights:** 15 minutes Open; 15 per Flight; 10 minutes for Finals
- **High Jump:** 30 minutes
- **Pole Vault:** 45 minutes



Awards

- The awards will be given at the conclusion of each event in the area behind the bleachers as it was last year
- Any medals (1st – 4th) will NOT be mailed to schools if they are not picked up at the event
- 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*
 - *Has embraced the core values of sportsmanship*
 - *Should know who this athlete is today*

JDL
FAST TRACK
 Indoor Track & Field



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



Contact Information

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THANK YOU
GOOD LUCK
QUESTIONS

