



## 2025 NCHSAA Indoor Track and Field Championships Team and Fan Information

Welcome to the NCHSAA Indoor State Championships at JDL Indoor Fast Track. It is our hope that your team has a wonderful experience and truly enjoys the experience of competing for a state championship. To help ensure we have a well-run meet conducted professionally, please make sure to review the following information with your coaches, student-athletes, and fans PRIOR to arriving at the event.

1. There is no charge for parking for buses and/or patrons.
2. **Park the Team buses in the back of the lot...** please note this and respect the spaces for parents and fans. Additional parking is available in other areas.
3. **Upon Team arrival:**
  1. Park your bus in the designated area.
  2. Have a coach come inside to pick up the team packet.
  3. Please exit and take the wristbands to your athletes.
  4. Please DO NOT have your athletes line up outside the door to get wristbands. They should have wristbands on getting off the bus or car.
  5. All athletes and coaches must be wearing a wristband to enter the facility. Wristbands should be visible.
  6. Make sure wristbands are on securely so they do not come off the participant's wrists.
4. The athlete and team entrances are at the **back/rear doors** of JDL Fast Track. The Team Entrance area is clearly marked at the facility.
5. **Admission is \$10.00 (plus service fee) for ages 6 and over.**
6. **Tickets can be purchased through GoFan before the event or via credit/debit card at the door.**
7. The public entrance is at the front of the building and is marked.
8. Public admission tickets will NOT be allowed at the team entrance.
9. The 1A/2A Meet starts at 4:00 on Friday. The teams and fans will start entering the complex at 2:30 p.m.
10. On Saturday, the 3A meet will begin at 9:00 a.m. Teams will enter at 7:30 a.m.
11. Fans will enter at 8:00 a.m. on Saturday.
12. On Saturday, the 4A teams can enter the facility at 2:30 p.m.
13. **To prevent congestion at the main entrance, we request ALL 3A fans and teams exit through the doors behind the bleachers adjacent to the food court. There will be signs posted. Use these exits only from 2:30 to 3:30 on Saturday so that we can allow the 3A fans to enter.**
14. Restrooms for student-athletes are upstairs, and access is clearly marked.
15. The restrooms on the main level are for the fans. Please observe the signs that are posted.
16. No water bottles, Gatorade, PowerAde, personal bottles etc., are allowed in the Clerking Area or on the Warm-up track.
17. Athletic Trainers will be on site.
18. Indoor shots brought by athletes must be weighed and certified at the shot-put area prior to competition beginning. All implements will be impounded until the conclusion of the event.

There will be indoor shots available for those athletes who shot-put does not pass weight and certification.

19. Certified scales for the Pole Vault are located in the Pole Vault area.
20. All officials should check in at the “Official’s Check-in” table upon their arrival. The table is located next to Meet Management, adjacent to the Clerk’s booth.
21. If your athletes use the streets for warm-ups or cool-downs, they should run **AGAINST** the traffic without headphones. We are located in an industrial complex. Safety comes first!
22. Vault poles cannot be brought in through the spectator entrance. Use the team entrance only.
23. Coaching Notes:
  1. Bring confirmations of the athlete’s entry from Mile Split in case we have a question...if there is a question and no confirmations sheet, no participation will occur. Be proactive and take the necessary steps to protect the interests of your athletes.
  2. Please make sure to stress to your athletes to put their trash and bottles in the trash containers.
  3. **Hip Numbers Should be placed in the trash cans. Not on the walls, floor, benches, bleachers, bathroom stalls, etc. Any athlete found committing these offenses and defacing JDL Fast Track will be reported to the NCHSAA.**
24. Spikes should be either “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.
25. All athletes are to be in proper uniform per the sanctioning body and rules: National Federation (NFHS) and NCHSAA.

**26. COACHES’ SCRATCH MEETING and SCRATCH PROCEDURE: There Is No Scratch Meeting. Instead, there is an NCHSAA Indoor State Meet Scratch Form in your packet. (Additional forms are in Meet Management). All scratches must be written on this form and submitted to Pam Bolton, Running Referee, by the designated times. Pam will be located in Meet Management adjacent to the Clerk’s booth. No scratches will be accepted after the deadline. Note: If an athlete is not scratched and fails to check in for an event, **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 then be notified.**

1A/2A State Meet: All Scratches are Due 3:15 pm. No Scratches are allowed after 3:15 pm.

3A State Meet: All Scratches are Due By 8:15 am. No Scratches are allowed after 8:15 am.

4A State Meet: All Scratches are Due By 3:15 pm. No Scratches are allowed after 3:15 pm.

**27. All re-seeds/heat sheets and results will be posted on the wall beside the Clerking booth. PLEASE DO NOT remove these sheets.**

**28. Please remember the following NFHS rules as it pertains to uniforms:**

1. Uniforms shall be worn as intended by manufacturers.
2. Uniforms shall be school-issued or school-approved.
3. Competitors shall wear a school-issued or school-approved TRACK top and bottom or one-piece uniform.
4. Tops can’t be knotted or have knot-like intrusions.
5. Bare midriffs are not permitted. The top must hang below or be tucked into the waistband of the uniform when the competitor is standing.

6. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

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 cause to be notified the head coach of the offending school of the competitor's violation and warning.

- Penalty for violation of the uniform rule:
  - **1<sup>st</sup> Violation: Warning**
  - **2<sup>nd</sup> Violation: Disqualified from the event**

29. 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.
30. All athletes must always have their complete uniform while in the facility. Failure to comply with this rule will result in, first, a warning, and second disqualification from an event or possibly the entire meet.
31. It is an unfair act when a competitor receives any assistance. Assistance includes but not limited to:
  1. *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.)*
  2. *Pacing by a teammate not in the race or persons participating in the event.*
  3. *Competitors joining or grasping hands during a race.*
  4. *Coaching a competitor from a restricted area*
  5. *Competitors using an aid during the race or trial*
32. All Pole Vault participants will be weighed and have poles verified before the competition.
33. **Only those Pole Vault coaches who are listed on the NCHSAA Pole Vault coach form will receive a pass. Coaches will only be allowed to coach the student from the school in which they are listed as the coach.**
34. **The 10-minute check-in /check-out rule will be in effect.** 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. 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.)**
35. 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 field event.

36. All protests should be filed with the Referee on the "Protest/Appeal Form." Protest forms will be located at the Meet Management table.
37. **Awards:** Coaches should have their athletes who finish in the "Top 4" available to pick up their medals based on the awards schedule. Individual awards will be given in the area to the left of the bleachers.
38. Team Awards and Sportsmanship Awards will be given in front of the bleachers

**39. Starting Heights for 1A/2A Indoor State Meet**

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

**Starting Heights for 3A Indoor State Meet**

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

**Starting Heights for 4A Indoor State Meet**

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

**40. Warm-up Times for Field Events:**

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

**41. Coaches 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.**

42. 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.