

The background features a large, light gray watermark of the NACAA logo, which includes a shield with a map of the United States and the text "NACAA".

2026
INDOOR TRACK AND FIELD
CHAMPIONSHIP
MEETING

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MISSION AND VISION OF NCHSAA

- Mission

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

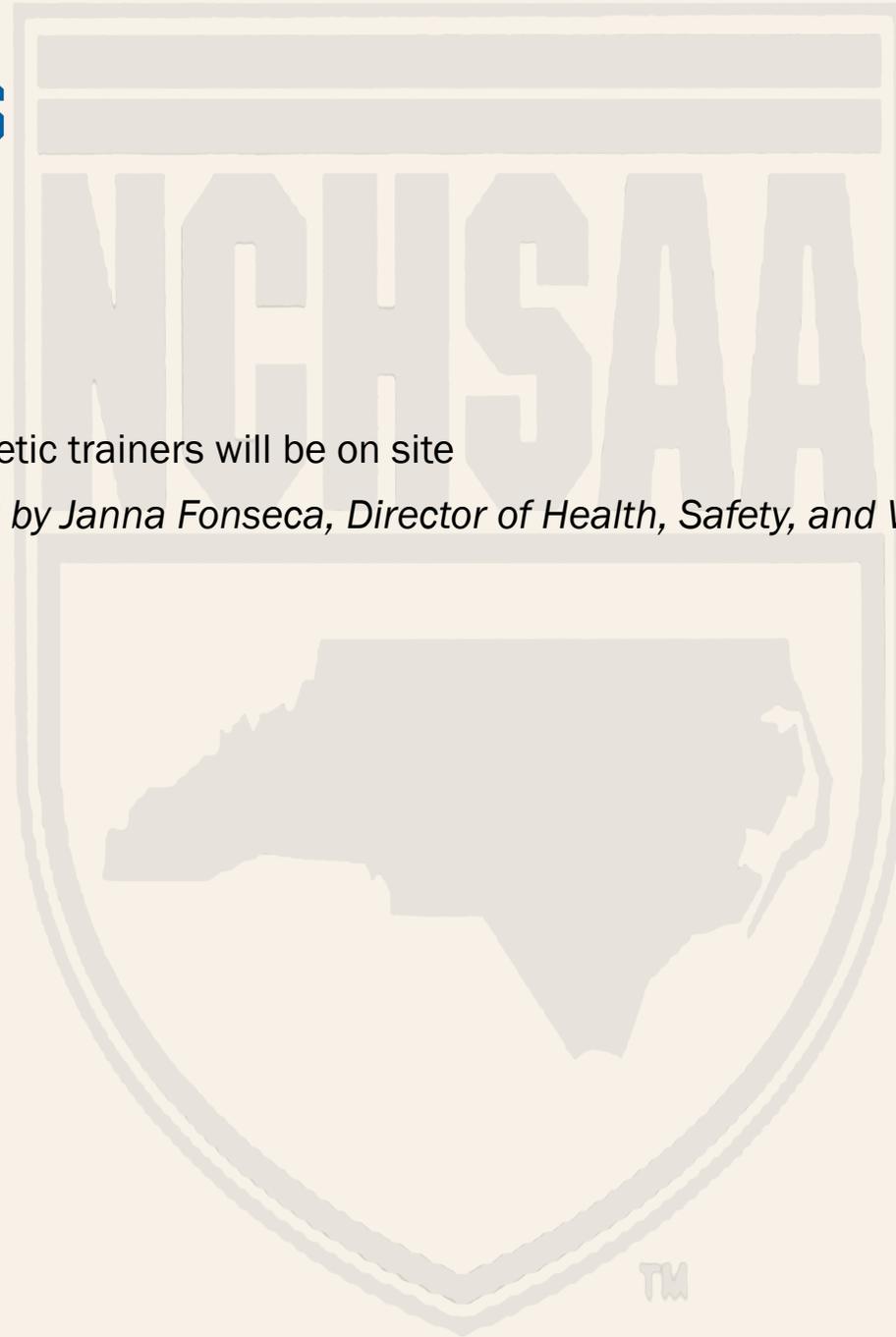
- Vision

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



TRAINERS

- Certified athletic trainers will be on site
 - Secured by *Janna Fonseca, Director of Health, Safety, and Wellness*



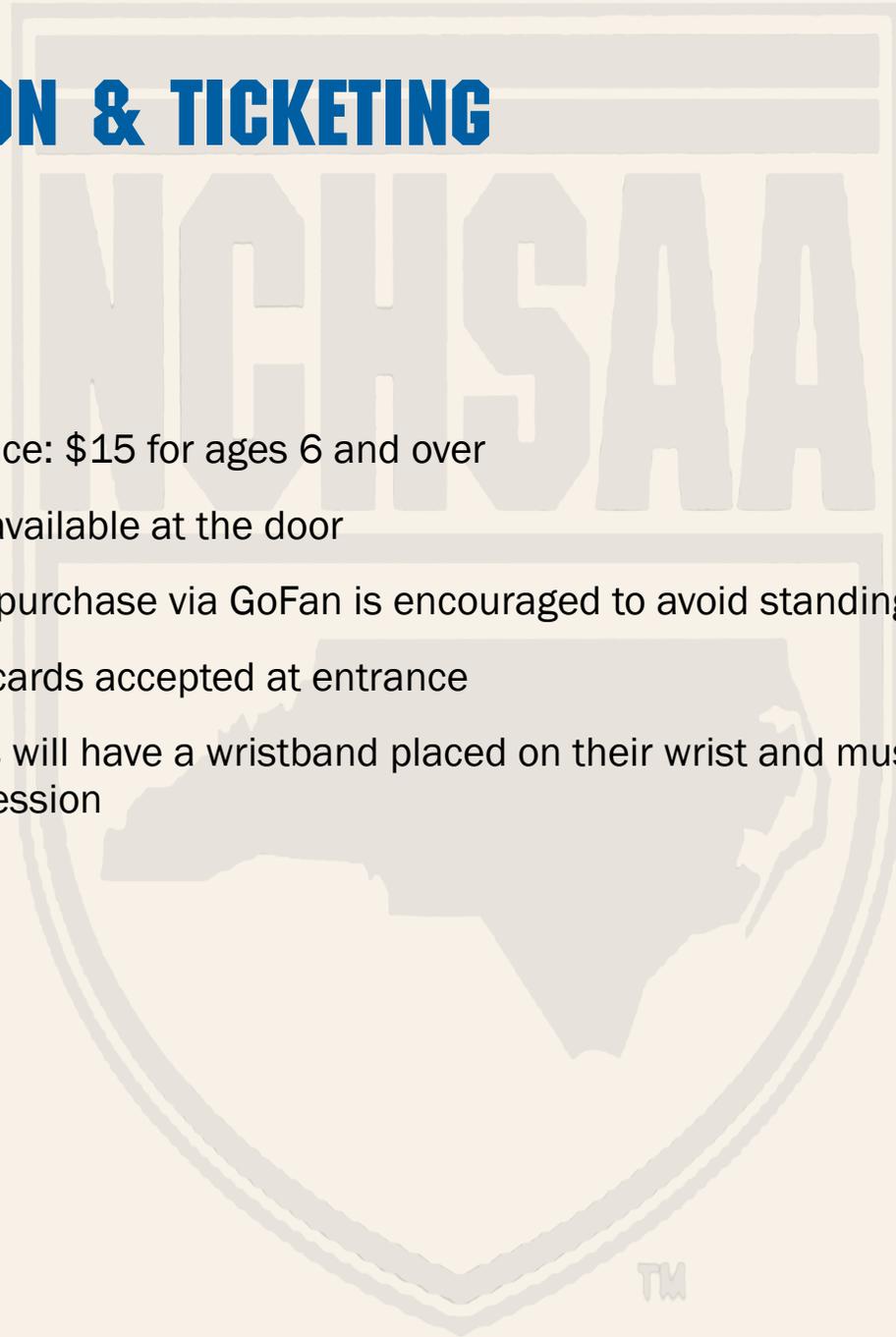
WORKING PARTNERS FOR CHAMPIONSHIPS

- Craig Longhurst/JDL
- Rodney King/North Stokes High School
- Announcers: Al Royster and Greg Hinson
- Referees: Pam Bolton and Ali Bahr



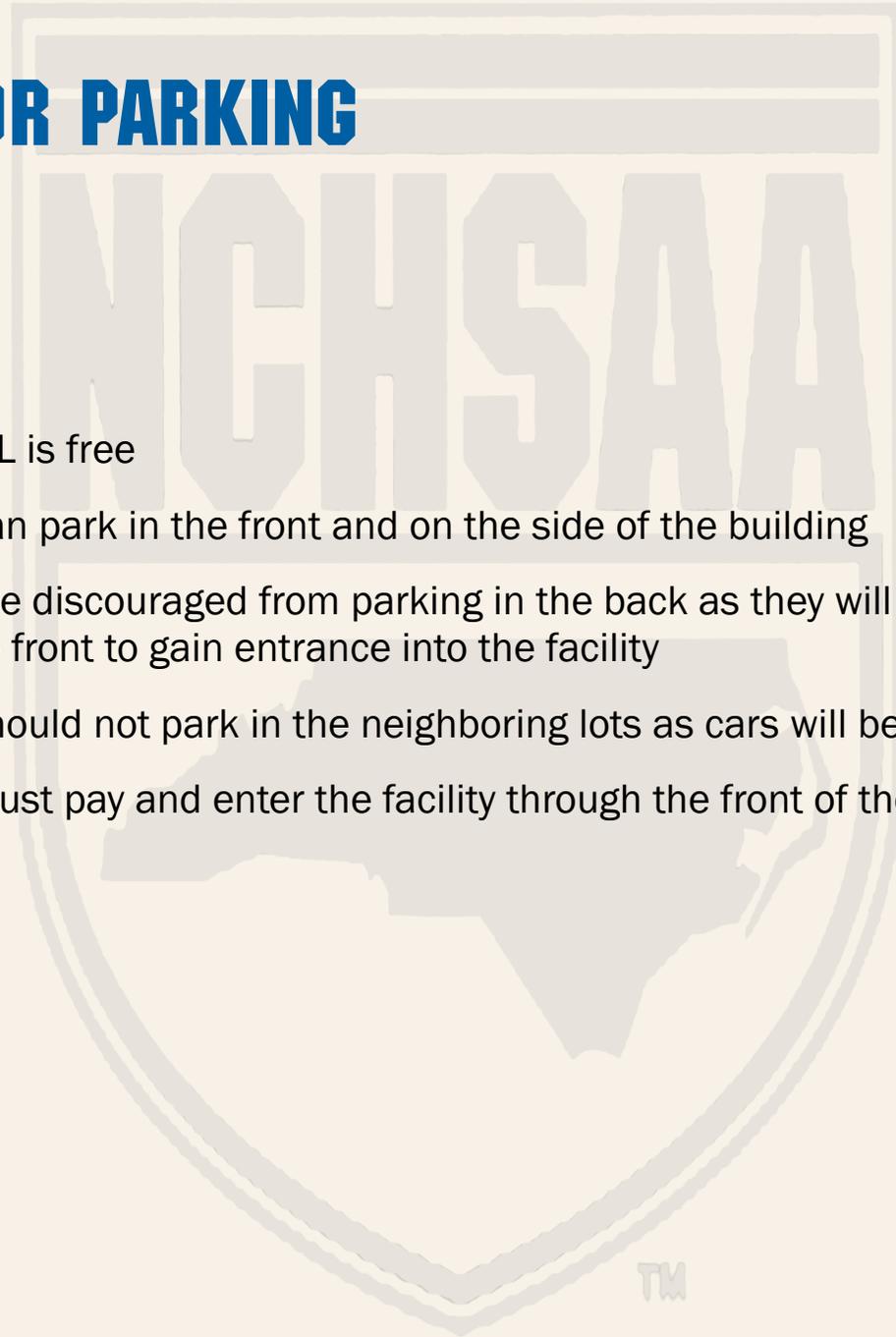
ADMISSION & TICKETING

- Admission price: \$15 for ages 6 and over
- Cash option available at the door
- Online ticket purchase via GoFan is encouraged to avoid standing in line
- Credit/debit cards accepted at entrance
- All spectators will have a wristband placed on their wrist and must keep it on for their entire session



SPECTATOR PARKING

- Parking at JDL is free
- Spectators can park in the front and on the side of the building
- Spectators are discouraged from parking in the back as they will have to walk around to the front to gain entrance into the facility
- Spectators should not park in the neighboring lots as cars will be towed
- Spectators must pay and enter the facility through the front of the building



PARKING

Do not park in neighboring lots highlighted in Red

You will be towed!!

JDL FAST TRACK PARKING



Parking at JDL Fast Track is limited to the **BLUE** lots highlighted on the map. This includes JDL property and some neighbors. There is also some street parking available.

Spectators may park in the rear of the facility and come in the rear entrance to purchase spectator wristbands at packet pickup.

PLEASE DO NOT PARK IN THE NEIGHBORING LOTS HIGHLIGHTED IN RED. Those parking lots are private property and many of those businesses have operations during track meets and need to keep their lots clear.

YOU RISK BEING TOWED IF YOU PARK IN THESE PROHIBITED LOTS!

SPECTATOR & COACH ENTRY

- Public entrance is located at the front of the building
- Team entrance is NOT for spectators
- Coaches using coach cards must enter through front entrance
 - *COACHES WILL NOT BE ALLOWED THOROUGH BACK ENTRANCE AND WILL NOT BE WALKED TO THE FRONT*
- Spectators parking in back must walk to front entrance

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CHAMPIONSHIP SCHEDULE

- Wednesday, February 11th
 - *1A/2A Morning Session*
 - *3A Afternoon Session*

- Thursday, February 12th
 - *6A Morning Session*
 - *4A Afternoon Session*

- Wednesday, February 18th
 - *7A Morning Session*
 - *5A Afternoon Session*

- Thursday, February 19th
 - *8A Morning Session*



CHAMPIONSHIP SCHEDULE DEADLINES

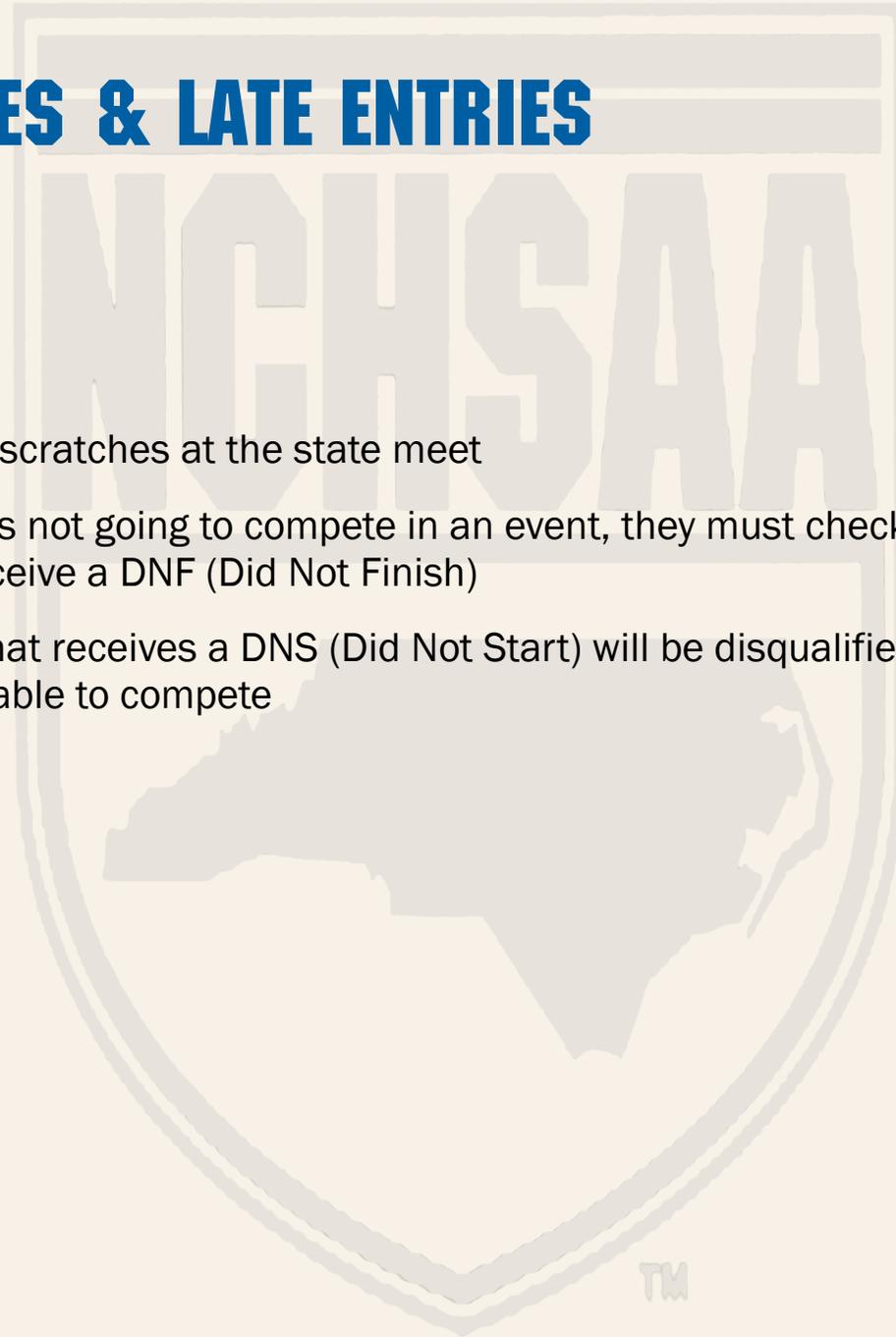
- Reporting Deadline
 - *Saturday, February 7 @ 9:00 p.m.*
 - Coaches are responsible for reporting in MileSplit

- Late Entry and Scratch Deadlines
 - *Monday, February 9th @ 10:00 a.m.*
 - Late Entry reason must be noted on the Late Entry Form

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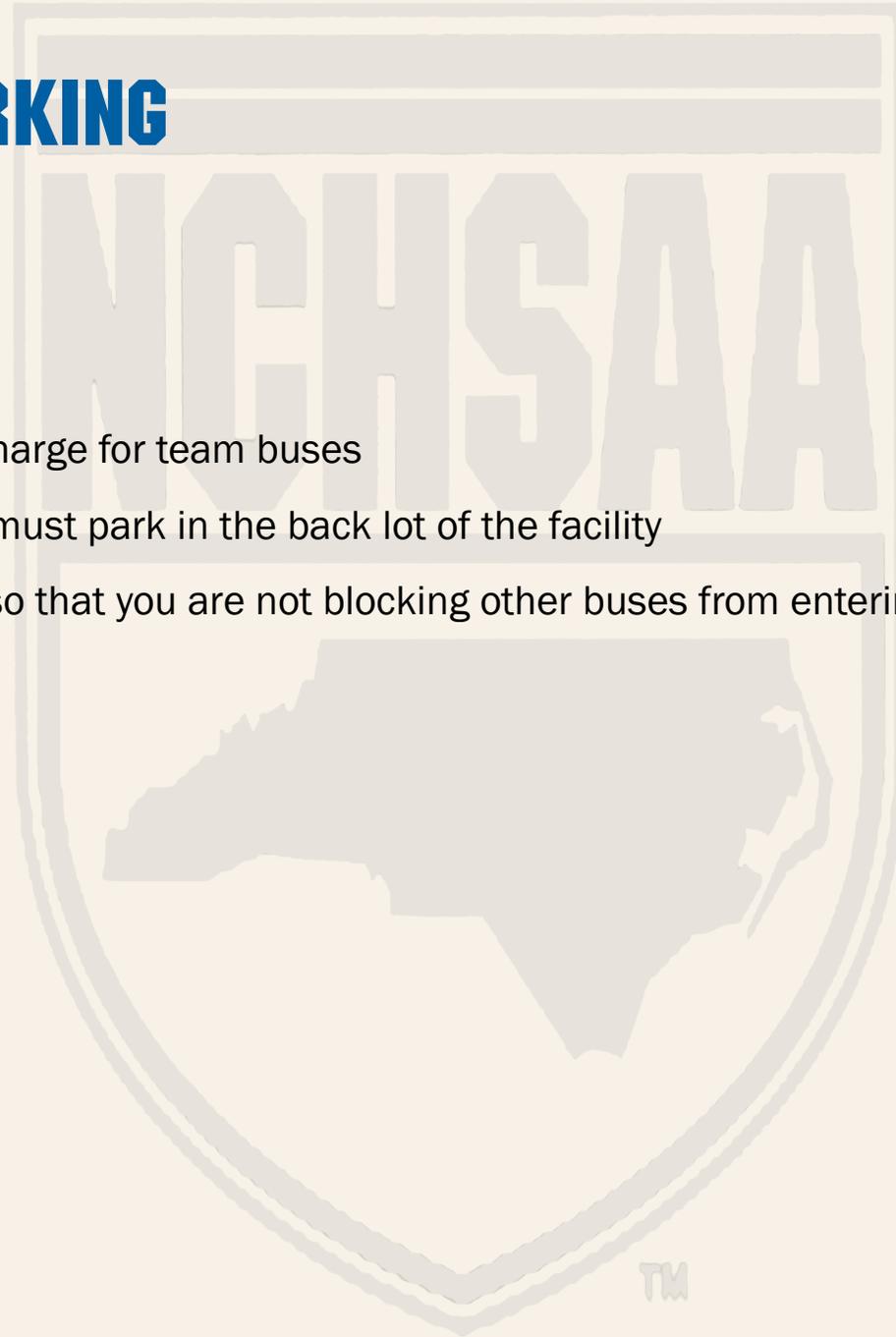
SCRATCHES & LATE ENTRIES

- There are no scratches at the state meet
- If an athlete is not going to compete in an event, they must check-in and start the event and receive a DNF (Did Not Finish)
- Any athlete that receives a DNS (Did Not Start) will be disqualified for the rest of the meet and unable to compete



TEAM PARKING

- No parking charge for team buses
- Team buses must park in the back lot of the facility
- Please park so that you are not blocking other buses from entering, parking, or exiting

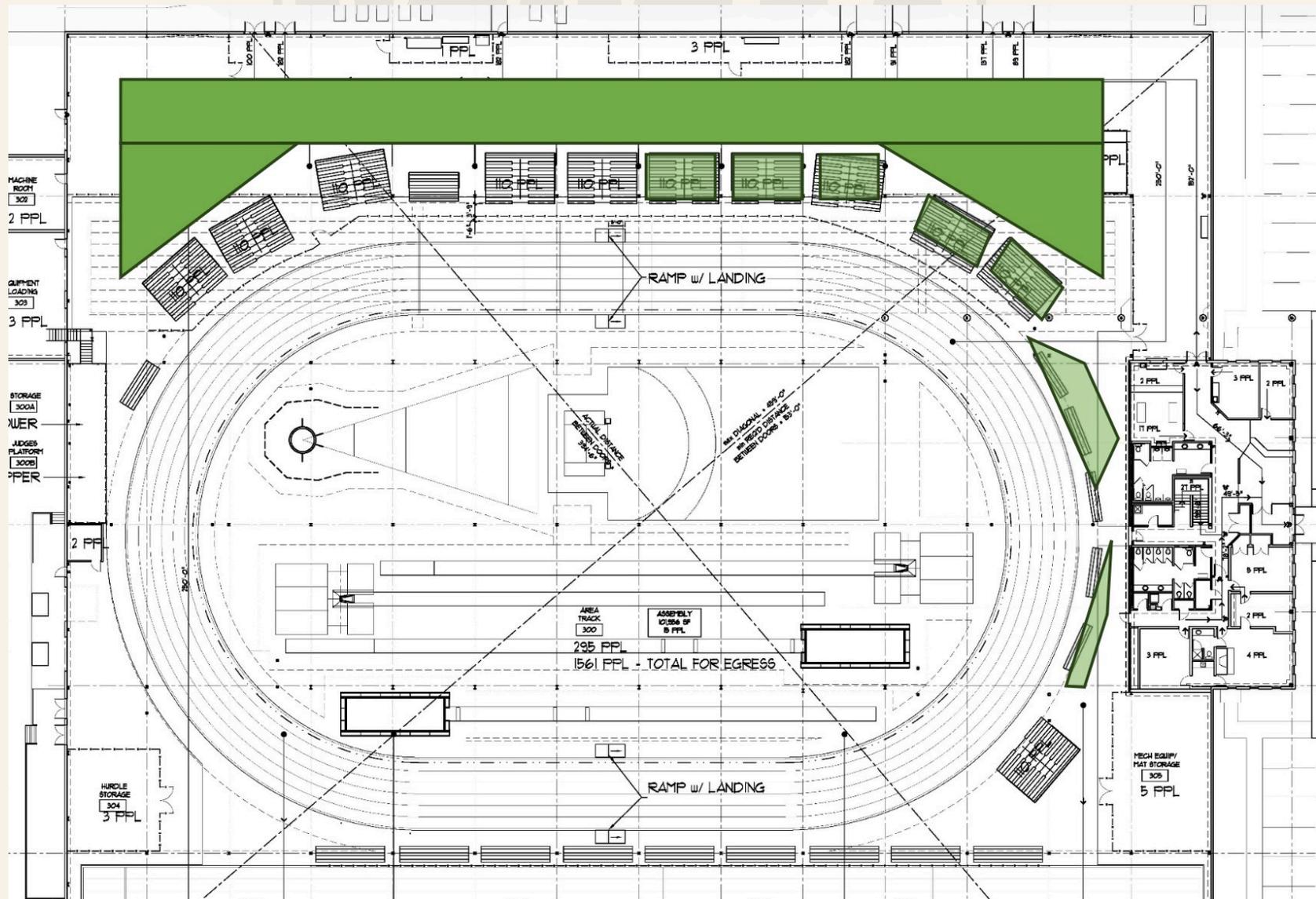


TEAM ARRIVAL & WRISTBANDS

- All teams must enter through rear/team entrance
- Coach enters facility to collect team packet
- Coaches distribute wristbands to athletes on the bus
- Athletes must have wristbands before entering
- Wristbands must be always worn and visible
- Athletes must not line up outside the doors
- Wristbands must be secure and not removable
- No wristband = no entry into facility
- Coaches are responsible for compliance

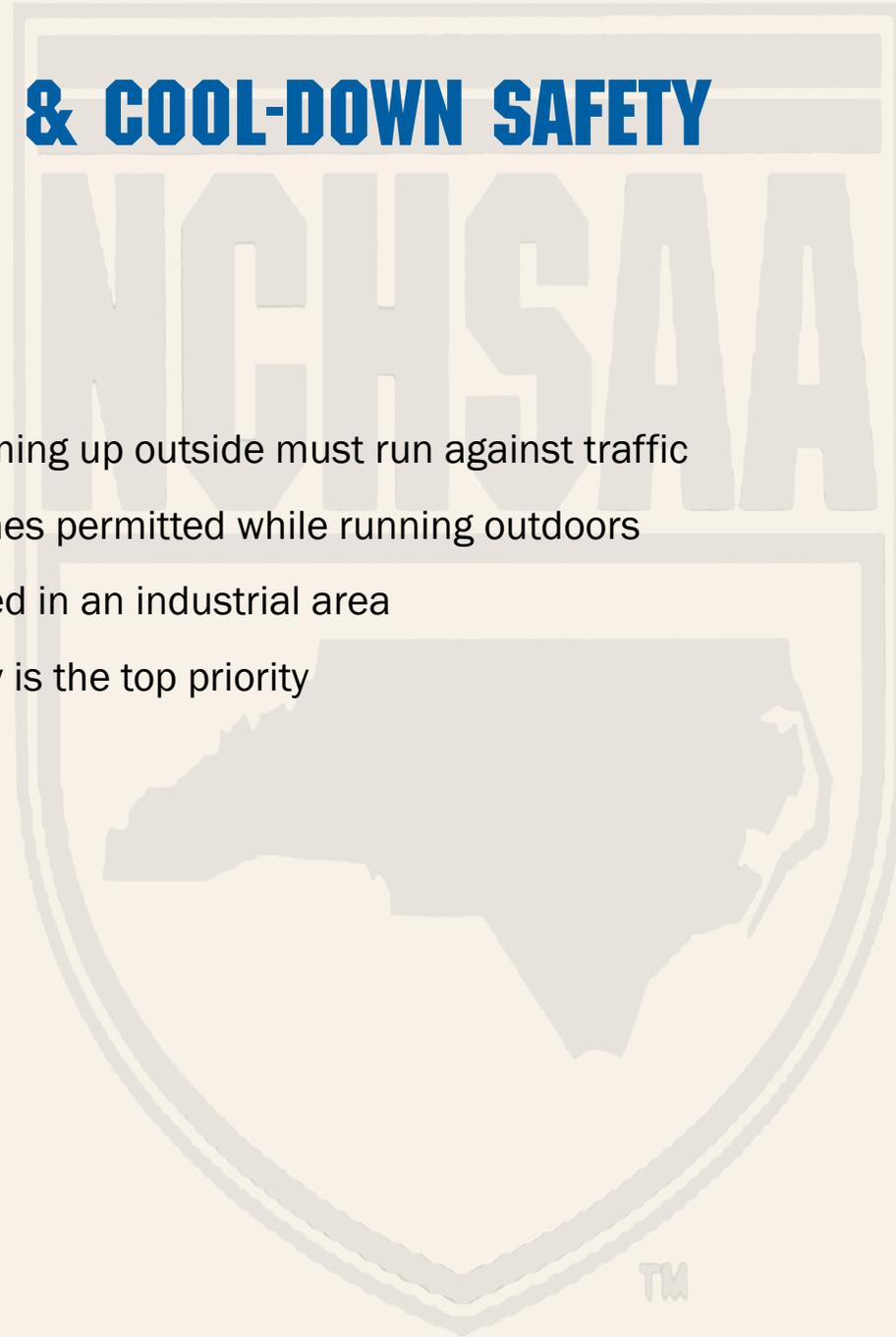
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JDL TEAM CAMP AREAS



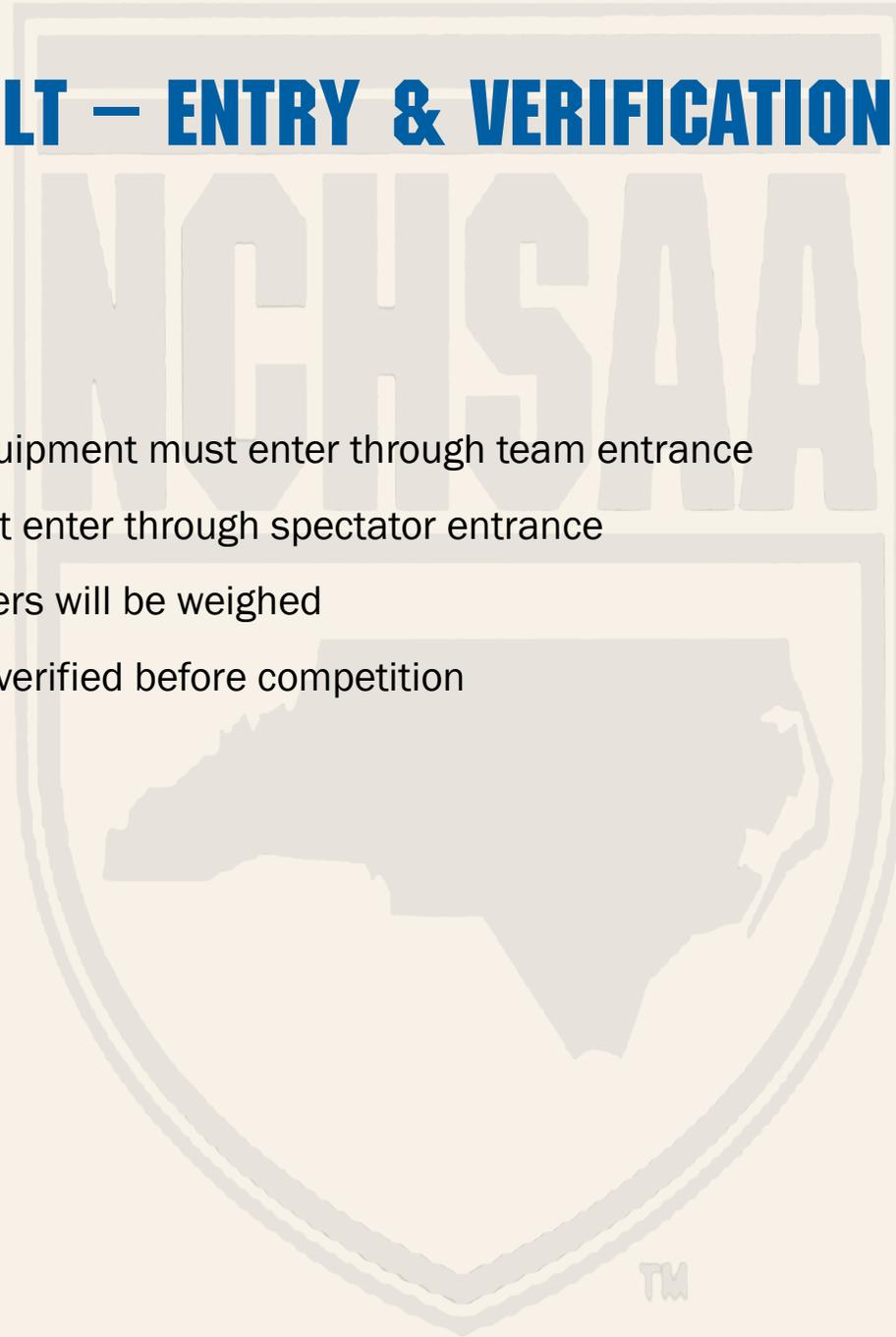
WARM-UP & COOL-DOWN SAFETY

- Athletes warming up outside must run against traffic
- No headphones permitted while running outdoors
- Facility located in an industrial area
- Athlete safety is the top priority



POLE VAULT – ENTRY & VERIFICATION

- Pole vault equipment must enter through team entrance
- Poles may not enter through spectator entrance
- All pole vaulters will be weighed
- Poles will be verified before competition



SHOT PUT & POLE VAULT

- Shot puts are not provided by the meet
- Teams must supply implements
- All implements inspected, weighed, and impounded prior to beginning of meet
- Inspection located near shot put cage
- Poles vaulters will be weighed and poles verified at the pole vault
- Pole Vault weigh will take place at the pole vault

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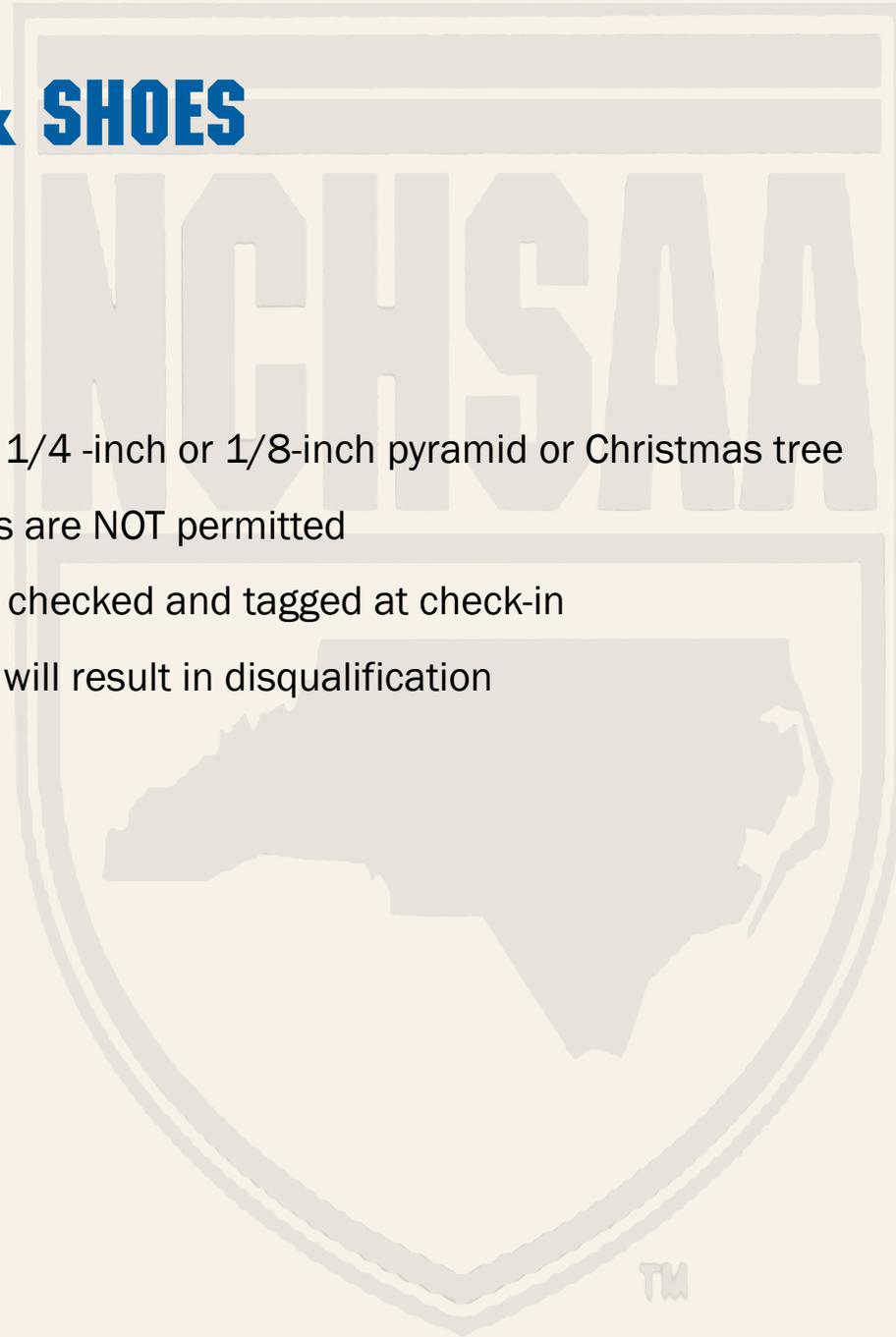
POLE VAULT – COACHES

- Only NCHSAA-approved pole vault coaches allowed
- Coach must be listed on official Pole Vault Coach Form
- Only one coach per school permitted
- Coaches may only coach athletes from their school
- Only pole vault coaching box is permitted
- One approved pole vault coach per school
- Coach must appear on master eligibility sheet
- Improper coaching will result in removal

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SPIKES & SHOES

- Legal spikes: 1/4 -inch or 1/8-inch pyramid or Christmas tree
- Needle spikes are NOT permitted
- Shoes will be checked and tagged at check-in
- Illegal spikes will result in disqualification



HIP NUMBERS

- Hip numbers must be disposed of in trash cans
- Do NOT place numbers on walls, floors, benches, or restrooms
- Facility damage will be reported to NCHSAA
- Violations may result in penalties



UNIFORM REQUIREMENTS

- Uniforms must follow NFHS and NCHSAA rules
- Uniforms must be school-issued or school-approved
- Tops and bottoms must be worn as designed
- Uniform must have official school name or mascot
 - *The intent of a nickname is to refer to a shortened version of the schools' name or official mascot, such as "Jags" for "Jaguars" or "Cards" for "Cardinals". It is NOT intended to encompass local or community slang such as using the word "The", directional references, street names, or anything that is not the official name of the school or official mascot.*

UNIFORM VIOLATIONS

- No knotted or altered tops
- Bare midriffs are not allowed
- Top must cover waistband when standing
- Uniform must always be worn in facility



COMMUNICATION & ASSISTANCE

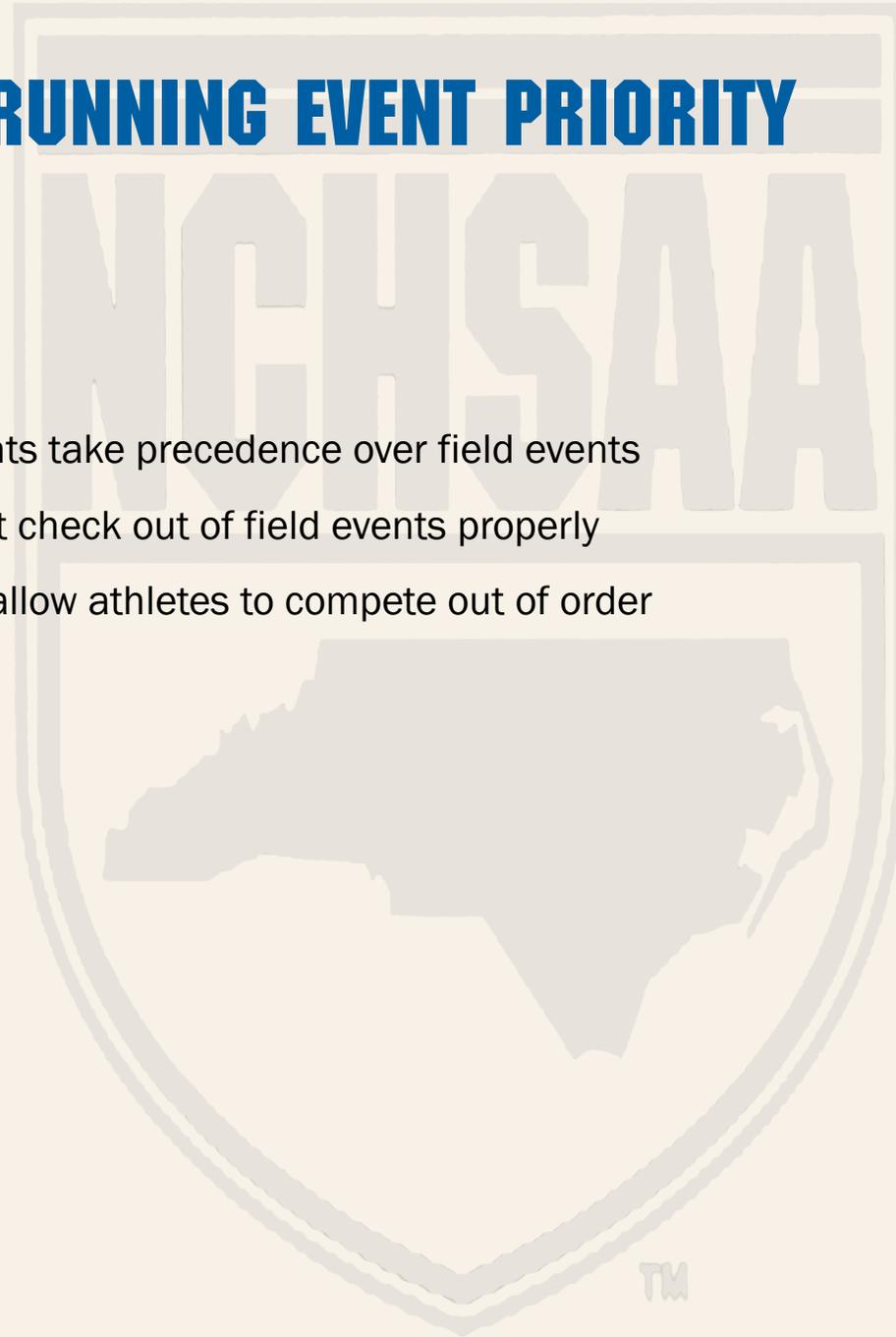
- It is an unfair act when a competitor receives any assistance. Assistance includes but not limited to:
 - *Communicating with a competitor through the use of a wireless device.*
 - *Athletes will not be allowed to have cell phones in the competitive area, notably field events.*
 - *Pacing by a teammate not in the race or persons participating in the event.*
 - *Competitors joining or grasping hands during a race.*
 - *Coaching a competitor from a restricted area*
 - *Competitors using an aid during the race or trial*

CHECK-IN PROCEDURES

- Field events will check in at their event
- Running events must check in at clerking by the first call
- Unless an athlete is still competing in a field event, they must stay in clerking area after reporting
- It is the responsibility of the athletes to check themselves in
- The 15-minute check-in/check-out rule will be in effect for field events
 - *5 minutes prior to the event*
 - *10 minutes following the conclusion of the heat*

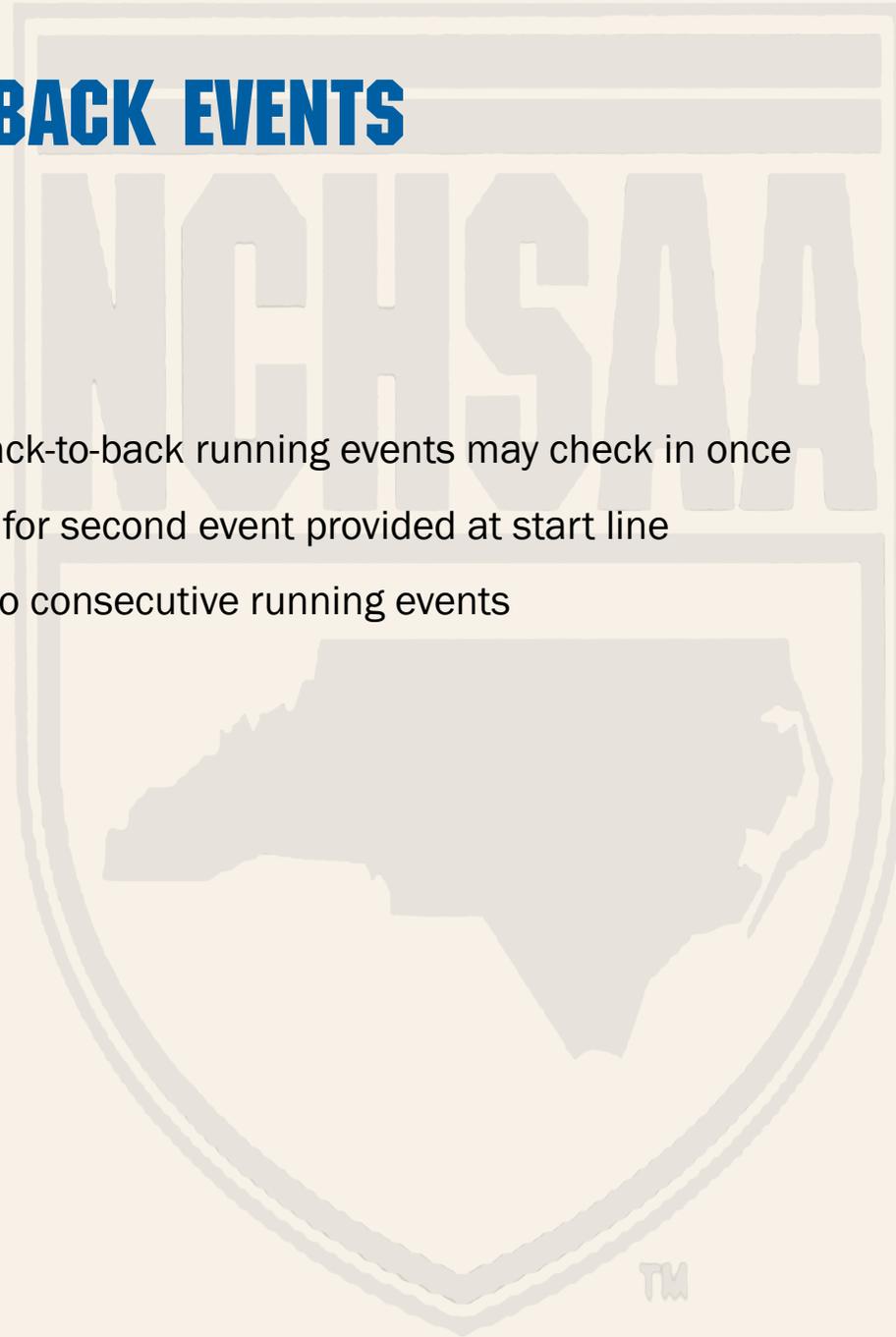
FIELD & RUNNING EVENT PRIORITY

- Running events take precedence over field events
- Athletes must check out of field events properly
- Officials will allow athletes to compete out of order



BACK-TO-BACK EVENTS

- Athletes in back-to-back running events may check in once
- Hip numbers for second event provided at start line
- Applies only to consecutive running events



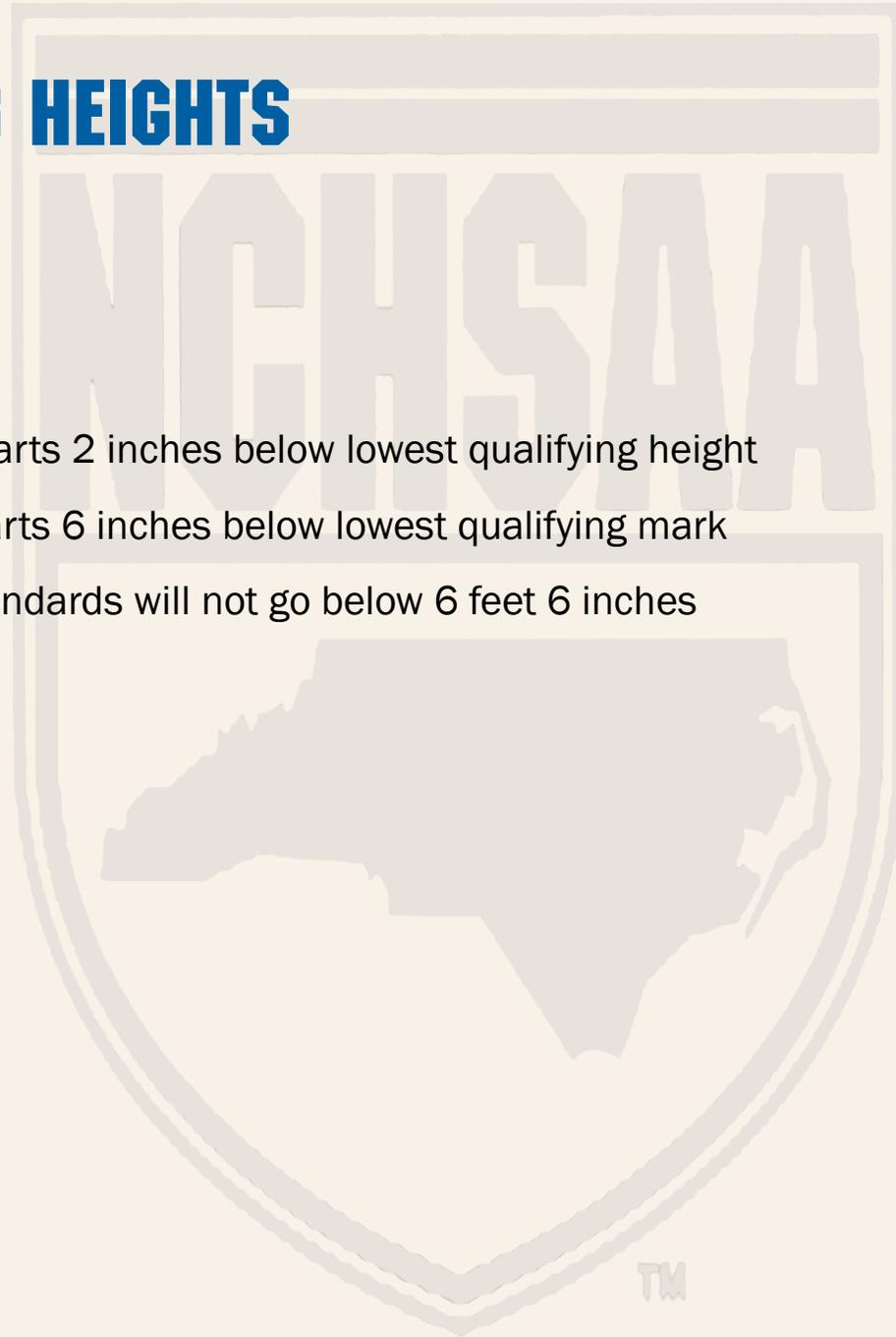
SEMI-FINALS & FINALS

- 55m dash and 55m hurdles have semifinals and finals
- Top 2 in each heat plus next 4 fastest advance
- All other running events are timed finals



STARTING HEIGHTS

- High Jump starts 2 inches below lowest qualifying height
- Pole Vault starts 6 inches below lowest qualifying mark
- Pole vault standards will not go below 6 feet 6 inches



PROTESTS

- All protests filed with the Meet Referee
- Use official Protest/Appeal Form
- Forms available at Meet Management table



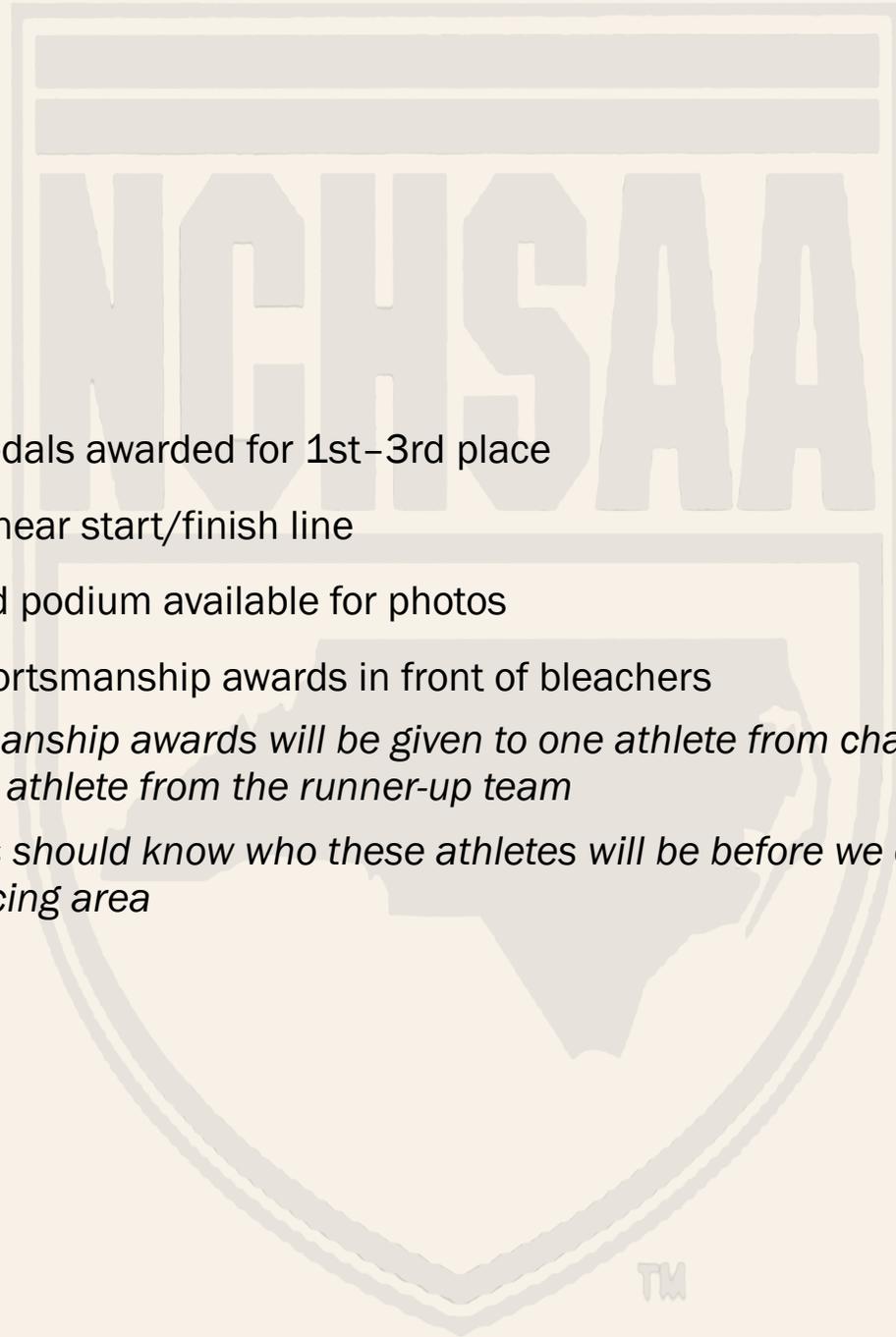
PARENTS & COACHES RESTRICTIONS

- Parents and coaches not allowed on infield
- Parents and coaches not allowed in clerking area
- Access restricted to athletes and officials only



AWARDS

- Individual medals awarded for 1st–3rd place
- Awards area near start/finish line
- Backdrop and podium available for photos
- Team and sportsmanship awards in front of bleachers
 - *Sportsmanship awards will be given to one athlete from championship team and one athlete from the runner-up team*
 - *Coaches should know who these athletes will be before we call you to the announcing area*



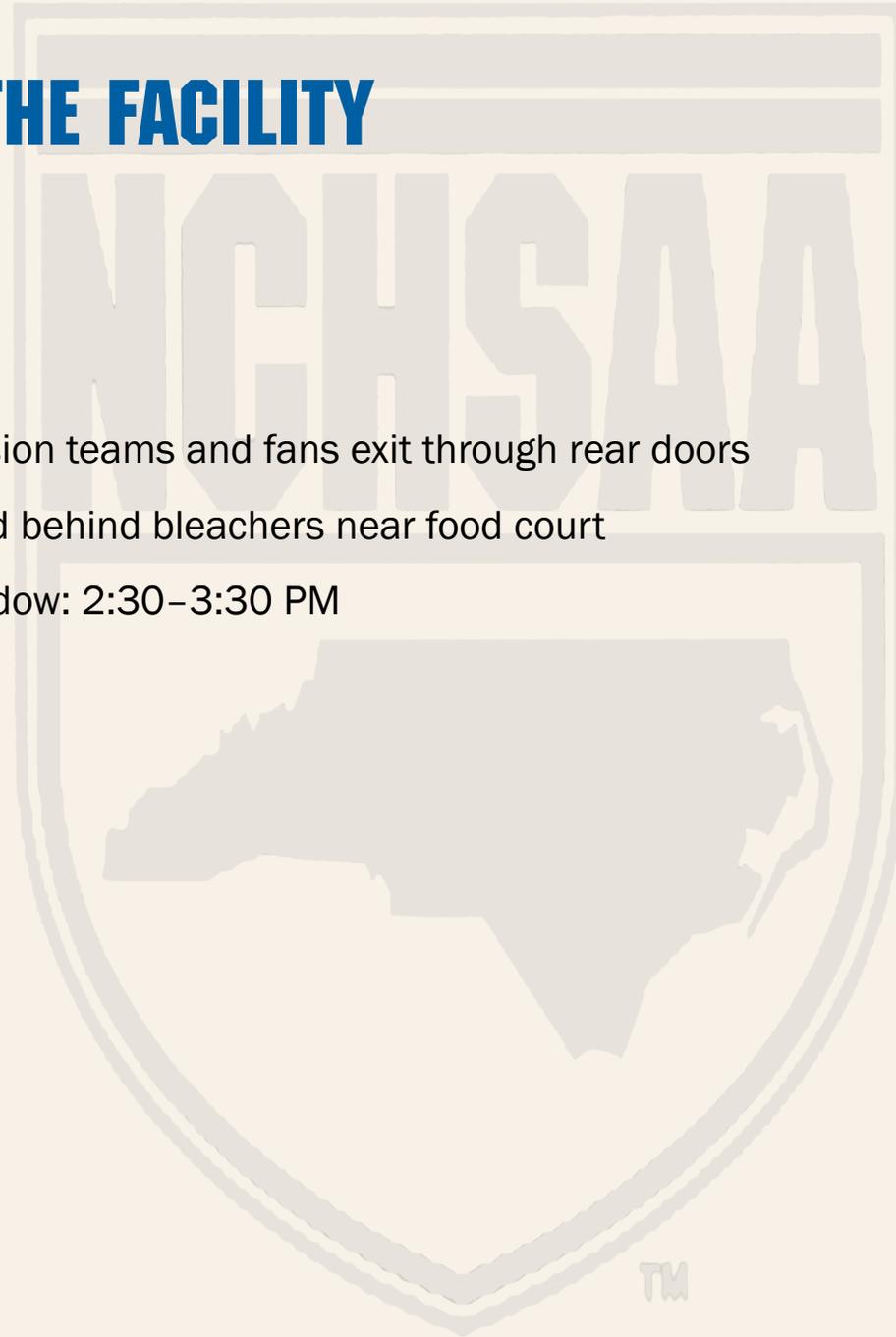
SPORTSMANSHIP EXPECTATIONS

- All participants expected to display good sportsmanship
- Taunting, profanity, or misconduct prohibited
- Violations may result in event or meet disqualification



EXITING THE FACILITY

- Morning session teams and fans exit through rear doors
- Doors located behind bleachers near food court
- Exit time window: 2:30–3:30 PM



GENERAL INFORMATION

- Student-athlete restrooms located upstairs
- Fan restrooms located on main level
- Please follow posted signage
- No water bottles or sports drinks allowed in clerking
- No drinks allowed on warm-up track

