



# TRACK AND FIELD

## GENERAL

**MAILINGS:** Rulebooks are sent to athletic directors. All other information pertaining to both indoor and outdoor track and field should be found in this section of the Handbook or online.

**CLASSIFICATIONS:** indoor track—A/AA/AAA, and AAAA; outdoor track A, AA, AAA, AAAA.

**DATE OF FIRST PRACTICE:** Indoor track—no earlier than November 11; Outdoor track—no earlier than February 12.

**PRESEASON SCRIMMAGES:** Schools are allowed two preseason varsity scrimmages. These scrimmages must be conducted as events open to the public (no closed scrimmages allowed). Multiple team scrimmages are allowed. Junior varsity scrimmages are allowed in conjunction with varsity scrimmages at the same date and time.

**DATE OF FIRST MEET:** Indoor track—no earlier than November 25; Outdoor track—no earlier than February 26.

**NUMBER OF REGULAR SEASON CONTESTS:** Indoor track—no more than two meets may be scheduled per week; Outdoor—no more than three meets may be scheduled per week. An individual is limited to one meet per day, maximum of four events per meet. Any contestant who enters an event must participate. **All meets (indoors and outdoors) must be registered on Mile Split.**

**All regular season meets must be entered on line through Mile Split. Only Race Tab or Hy-Tek complete meet results will be accepted. Note: all hand-held times must be rounded up to the nearest tenth of a second.**

**ELIGIBILITY SHEETS:** Should be kept on file at the local school. Must be made available to NCHSAA upon request, and are required to be shared among conference members.

**CONVERSION NOTE: DO NOT** convert times before submitting regional and state meet entries, indoor or outdoor, on Mile Split.

**CONTESTANTS:** When running "unattached," athletes are not permitted to represent the school or wear school-issued uniforms. Those results may not be used for NCHSAA qualifying standards. See Uniform rule in Competition section in back of Handbook.

## REGIONALS

**UNPAID FINES:** Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport.

Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

**DATES AND SITES:** There is no regional competition in indoor track. Regional competition for outdoor track will be held on May 3 (1A, 2A) and May 10 (3A, 4A).

**INDIVIDUAL PARTICIPATION:** An individual may participate in a maximum of four events.

**REGIONAL ASSIGNMENTS:** Regional assignments for outdoor track, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Go to <http://www.nchsaa.org>, and click on the link for regional track information. Please note that changes may occur in sites, times, etc., even near the scheduled event, so check shortly before the appropriate date to make sure there are no last minute changes. Any school planning to run track but not listed in the regional assignments should contact the NCHSAA.

**QUALIFYING REQUIREMENTS:** A list of the minimum times and distances that an individual must have met in order to be eligible to enter a regional is listed online. If an individual

has not recorded the minimum time or distance, coaches will be allowed to submit the best performance of non-qualifiers, who may be used to fill events. Coaches and principals will be required to substantiate and attest to the accuracy of all performances, and coaches must bring proof of the qualifying performance of each athlete, in the form of a scoresheet or newspaper article, to the meet. **Indoor track minimum times for state entry will be posted on the NCHSAA web site.** Qualifying requirements must be met at official indoor meets or at indoor meets run on outdoor facilities. However, a minimum of five teams is required to participate and the meet must be approved by the NCHSAA (see form online).

In regional and state meets (indoor and outdoor), the starting heights for competition for women's and men's pole vault as well as women's and men's high jump will be determined by the meet director. **In regional and state meets, vaulters will be weighed to verify pole standards.**

**QUALIFIERS:** In all events, running and field, the regional director will take all qualifiers, or a maximum of twelve for 6-lane tracks, and 16 for 8-lane tracks using non-qualifiers, for outdoor meets.

**REGIONAL ENTRIES:** All regional entries in outdoor track are to be made online by Saturday at 6:00 p.m. the week prior to the regional meet. Directors may call schools who have failed to post entries by the deadline. Late entries may be submitted to the NCHSAA and must be in by 9 am the Monday prior to the regional. Use the form on the NCHSAA website. A \$50 late fee will be assessed for each individual entry. No entries after this will be accepted.

In indoor and outdoor track, only entries submitted through Mile Split will be accepted.

**NUMBER OF ENTRIES:** Each school may enter a maximum of three competitors in each event (one relay team). Only one alternate may be entered per relay team.

**DISQUALIFICATION:** A regional entry who scratches after the meet begins or a participant who qualifies through a regional and then scratches in a specific event in the state meet, is disqualified for the remainder of the meet.

**PROTEST:** Each regional meet has a Games Committee which will hear properly registered protests, and the decision of the committee in these matters is final.

**SUPERVISION:** All individuals participating in state playoff competition at any level must be properly supervised. If not, they will be eliminated from competition. Coaches are responsible for seeing that their team members remain at the track site and do not interfere with normal school operations. **If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be on hand at the meet.**

**TEAM CHAMPIONSHIP:** A team must have multiple entries (more than one entry) in order to win a team championship.

**UNIFORMS:** Each team member shall wear the same color and design school uniform (jersey and trunks).

**AWARDS:** Plaques will be presented to the regional championship team and regional runner-up team, and individual awards will be given to the top three finishers in each event.

**ADMISSION:** Admission is \$6.00 at regionals (outdoor track) (includes a one dollar surcharge for Endowment).

**EXPENSES:** Each school will bear its own expenses to regional competition.

## STATE CHAMPIONSHIPS

**DATES AND SITES:** The indoor track state championships are scheduled for February 8, 2014 at JDL Fast Track indoor facility in Winston-Salem. The outdoor championships will be held as follows: the 1A championships on May 9, the 2A championships on May 10, the 3A champi-

onships on May 16 and 4A championships on May 17, at North Carolina A&T State University in Greensboro.

**QUALIFIERS TO STATE MEET:** Outdoor track—the top four finishers in each event (including relays) will qualify from the regionals to the state meet. Substitutes for qualifiers are not permitted, except for relays. **All ties at regional level must be broken for advancement to state meet.**

**OUTDOOR ENTRIES:** Only participants qualifying through regional meets may compete; therefore, substitutes for regional qualifiers are not permitted except for relays.

**INDOOR ENTRIES:** All indoor entries must be submitted online on Mile Split. All entries must be received by 9 pm Saturday the week prior to the state indoor championships. Late entries may be submitted to the NCHSAA and must be in by 9 am the Monday prior to the championship. Use the form on the NCHSAA website. A \$50 late fee will be assessed for each individual entry. No entries after this will be accepted.

Only entries with proof of performance can be submitted. Entries should be posted on the NCHSAA website by Wednesday afternoon the week of the state meet.

**ORDER OF EVENTS AND SCORING:** Will be the same as published in the rule book. No one may use times from the previous spring outdoor season to qualify to the state meet. Individuals and relay teams must meet minimum qualifying times and distances to be eligible to enter the state meet. All performances must be verified by meet directors.

Scratches may be made prior to the start of the indoor championship. An entry who is scratched after the meet begins is disqualified for the remainder of the meet. Coaches who plan to arrive after the start of the meet must have someone else make their scratches.

**ADMISSION:** Indoor and outdoor—\$8.00 for all (includes one dollar surcharge for Endowment). The number of qualifiers will determine the number of coaches to be admitted. Track nonqualifiers (including managers) may be admitted for \$5.00 each and must be with a coach.

**AWARDS:** A plaque will be presented to the winning and runner-up teams. Members of the winning team (10 individual medals for indoor track) and the top four individual finishers in each event will receive awards.

**EXPENSES:** Teams will be paid at a rate of 5 cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

**PROTESTS:** The state meet director will form a Games Committee to hear properly registered protests, and the decision of the committee on these matters is final.

**RELAY CARDS:** Each school competing in a relay at the state meet must submit a card at the beginning of the event listing all four names (first and last) of the competitors and the name of that event. These should be presented when reporting to the clerk of course and will be used to help determine numbers from each school for reimbursement purposes.

## OFFICIATING

**OFFICIALS:** Track officials may register with the North Carolina High School Athletic Association, as do officials in certain other sports. The NCHSAA encourages each school to have at least one certified track official. Certification can be obtained at the NCTCCA January clinic, or the NCHSAA clinic in July. In order to host a regional, a school must have at least one NFHS/NCHSAA certified official on staff.

**REGIONAL SITE DETERMINATION:** At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

**2013-14 REGIONAL TRACK ASSIGNMENTS**

Please refer to the NCHSAA website ([www.nchsaa.org](http://www.nchsaa.org)) for the most current information about regional assignments, sites, directors, dates, and times  
Note that changes can occur even near the scheduled event, so check shortly before the appropriate date of competition to make sure there are no last-minute changes.

**2013-14 NCHSAA State Track Clinic Dates:** See NCHSAA website.

