

Welcome to the 2016 NCHSAA Outdoor State Track and Field Championship Meets

Welcome to the NCHSAA Outdoor State Championships! Welcome to the campus of A&T State University, home of the Aggies and home of New Balance High School Outdoor National Championships! We are honored to host our Outdoor Championships here. This is the premier track and field venue on the east coast. Welcome to our new State Meet format! We are excited to have two championships integrated together each day. The 1A and 3A championships will be held on Friday, May 20 and the 2A and 4A championships will be held on Saturday, May 21. We hope your team has a wonderful experience today and put on the greatest performances of their lives. With the new format, your athletes will have more rest time in between events. That's especially exciting to the athletes and this should create many PRs. To insure that the meet is run in a professional manner that showcases the very best in track and field in North Carolina, please read the following details and share these with your athletes **prior** to the meet.

- 1. Buses will drop off athletes in back of Aggie Stadium. All team buses will park at Memorial Stadium. Memorial Stadium is about ¼ mile from the track on Lindsay Street.**
2. Those coaches driving their personal cars who **volunteer to officiate** the meet will be allowed to park in the grassy lot behind Aggie Stadium free of charge. **If you are not officiating**, it will cost you \$10.00 to park in this lot.
3. Parking for fans in the parking lots in the front and rear of the stadium will be \$10.00. Parking on the streets and in Memorial Stadium is free.
4. Entry fee for a non-participating athlete is \$5.00. This is done at the team entrance and the athlete must be with the team. The non-competing athlete's gate will close at 10:00. After that time; they will need to pay the general admission price of \$10.00.
- 5. Admission for the general public is \$10.00. (We do not accept checks or credit cards. Please share this information with your parents.)**
6. Public entrances are at the front and back of the facility.
7. **Implement inspection:** Shot Puts and rubber discs will be provided by meet management. You cannot use your own. You can use your own metal, non-rubber discus. All metal discs will need to be inspected at the New Storage Building located next to the discus cage. All approved discs will be impounded and taken to the site by meet management. All rejected discs will also be impounded. Meet management place the name of the school on the implement (with duct tape) and return it to the athlete/coach at the conclusion of the event.
8. The discus inspection schedule is as follows:
 - a. 1A/2A Boys Discus: Inspection closes at 9:15.
 - b. 3A/4A Boys Discus: Inspection closes at 11:15.
 - c. 1A/2A Girls Discus: Inspection closes at 1:15.
 - d. 3A/4A Girls Discus: Inspection closes at 3:15.
- 9. Implement inspectors should arrive by 8:30.**

10. Coaches' Box: Credentials will be issued to all coaches in the field event Coaches Box. The event official or marshal will give you the lanyard. One coach per team in the box. Please return the lanyard! We will need them for the next classification.

- 11. All Head officials, including clerks, please familiarize yourself with the "Meet Management Checks and Balance".**
12. No field events will start until the Field Referee has certified that all athletes are in proper uniform.

13. All persons participating in the Pole Vault will be weighed and have poles verified prior to competition according to NCHSAA guidelines. The scales will be located next to the vaulting pads.
14. **All officials should check in at the “Official’s Check-in” table located at packet pick-up upon their arrival in order to receive their credentials.**
15. **Spikes should be either “1/4 or 1/8” pyramids ONLY.** No needle spikes or Christmas will be allowed. Athletes with illegal spikes will be disqualified. Any athletes wearing spikes, including field events, must have their shoes inspected and tagged at the Spike Check table located next to Running Events check-in. **Officials checking spikes need to be in place by 8:15.** This will cut down on the long lines.
16. All athletes are to be in proper uniform in accordance with the sanctioning body and rules: National Federation (NFHS) and NCHSAA.
17. **Rule 4, Section 3 Article 1:** Uniforms shall be worn as intended by manufacturers.
Subsection C.3: The waistband of a competitor’s shorts shall be worn above the hips.

Rule 3, Section 3, Art. 1-b-4 and NOTES 2-c-5. A SINGLE, VISIBLE MANUFACTURER’S LOGO/TRADEMARK/REFERENCE NO MORE THAN 2 1/4 SQUARE INCHES WITH NO DIMENSION MORE THAN 2 1/4 INCHES AND WITH STATE ASSOCIATION APPROVAL IS PERMITTED ON THE TOP, BOTTOM OR ONE-PIECE UNIFORM.

Rule 3, Section 3, Art. 1-c-8 and 1-c-7: Any visible garment(s) worn underneath the uniform top must be unadorned and of a single color. As per NFHS rules, a SINGLE, VISIBLE MANUFACTURER’S LOGO AND/OR SCHOOL NAME OR INSIGNIA NO MORE THAN 2 1/4 INCHES ARE PERMITTED ON THE UNDERGARMENT.

Rule 3, Section 2, Art. 4j: Athletes must tuck the top part of the uniform into the bottom portion.

Rule 4, Section 3 Article 1: PENALTY: 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 caused to be notified the head coach of the offending school of the competitor’s violation and warning. **Clerks of Course, Running Referee and the Field Referee need to familiarize themselves with the Uniform Violation Reporting Form.**

Rule 4-3-1c(7), Notes 1, 4-3-2, 9-6-1c(7)

Any visible undergarment worn underneath the uniform bottom that **does not**, extend below the knees is now considered a foundation garment and not subject to single, solid color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment.

ADDITIONAL RESTRICTIONS FOR RELAY RACES:

Rule 4, Section 3, Article 2 Subsection a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.

Example: If two members of the relay team have on jerseys with the school name and the other two have a jersey that has the mascot or mascot name on it, **the uniforms are not the same!**

Rule 4, Section 3, Article 2 Subsection b. Any visible garments(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length. Example: Relay team member "A" has on white undergarment; Relay team member "B, C and D" have on black undergarments: **THIS IS ILLEGAL.**

Penalty for violation of the uniform rule is disqualification from the event.

18. All athletes are to have their complete uniform on at all times while on the track or in the infield. Failure to comply with this rule will result in first, a warning, and second disqualification from an event or possibly the entire meet.
19. Rule 4, Sect. 5 Art. 9e: 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.)
PENALTY: DISQUALIFICATION FROM THE EVENT.
20. **Rule 3, Section 2 Article 4n: Hair Devices**
Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two (2) inches, may be worn to control the competitor's hair. Items such as rubber bands, cloth headbands or scrunchies are approved. Adorned devices, beads and hard plastic balls are **PROHIBITED**.
21. No headwear is to be worn during warm-ups or in the competition area.. If you have an athlete that must wear headwear for "religious reasons", please inform the event judge and meet referee.
22. **The 10 minute check-in /checkout rule will be in effect. Tell your athletes to check out with the event judge and return within ten minutes after the conclusion of their heat. 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. It is the responsibility of the athlete to report to the starting line for their event.**
23. Athletes competing in 2 or more field events simultaneously will have to go "back and forth." They will need to checkout and report immediately to their next event. (Officials will allow them time to change shoes if the need shall arise.) Athletes cannot loose an attempt if competing in another event.
24. **All protests should be filed with the Referee, Daniel Barrow, on the proper "Appeal Form." Appeals forms will be located in a 3-ring binder at the Meet Management table located near the finish line.**

25. There is **NO Coaches' Scratch Meeting for the outdoor State Meet**. If an athlete fails to show up for an event, the athlete will be **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 be notified.
26. Coaches should have their athletes that finish in the "Top 4" available to pick up their medals immediately after the event is completed. Awards will be given out at that time.
27. The infield is off limits if you do not have a worker's hang tag and you have not been assigned meet duties by the Meet Director.
28. **Coaching Notes:**
- a. Respect the facility...we are role models and ambassadors for our students. Teach them pride in the facility and the rightful thing of leaving a borrowed facility in better shape that you found it...**PUT THE TRASH AND BOTTLES IN TRASH CONTAINERS!!!**
 - b. **Coach 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.**
 - c. **Sportsmanship...important...a reflection of you, your program and the NCHSAA...if in doubt, we will take them out!**
29. 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.

Chiquana Dancy, NCHSAA
DePaul Mittman, State Meet Coordinator
Daniel Barrow, State Meet Referee
Rodney King, 1A & 3A State Meet Director
Alan Peoples, 2A State Meet Director
John Buchholz, 4A State Meet Director