

TO: NCHSAA INDOOR TRACK COACHES
FROM: CHIQUANA DANCY, DIRECTOR
RE: INDOOR TRACK PROCEDURES AND REMINDERS
DATE: DECEMBER 19, 2016

Happy Holidays! As you prepare for the Christmas and New Year break, please make note of the following information:

- The State Meet will be held at JDL Fast Track in Winston-Salem, NC. The schedule is provided below.
- Jason Creasy is the new web administrator for NC MileSplit. We will continue to use (<http://nc.milesplit.com>) to report all athletes who meet the 2016-17 qualifying standards. Please visit the Indoor Track page on our website for instructions on how to register your team/athletes. Create a profile for your team **NOW**. You can start entering qualifiers into the State Meet (via MileSplit) **NOW** as well. **Please have a copy of your meet registration confirmation at the State Meet.**
- As a coach, it is your responsibility to make sure that each athlete is properly registered into the state meet with the correct time, jump, or throw.
- If you have not done so by now, please be sure to inform our office of any wheelchair participants by **January 3, 2017**. Please use the **Wheelchair Athlete Notification Form** posted on the indoor track page.
- In accordance with the Host Meet Approval form (updated form found on the Indoor Track page), the Meet Director is required to send in all results within **48 hours** of the time of the event. Our office still needs to be notified if a meet was **cancelled or postponed** on the date certified.
- As a reminder, the following sanctions will remain active during the 2016-17 Indoor Track season:
 - **Each school must comply with all rules as outlined in the 2017 NFHS Rules Book and enforced by the NCHSAA.**
 - **Failure of a Meet Director to submit qualifying results within the 48-hour period from the time of event will result in a fine of \$100.00 (*which is in conjunction with the penalties and fines regulations in the NCHSAA Handbook*) and that entire team being ineligible to compete in the 2017 Indoor Track State Championships.**
 - **ALL Results from Indoor Qualifying meets listing State Meet Qualifiers MUST BE submitted in Meet Management Software (HyTek, RaceTab, etc.) to:**
 - NCHSAA, attention Chiquana Dancy (chiquana@nchsaa.org).
 - MileSplit (<http://nc.milesplit.com>) or Jason Creasy (jason.creasy11@gmail.com)
 - State Meet Management Director, DePaul Mittman (depaulmittman@bellsouth.net)
 - **Any school failing to comply with this procedure will be ineligible to host any certified indoor track meets until further notice from the NCHSAA. Additionally, a reprimand and/or probation could be imposed.**

- This procedure is not to penalize student athletes, but to emphasize the accountability responsibilities of the Meet Director to assist us in verifying qualifying marks for entry into our state championship. Qualifying standards and forms requesting to use an outdoor facility for an indoor meet are available on line at www.nchsaa.org.
- To further assist you with understanding Track & Field rules, we have posted onto the Indoor Track page of our website a list of the 2016-17 rule changes and points of emphasis. We hope this information will be a beneficial addition to the Indoor Track season.
- Please note the following:
 - **Running the 4x200 at JDL**
 - **The 4x200 will be run in a 3-turn stagger**
 - 1st leg entirely in lanes
 - 1st exchange in lanes and 2nd leg breaks after 1 turn
 - 2nd and 3rd exchange set according to team place and use the standard 20M exchange zone
 - Note: There are no “Fly Zones.”
- Important Dates:
 - **February 4, 2017 – Deadline for submitting entries into State Meet (will close at 9:00pm)**
 - February 6, 2017 – Will accept late entries until 3:00pm on this date (must use Late Entry Form posted on the NCHSAA website)
 - February 8, 2017 – Indoor Track Championship Conference call (Times to be determined)
 - **February 10 & 11, 2017 – NCHSAA Indoor Track State Championship at JDL Fast Track in Winston Salem (1A/2A: Friday, Feb. 10 - afternoon; 4A followed by 3A: Saturday, Feb. 11)**