

TO: NCHSAA TRACK COACHES & ATHLETIC DIRECTORS
FROM: CHIQUANA DANCY, DIRECTOR
RE: TRACK & FIELD REMINDERS
DATE: FEBRUARY 20, 2019 (**UPDATED 4/26/19**)

Please make note of the following information as we begin the 2019 outdoor season:

- NC MILESPLIT (<http://nc.milesplit.com>)
 - Be sure to create your team page and rosters now!
 - For questions and issues with NC MileSplit, please contact Jason Creasy at jason.creasy11@gmail.com or jcreasy@milesplit.com.
 - Regular season meets and full meet results must be entered on NC MileSplit
 - Full meet results are due within **48 hours** after the completion of the meet (See page 97 of NCHSAA Handbook).
- COMPETITION
 - Regional qualifying standards are posted on the website.
 - When running “unattached,” athletes are not permitted to represent the school or wear school-issued uniforms. **Any performances achieved while an athlete competes “unattached” cannot be used to qualify for regionals. (See Rule 2.2.14 in the NCHSAA Handbook)**
 - Wheelchair and Amputee Participants:
 - Schools should review and submit the appropriate **Notification Forms**.
 - Please also note that it is the coach’s responsibility to make sure your wheelchair competitor has the proper throwing and racing equipment, including anchoring tools. If you have questions about appropriate equipment, please contact the NCHSAA office.
 - Review the Track & Field section of the 2019 NCHSAA Handbook for additional rules.
 - Review the 2019 NFHS Rules Book
- The entry deadline for all regionals is **Saturday, May 4th at 6:00pm**. After that time, late entries will ONLY be accepted using the Late Entry Form posted on the Track & Field page of the NCHSAA website (www.nchsaa.org). **Please take the necessary steps to get your entries submitted on time.**
 - **Each school may enter a maximum of 3 competitors in each individual event and 1 team per relay event. Only one alternate may be entered per relay team.**
 - **Athletes who are close to the qualifying mark should also be entered into the regional meet for consideration. These athletes (non-qualifiers) who have been entered into the regional meet may be used to fill lanes, but it is NOT a guarantee that they will make the final performance list.**
 - **RANKINGS ON MILESPLIT ARE NOT APPLICABLE TO REGIONAL QUALIFICATION!!**

Please visit the Track & Field page on our website for required forms, qualifying standards, and any other pertinent information. Thank you!