

Welcome to the 2021 NCHSAA Outdoor State Track and Field Championship Meets

Welcome to the 2021 NCHSAA Outdoor State Championships! Once again Welcome to the 2021 NCHSAA Outdoor State Championship Meet!!! It's been over 13 months since we have had a championship meet. We are finally here! Welcome to the campus of A&T State University, home of the Aggies. We are honored to host our Outdoor Championships here. This is the premier track and field venue on the east coast. The 1A and 4A championships will be held on Friday, June 25, 2021, and the 2A and 3A championships will be held on Saturday, June 26, 2021. We hope your team has a wonderful experience today and put on the greatest performances of their lives. To ensure 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. 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. **Your name must be on the list that was submitted by June 20, 2021. If you are not officiating and your name is not on the list, it will cost you \$10.00 to park in this lot. This lot is also for fans. Once it is full, it is full. There are no reserved spots for officials.**
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. There is NO reduced fee for a non-participating athlete. Their admission cost is \$10.00, just like general admission.**
- 5. Admission for the general public is \$10.00. All tickets must be purchased online at: <https://www.nchsaa.org/sports/track-and-field>.**
6. Public entrances are at the front and back of the facility.
- 7. Implement inspection:** All implements will need to be inspected at the Storage Building located next to the discus cage. All implements will be impounded and taken to the site by meet management. All rejected implements will also be impounded and spray painted with a **Red X**. They will be returned to the athlete/coach at the conclusion of the event at the event site.
8. The discus inspection schedule is as follows:
 - a. 1A Girls Discus and 2A Girls Discus: Inspection closes at 8:15.
 - b. 1A Boys Discus and 2A Boys Discus: Inspection closes at 10:15.
 - c. 4A Girls Discus and 3A Girls Discus: Inspection closes at 3:15.
 - d. 4A Boys Discus and 3A Boys Discus: Inspection closes at 5:15.
9. The shot put inspection schedule is as follows:
 - a. 1A Boys and 2A Boys Shot Put: Inspection closes at 8:15.
 - b. 1A Girls and 2A Girls Shot Put: Inspection closes at 10:15.
 - c. 4A Boys and 3A Boys Shot Put: Inspection closes at 3:15.
 - d. 4A Girls and 3A Girls Shot Put: Inspection closes at 5:15.
- 10. Morning Implement inspectors should arrive by 7:15.**
- 11. Afternoon Implement inspectors should arrive by 2:00.**
- 12. There are No Coaches' Box**
- 13. All Head officials, including clerks, please familiarize yourself with the "Meet Management Checks and Balance".**

14. No field events will start until the Field Referee, Jumps or Throws Referee has certified that all athletes are in proper uniform.
15. 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 across the track from the north vaulting pads.
16. **All officials should check in at the “Official’s Check-in” table 30 minutes prior to the Officials’ Meeting located at packet pick-up upon their arrival in order to receive their credentials.**
17. **Spikes should be either “1/4 or 1/8” pyramids ONLY. All spikes will have 2-tags.** No needle spikes or Christmas tree spikes 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. **Clerks of course and other officials checking spikes need to be in place by 7:30 and 2:30 respectively.** This will cut down on the long lines.
18. All athletes are to be in proper uniform in accordance with the sanctioning body and rules: National Federation (NFHS) and NCHSAA.
19. **Rule 3, Section 2 Article 4n: Hair Devices –**
Devices, such as bobby pins, barrettes, and hair clips, no longer than two (2) inches, may be worn. Items such as rubber bands, cloth headbands or scrunchies are Approved. Hats are PROHIBITED.
20. **Rule 4, Section 3 Article 1:** Uniforms shall be worn as intended by manufacturers.
Subsection b.4: The waistband of a competitor’s shorts shall be worn above the hips.

Rule 4, Section 3, Art. 1-b-5: A single visible manufacturer’s logo/trademark/reference no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches and with state association approval is permitted on the top, bottom or one-piece uniform.
21. Rule 4-3-1, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. The rule now states that “any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”
22. In addition, **Rule 4-3-2** was rewritten to allow schools more options in meeting the uniform rule. The rule now states that **“all relay and cross-country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.”** The uniforms **DO NOT** have to be identical.
23. **Any waistband turned under in order to circumvent the rules is a violation of the Coaches Code of Ethics (Page 89) and merits Disqualification from the event and the meet. (Rule 4 Section 6 Article 1 Page 25).**

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.**

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

24. 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.
25. Rule 4, Sect. 6 Art. 5d: 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.**
26. **The 10-minute check-in /check-out rule will be in effect.** Tell your athletes to check out with the event judge and return within **fifteen (15) minutes maximum. (Five minutes prior to the heat of their event, 10 minutes following 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 coach and the athlete to report to the starting line for their event.
27. Athletes competing in 2 or more field events simultaneously will have to go "back and forth." They will need to check-out and report immediately to their next event. (Officials will allow them time to change shoes if the need shall arise.) Athletes cannot lose an attempt if competing in another event.
28. **All protests should be filed with the event Referee, on the proper "Protest/Appeal Form." Forms will be located in a 3-ring binder at the finish line Management tent.**
29. 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.
30. Coaches should have their athletes that finish in the "Top 4" available to pick up their medals immediately after the event is completed. The Awards Seating Tent will be located on the outside of the track past the finish line. Awards will be given out at that time.
31. 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.
32. There should be **NO ONE** other than the Durham Striders Finish Line Coordinator in the finish line area.

33. All Running Events are Timed Finals with no Preliminary rounds.

34. New NFHS rules for 2020-2021 Outdoor Season:

A. **Rule 6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

B. **Rule 5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters (4x400 and 4x800) will remain at 20 meters.

Note: There are No “Acceleration Zones” in any relays.

35. High Jump and Pole Vault Starting Heights

Pole Vault	Girls	Boys
1A	7' 0"	9' 6"
2A	7' 0"	10' 6"
3A	8' 0"	11' 6"
4A	8' 6"	11' 6"

High Jump	Girls	Boys
1A	4' 6"	5' 8"
2A	4' 6"	5' 8"
3A	4' 8"	5' 10"
4A	4' 8"	5' 10"

36. Coaching Notes:

- a. A&T Track will close at 6PM today and tomorrow
- b. Substitute coach – must be on school letterhead and sent to our office by close of business Thursday (4:30pm) – Athletes cannot compete without proper school representation (Handbook policy)
- c. 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!!!
- d. **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.**
- e. **Sportsmanship...important...a reflection of you, your program and the NCHSAA...if in doubt, we will take them out!**

37. 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.

Que Tucker, NCHSAA Commissioner
DePaul Mittman, State Meet Coordinator
Rodney King, 1A/2A/3A State Meet Director
John Buchholz, 4A State Meet Director

Chiquana Dancy, NCHSAA Director
Daniel Barrow, Running Referee
Pam Bolton, Throws Referee
Chris Lassiter, Jumps Referee

EXCHANGE ZONE MARKINGS

A&T has a new track with 30-meter exchange zones for the 4x100 and 4x200 with Yellow and Red Triangles respectively. (There are no international marks or zones) The 4x800 and 4x800 are still 20-meter zones.

Relay Markings

4x100 Relay: All zones are Yellow to Yellow.

4x200 Relay: 1st Exchange Zone is Red to Red

2nd Exchange Zone is Red to Red

3rd Exchange Zone is Yellow to Yellow

4x400 Relay: 1st Exchange Zone is Blue Triangle to Blue Triangle

2nd & 3rd Exchange Zone is Blue Line to Blue

4x800 Relay: Blue Line to Blue Line

Hurdles Marking:

Girls 100 Meter Hurdles: Yellow Triangles

Boys 110 Meter Hurdles: Blue Triangles

300 Meter Hurdles: Red Triangles

Break Line for 800, 4x800 and 4x400: Green Line

Alley Start for 1600 and 3200-Meter Runs: White Line

800 and 4x800 Start: Green Line

4x200 Meter Start: Red Line

4x100 Meter Start: White Line

4x400 Meter Start: Blue Line