

WELCOME TO THE 2023 TRACK AND FIELD COACHES MEETING



- OBJECTIVES OF MEETING:
 1. EXPECTATIONS
 2. MEET INFORMATION
 3. QUESTIONS
- In respect to others, please mute yourself until you are ready to speak

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WELCOME TO THE 2023 TRACK AND FIELD COACHES MEETING



- THE 2023 NCHSAA STATE TRACK MEET WILL BE HELD on the Marcus T. Johnson Track @ TRUIST STADIUM ON THE CAMPUS OF NORTH CAROLINA A&T UNIVERSITY IN GREENSBORO.
- THE SCHEDULE WILL BE AS FOLLOWS:
- **FRIDAY, MAY 19, 2023**
 - 1A AND 3A (BOYS AND GIRLS)
 - Wheelchair and Unified Athletes will compete first in all events
 - Unified will compete on Friday only
- **SATURDAY, May 20, 2023**
 - 2A and 4A (BOYS AND GIRLS)

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A&T Policies



- Everyone that enters through the gates will go through a metal detector
- **All** bags and coolers will be searched
- Fans will not be allowed to bring in coolers, tents, or umbrellas
- **No parking in apartment complexes located on Sullivan, Homeland, Castlewood, or Dewey. Towing will charge \$250.00**
- A&T has a clear bag policy. Information can be found on the Track and Field page of the NCHSAA website
- Fans are not allowed to set up tents on the home side of the stadium
- Umbrellas are not allowed to be used ON THE FAN SIDE OF THE STADIUM

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Expectations of Schools/Coaches/Athletes



- We have reached the pinnacle of the year in outdoor track and field.
- You should be proud of yourselves and your athletes for your accomplishments this year.
- The culture of YOUR program will be on display on May 19 or May 20
- Sportsmanship/Fair Play/Integrity/Respect
- Properly Dressed – Check/double check/ triple check and check one more time
- Make sure you leave the track as you found it – pick up your trash
- On-Time at events
- Listen for the calls to their events
- Ask questions if there is uncertainty – I did not know it should not be the reason for any mishaps.

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Ticket Information



- \$10.00 per person
- Non-participating athletes will pay the total \$10.00 for a general admission ticket.
- Tickets can be purchased via GoFan
- **Online ticket sales only**
- **We will NOT accept cash at the gate**

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PARKING



Team buses will park at Memorial Stadium.

Memorial Stadium is about 1/4 mile from the track on Lindsay Street.

Coaches driving their personal cars and have volunteered to help 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 by May 15, 2023, by 4 pm.

If you are not officiating and your name is not on the list, it will cost you \$10.00 to park in this lot.

Note: This lot is also for fans. Once it is full, it is full. There are no reserved spots for officials.

Fans will be able to park in the lots located in front and rear of the stadium for a \$10.00 fee

Parking on the streets and in Memorial Stadium is free.

Parking in apartment complexes on Sullivan Street, Homeland Ave., Castlewood Drive, or Dewey Street will cause cars to be towed at the expense of \$250.00

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Packet Pick Up/Awards



- Coaches will pick up packets at the team check-in
- Each team will be allowed up to three coaches' wristbands. 3 for the boy's team and 3 for the girl's team.
- Relay cards, wristbands, and heat sheets will be in the packets.
- Coaches must check their packets before leaving the table, as once you leave the table, there will not be any additional items provided.
- Awards will be presented throughout the day. Please keep your athletes at the facility, and please remind them to listen to for announcements regarding the awards and report to the infield promptly when called.

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Timeline of Events



- The order of events and times have been placed on the NCHSAA website.
- We will start on time, and the running events will be rolling times.
- Schedules for both days are on the NCHSAA website.
- 8:00 am – Gates will open for Teams (Rear/ Back entrance only)
- 8:00 am – Implement Weigh-Ins will begin
- 8:30 am – Gates will open for spectators (press box side of the stadium only)
 - T-shirts will be sold on the MAIN ENTRANCE side of the stadium

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Implement and Spike Inspection



- 8:00 am – Gates will open for Teams (Back entrance by grassy lot only- do not have teams try to enter through the front of the stadium.
- Spike check will occur at the table located near the team packet pick-up area
- After 9:30 a.m., spikes will be checked at the clerking area
- 8:00 am – Implement Weigh-Ins will begin in the storage building next to discuss cage
 - Rejected implements will be returned to the coach at the conclusion of the event
 - Pole Vault scales will be located across the track from the north vaulting pads

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Spike Information



Only ¼" or 1/8" pyramid spikes are allowed on A&T's track.
All spikes will have 2-tags.

Needle spikes or Christmas tree spikes will NOT 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 near the team check-in tent.

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Coach Information



- If a school must send a substitute coach, a letter to the NCHSAA on school letterhead must be sent in before the close of business day on Wednesday, May 17, 2023, at 4:00 p.m.
 - **Athletes will not be able to compete without proper school representation**
- Coach's responsibility to make sure all athletes are properly dressed in accordance with NFHS and NCHSAA rules and policies **The penalty for violation of the uniform rule is a disqualification from the event.**
- Pole Vault is the only event with a coach's box.
- Pole vault coaches will need to check in at the team packet pick-up.
- All schools should have submitted a "Coaching Pole Vault Form" before May 1, 2023.

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Events



Field Events will have one flight

Wheelchair events will follow abled body events

Unified events will be run on Friday and will run first in the events in which they are competing

Running events will have timed finals only except for the following:

- 100 M (Boys and Girls)
- 100 M Hurdles (Girls)
- 110 M Hurdle (Boys)

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Warm-Ups



Shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open to the meet director.

Warm-up approaches in horizontal jumps, pole vault, or javelins shall only be run in the direction the event will be conducted.

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NFHS Rule Reminders



The NFHS Rule Reminders are on the NCHSAA in the Team Information Bulletin

- **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.

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Team Reminders



- **Teams are not allowed on the track prior to their meet day. The track will be locked on Thursday.**
- Athletes in multiple events will need to make sure they check-in at each event
- No scratches at the state meet
- Relay cards will be in your coaches' packet
- Coolers are allowed for teams, but fans will not be able to bring them in
- Athletes can wear shades during running events
- All NCHSAA approved passes will be honored
- Tents can be put up upon your arrival at the stadium for your meet

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Packet Information



Head coaches will pick up your team packet at the NCHSAA packet-pick-up area located straight down from your team entrance.

You will need to count all wristbands for players and coaches while at the pick-up area – once you leave, we will not be able to accommodate any missing wristbands that you may have

A reminder that non-participating athletes will pay to enter

Women's team coaches will receive three wristbands

Men's team coaches will receive three wristbands

Your school should have no more than 6 coaches on the field

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Pole Vault Coaches



Head coaches will need to provide the name of their pole vault coach that has been submitted to the NCHSAA so that we can check their name off the pole vault coach's list.

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Trainer and Physicians



We will have trainers and physicians on-site for the entire event.

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