

N. C. TRACK- CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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Information for the 2009-10 NCHSAA Indoor State Championship

1. The following documents need to be sent to the Meet Director in order to enter the State Indoor Championship Meet.
 - A. Proof of Performance Sheet (See attachment)
 - B. Men or Women's Team 200910 Entry Form (See attachments)
 - C. Confirmation Sheet from Direct Athletics.

Entry Deadline and Procedures:

1. Entered your team roster on DirectAthletics.com by January 1, 2010.
2. State Meet Registration Documents must be in the HANDS of the Meet Director Ten Days Prior to the State Indoor Championship Meet. **(Wednesday February 3, 2010).**

DO NOT FAX ENTRIES!

US MAIL, FedEx or HAND-DELIVER. *NO EXCEPTIONS.*

2. 1A, 2A, 3A Indoor State Meet Director:
DePaul Mittman
336-255-3403
T. W. Andrews High School
1920 McGuinn Street
High Point, NC 27265
- 4A Indoor State Meet Director
Chris Lassiter
336-294-7300
Ben L. Smith High School
2407 S. Holden Road
Greensboro, NC 27407
3. All Results from Indoor Qualifying meets listing State Meet Qualifiers MUST BE sent to NCHSAA and to your State Meet Director within 7 calendar days of the completion of the meet by the Meet Director.

4. **Entry Process: On-Line entries through www.directathletics.com. Reminder all hand-held (HHT) times MUST be ROUNDED-UP to the next highest tenth of a point: Example; a hand held time of 6.32 would round to 6.4. This will be your entry time. (6.40HH will remain 6.4) (National Federation Rule 3 Section 9 Art. 4)**
5. **NEW PROCEDURE THIS YEAR!! YOU WILL NOT CONVERT Hand-Held Times (HHT) TO FAT. You will check the appropriate box: either Hand-Held (HHT) or Fully-Automatic Timing (FAT) when entering on Direct Athletics. HyTek will convert all HHT times to FAT.**
6. **REMINDER: ALL HHT ARE ENTERED IN TENTHS, (6.4) ONLY FAT TIMES ARE ENTERED IN HUNDREDS (6.38). This is true for Direct Athletics, Proof of Performance and Team Entry Sheets.**

7. QUALIFYING ON AN OUTDOOR FACILITY: All qualifying that is competed on an outdoor facility, must use the Outdoor Qualifying Standard. If the meet is F.A.T., you will still use the Outdoor Qualifying Standard. *The ONLY exception is the 55 Meter Dash and 55 Meter Hurdles.* You may USE the Indoor Qualifying Standard for the 55 Meter Dash and 55 Meter Hurdle if the meet is F.A.T. These are straight races and are not affected by the curves.

8. **If you have any questions on submitting and converting times, contact one of the following:**
DePaul Mittman at T. W. Andrews (336-255-3403) E-mail mittmal@gcsnc.com
Chris Lassiter at Ben L. Smith (336-294-7300) E-mail lassitw@gcsnc.com
Alton Tyre at Southeast Guilford (336-674-4300 ext. 2275) E-mail: tyrea@gcsnc.com
Brian Winham, Nash Central (252-451-2860) E-mail: bawinham@yahoo.com
Alan Peoples, Polk County (828-894-2525) E-mail: silverfishltd@alltel.net
9. Entry Limits: Each athlete may enter 4 events (Relays Included)
10. Entry Limits: Each school may only enter 3 athletes per event.
11. Each school may only enter 1 Relay team per relay events.

Revised November 6, 2009