

**N. C. TRACK- CROSS COUNTRY
COACHES ASSOCIATION**
Founded 2002

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www.nctccca.org

Information for the 2010-11 NCHSAA “Winter” State Championship

1. The following documents need to be sent to the Meet Director in order to enter the State “Winter” Championship Meet.
 - A. Proof of Performance Sheet (See attachment)
 - B. Men or Women’s Team 2010-11 Entry Form (See attachments)
 - C. Confirmation Sheet from Direct Athletics.

Entry Deadline and Procedures:

1. Enter your team rosters on DirectAthletics.com by January 1, 2011.
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 2, 2011).**
US MAIL, FedEx or HAND-DELIVER. **NO EXCEPTIONS.**

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| <ol style="list-style-type: none">2. 1A, 2A, 3A “Winter” State Meet Director: DePaul Mittman 336-255-3403 6204 Bay Hill Ct. Greensboro, NC 27410 | <ol style="list-style-type: none">4A “Winter” State Meet Director Chris Lassiter 336-294-7300 or 336-209-5512 Ben L. Smith High School 2407 S. Holden Road Greensboro, NC 27407 |
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3. All Results from “Winter” 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 convert to 6.4. This will be your entry time. (6.50HH will remain 6.5) (National Rule 3 Section 9 Art. 4)

5. YOU WILL NOT CONVERT Hand-Held Times (HHT) TO FAT. You will check the appropriate box on the Direct Athletics registration. Either Hand-Held (HHT) or Fully-Automatic Timing (FAT). 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. Entry Limits: Each athlete may enter 4 events (Relays Included)
9. Entry Limits: Each school may only enter 3 athletes per event.
10. Each school may only enter 1 Relay team per relay events.
11. **If you have any questions, contact one of the following:**
 - DePaul Mittman, Retired, (336-255-3403) E-mail: depaulmittman@bellsouth.net**
 - Chris Lassiter, Ben L. Smith (336-209-5512), Email: 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: apeoples@polkschools.org**