



TO: NCHSAA INDOOR TRACK COACHES  
FROM: CHIQUANA DANCY, ASSISTANT DIRECTOR  
RE: INDOOR TRACK REMINDERS AND NEW PROCEDURES  
DATE: OCTOBER 28, 2011

As you may know, there have been a few changes in the online meet registration and reporting system for the 2012 Indoor Track State Meet. We will use MileSplit (<http://nc.milesplit.com>) to report all athletes who meet the 2011-12 qualifying standards. Please see the attachment for instructions on how to register your team/athletes. I recommend that you take the time to create a profile for your team now. You can start entering qualifiers into the State Meet on November 28, 2011, which is the first contest date for the Indoor season. **Please have a copy of your meet registration confirmation at the State Meet.**

Also, we will NOT use Proof of Performance (POP) sheets this year. As a coach and/or meet director, it is your responsibility to make sure that each athlete is properly registered into the state meet with the correct time, jump, or throw. In an effort to enforce accountability, we will periodically post qualifiers on the Indoor Track page at [www.nchsaa.org](http://www.nchsaa.org).

In accordance with the attached certification document authorizing your institution to host an indoor track meet, the Meet Director is required to send in the qualifying results within 24 hours of the time of the event. If no qualifying results are recorded, the NCHSAA office still needs to know that the meet was **held, cancelled or postponed** on the date certified.

As a reminder, the following sanctions will remain active during the 2011-12 Indoor Track season:

- **Failure of a Meet Director to submit qualifying results within the 24 hour period from the time of event will result in a fine of \$50.00 (which is in conjunction with the penalties and fines regulations on page 136 of the NCHSAA Handbook) and that entire team being ineligible to compete in the 2012 Indoor Track State Championships.**
- **All Results from Indoor Qualifying meets listing State Meet Qualifiers MUST BE submitted to:**
  - NCHSAA, attention Chiquana Dancy (fax: 919-240-7396 or [chiquana@nchsaa.org](mailto:chiquana@nchsaa.org)).
  - MileSplit (<http://nc.milesplit.com>)
  - Corresponding State Meet Director
    - DePaul Mittman, 1A/2A/3A ([depaulmittman@bellsouth.net](mailto:depaulmittman@bellsouth.net))
    - Chris Lassiter, 4A ([lassitw@gcsnc.com](mailto:lassitw@gcsnc.com))
- **Any school failing to comply with this procedure will be ineligible to host any certified indoor track meets until further notice from the NCHSAA. Additionally, a reprimand and/or probation could be imposed.**

This procedure is not to penalize student athletes, but to emphasize the accountability responsibilities of the Meet Director to assist us in verifying qualifying marks for entry into our state championship. New qualifying standards are available on line at [www.nchsaa.org](http://www.nchsaa.org). In addition, forms requesting to use an outdoor facility for an indoor meet are also available on line.

Important Dates:

- November 14, 2011 – Indoor start date
- November 28, 2011 – First contest date; Begin registering qualifiers to State Meet
- February 3, 2012 – Deadline for submitting entries into State Meet (will close at 3:00pm)
- February 6, 2012 – Performance list should be posted to [www.nchsaa.org](http://www.nchsaa.org) (no later than Feb. 8)
- February 7, 2012 – Indoor Track Championship Conference call (Time to be determined)
- February 11, 2012 – NCHSAA Indoor Track State Championship

I thank you in advance for your attention to this correspondence.

# REQUIRED DOCUMENT

## REQUEST FOR SCHEDULING AN INDOOR TRACK AND FIELD MEET ON OUTDOOR FACILITIES

This form must be used to notify the NCHSAA of any indoor track and field meet your school plans to schedule using outdoor facilities.

Return form to:  
Chiquana Dancy  
Fax# 919-240-7396

**\*\* A minimum of five teams is required to participate \*\***  
**\*Request for meet must be approved before meet may be held \***

**\*\*Official results must be sent to Chiquana Dancy within 24 hours following the meet\*\***

If you have further questions, please contact Mark Dreibelbis at the NCHSAA.

Host School: \_\_\_\_\_

Meet Director: \_\_\_\_\_ Email \_\_\_\_\_

Scheduled Date and Time: \_\_\_\_\_

List 5 of the Schools Participating:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

Total number of schools participating: \_\_\_\_\_

Signature of Host School Principal: \_\_\_\_\_

Signature of Host School Athletic Director: \_\_\_\_\_

**Failure to properly request and be granted permission to hold an indoor track and field meet on outdoor facilities is subject to a \$400.00 fine for failure to comply with the penalty code (illegal contest).**

**Failure of a Meet Director to submit qualifying results within the 24 hour period from the time of event will result in a fine of \$50.00 (in conjunction with the penalties and fines regulations on page 136 of the *NCHSAA Handbook*) and that entire team being ineligible to compete in the 2012 Indoor Track State Championships.**

# Registering for a Meet on MileSplit

## A Guide for Coaches

1. Go to the site: <http://nc.milesplit.com>
2. Register for an account (one-time step):
  - a. In the upper right corner of the site, click on “Register”
  - b. Provide a user name (your choice).
  - c. Provide an email address (only one account per email allowed)
  - d. Complete the “Personal Information” section (none of this information will compromise your personal security).
  - e. Answer the security question.
  - f. Set your privacy options by checking or un-checking the boxes (however you choose).
  - g. Check the box for “I have read and agree to...”
  - h. Click on “Complete Registration.”
  - i. You will receive a password in your email. The email will contain instructions for changing your password.
3. Once you have received the email and changed your password, return to the front page of the site using the address in step 1. **Log in with your new account.**
4. Claim your team (one-time step):
  - a. Click on the “Teams” tab in the red menu bar.
  - b. Find and click on your school.
  - c. If you are logged in, you should see a button in the upper right that says “Claim This Team.” Click on it.
  - d. Select the option for “Coach.”
  - e. Enter some verifying information (like contact info for your AD, your exact titles, etc) in the box, and click “Yes...”
  - f. The request will be sent to the Webmaster, who will approve it. At that point, you are free to register for any meet.
5. Find the meet and register:
  - a. Click on the “Calendar” tab in the red menu bar near the top of the page.
  - b. Scroll down the list of meets until you find the correct one
  - c. Click on the green button that says “Online Entry.”
  - d. Click on the green button that says “Enter Online Now.”
  - e. Review the information and click on “Enter Team.”
  - f. On the contact information form:
    - i. Make sure you are registering the correct team.
    - ii. Fill in TWO contact phone numbers.
    - iii. Make sure your email is correct.

- iv. If you want to add a second contact person (such as an assistant coach), click on that button and enter the information. You can ignore that button otherwise.
  - g. Click on the boxes for the genders you want to enter (male, female, or both).
  - h. Click “Enter Team.”
6. Enter your team.
- a. You will see a list of events. Click on any event you wish to enter.
  - b. Click on the boxes for the athletes you want in that event.
    - i. When you check an athlete, his/her best time will automatically show up. Make sure it is correct and from **this season only!**
    - ii. When you have finished the event, click “Done Editing.”
  - c. Repeat for all events that you need to enter.
7. You can stop at any time and resume later.
- a. Repeat steps 4a – 4f, but click on “View/Edit Entry” to resume.

If you have any questions, please contact Jeff George at 336-462-3286 or [jgeorge@milesplit.com](mailto:jgeorge@milesplit.com).

# N. C. TRACK & CROSS COUNTRY COACHES ASSOCIATION FOUNDED 2002

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## 1A-2A-3A Indoor Track Qualifying Standards for State Meet 2012

	Men Indoor Standard	Men Outdoor Standard	Ladies Indoor Standard	Ladies Outdoor Standard
Shot Put	45' 0"	45' 0"	31' 0"	31' 0"
Long Jump	21' 0"	21' 0"	16' 0"	16' 0"
Triple Jump	42' 6"	42' 6"	33' 0"	33' 0"
High Jump	6' 0"	6' 0"	4' 10"	4' 10"
Pole Vault	11' 6"	11' 6"	8' 6"	8' 6"
4 x 800 Relay	8:54.0	8:54.0	11:20.0	11:20.0
55M Hurdles	8.15	7.9	9.74	9.5
55M Dash	6.54	6.3	7.54	7.3
1600M Run	4:44.0	4:44.0	5:44.0	5:44.0
500M Run	1:10.0	1:10.0	1:24.0	1:24.0
1000M Run	2:44.0	2:44.0	3:23.0	3:23.0
300M Dash	37.0	37.0	44.0	44.0
3200M Run	10:24.0	10:24.0	12:50.0	12:50.0
4 x 400 Relay	3:39.0	3:39.0	4:30.0	4:30.0

Approved by the NCTCCCA Board of Directors  
July 19, 2010

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## 4A Indoor Track Qualifying Standards for State Meet 2012

	Men Indoor Standard	Men Outdoor Standard	Ladies Indoor Standard	Ladies Outdoor Standard
Shot Put	45' 0"	45' 0"	31' 0"	31' 0"
Long Jump	21' 0"	21' 0"	16' 0"	16' 0"
Triple Jump	42' 6"	42' 6"	33' 6"	33' 6"
High Jump	6' 0"	6' 0"	5' 0"	5' 0"
Pole Vault	11' 6"	11' 6"	9' 0"	9' 0"
4 x 800 Relay	8:45.0	8:45.0	10:40.0	10:40.0
55M Hurdles	8.04	7.8	9.44	9.2
55M Dash	6.54	6.3	7.44	7.2
1600M Run	4:40.0	4:40.0	5:44.0	5:44.0
500M Run	1:09.0	1:09.0	1:22.0	1:22.0
1000M Run	2:43.0	2:43.0	3:17.0	3:17.0
300M Dash	35.9	35.9	42.5	42.5
3200M Run	10:15.0	10:15.0	12:15.0	12:15.0
4 x 400 Relay	3:37.0	3:37.0	4:18.0	4:18.0

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