

TO: Track Coaches
FROM: Que Tucker, Deputy Executive Director
SUBJECT: ***Regional & State Track and Field Information***
DATE: April, 2009

This mailing contains information regarding regional and state track meets. Please make copies of the information so all coaches will have a copy of this information. **READ CAREFULLY AND COMPLETELY!** Please review the track section of the 2008-2009 NCHSAA handbook, pages 87 – 93 and refer to the NCHSAA web site for further information.

As in the past, let us know if you have disabled athletes participating on your team this year.

REGIONAL INFORMATION

Regional Dates, Sites & Directors: Posted on the track & field page on the NCHSAA website.

Entries: **Through Direct Athletics**. Directions for access are posted to the track & field page on the NCHSAA web site.

Remember: Conference Championships are the final qualifying meets, and must be held prior to the deadline for submitting regional data in order to use results for regional qualifying.

IMPORTANT NOTE: Once again, schools in a split conference may schedule a track meet in the “off week” prior to its regional meet; however, the results of the meet cannot be used for qualifying into the regional. The meet can only be with other schools in the split conference situation.

SPECIAL NOTES:

- In all events (running and field) the regional directors will take all qualifiers or a maximum of 12, using non-qualifiers.
- The 800, 1600 and 3200 (4x800m) meter relays will be started by the method chosen by the director.
- Shoes - Respective regional information will be made available.
- Qualifiers - The top 4 finishers, including relays, will qualify from the regional meets to the state.

SUBMITTING REGIONAL ENTRIES: Because of the use of Direct Athletics this year, it is imperative that you observe all deadlines.

- ✓ The qualifying requirements are on the NCHSAA Track & Field page on the website.

- ✓ Entries through www.directathletics.com. Must be posted no later than 3:00 pm Friday, eight days prior to the regional. (NOTE: Regional directors will check on-line entries on Friday morning—May 1st for 1A & 3A and May 8th for 2A & 4A. Contacts may be made after that time.) DO NOT SEND REGIONAL ENTRY BLANKS TO THE NCHSAA.
- ✓ **Reminder:** DO NOT convert times. There is a place on Direct Athletics to indicate whether the time is HH or FAT. Regional directors will convert all times through Hytek.
- ✓ **If you have any questions on submitting and converting times, contact one of the following:**
 - DePaul Mittman at T.W. Andrews (336-819-2800)**
E-mail mittmal@gcsnc.com or depaulmittman@bellsouth.net
 - Alton Tyre at Southeast Guilford; (336-674-4300)**
E-mail: coachtyre@hotmail.com or tyrea@gcsnc.com
 - Jeff George, RJ Reynolds; (336-727-2061)**
Email: jgeorge@wsfcs.k12.nc.us
 - Alan Peoples, Polk County, (828-894-2525)**
E-mail: apeoples@polk.k12.nc.us or silverfishltd@windstream.net
- ✓ If regional entries are not entered on-line by the deadline, the Regional Director may call those schools to determine if they have any entries. As of that date, if accepted, entries are subject to a \$100.00 fine. (If you do not have entries, a statement to that effect, faxed to the regional director, would be helpful
- ✓ Qualifying deadline (date) for qualifying standards is final. Changes cannot be made after that date.
- ✓ All Regional scratches will be made at the coaches meeting and absolutely no new entries will be allowed at that time (cannot upgrade times or enter new people).
- ✓ Coaches must take proof of the qualifying performance of each athlete to the regional meet.

IMPORTANT: Coaches MUST submit all names of the coaches and all athletes (including all relay and alternate names) that will be participating in the state meet through the NCHSAA website. These names will be used for wristbands and the names that will be printed on the t-shirts. This MUST be done by 4:00 P.M. on Monday, May 11th for the 1A/3A & Monday, May 18th for the 2A/4A.

Login information: Go to www.nchsaa.org, select “Track & Field” on the left-hand side of the page, click the link for “Outdoor Track & Field Roster Form”, your athletic director will have a username/password that must be enter, click the “roster” button to login.

NOTE: If your school has only one student athlete participating, and a coach will not be accompanying that student to the regional or state meet, the athlete will not be allowed to participate at the regional or state meet without a letter from the principal authorizing a parent/guardian to accompany the student athlete. REMEMBER: A team must have at least 2 participants in order to win a team championship!
A contestant entering an event must participate.

STATE CHAMPIONSHIP INFORMATION

*****Only ¼ inch pyramid spikes will be allowed on the A & T track. Athletes without ¼ pyramid spikes will have to run in flats. This will be strictly enforced. The only tape permitted for marking steps or for use as exchange zone markers is Athletic Tape. Duct Tape or any other type of colored tape is not allowed.

**A & T State University
Greensboro, NC
Admission: \$6.00**

1A	Friday	- May 15, beginning @ 11:00AM
3A	Saturday	- May 16, beginning @ 10:00AM
2A	Friday	- May 22, beginning @ 11:00Noon
4A	Saturday	- May 23, beginning @ 10:00AM

At both Friday and Saturday state meets, implement weigh-ins will begin promptly one hour before the field events begin, and end 15 minutes before the scheduled competition time! The Coaches' meeting will be held 1 hour before meet time.

The regional and state committees will serve as the official protest committees and ALL decisions will be final.

The games' committee will determine starting heights for men and women's high jump and pole vault.

* Information regarding directions to A & T, parking, hotel/motel accommodations, etc. will be posted on the NCHSAA web site: www.nchsaa.org