

# Mighty Viking Track & Field Invitational

1. All NCHSAA Rules will be enforced
2. Entry Fee - \$60 per school- Make checks payable to North Stokes High School.
3. Medals to the top three in each event, trophies to the top 2 teams, and plaques to top male and female meet performers as voting on by the coaches.
4. Enter your team and athletes through Direct Athletics, entry deadline is Monday, March 22, 2009 at 12:00 Noon.
5. Limit 3 entries per event per school
6. Include Athlete's 2010 Best Performance, entries must be received by 12 Noon Monday March 22, 2010 through Direct Athletics.
7. MEET DATE: Saturday, March 27, 2010
8. Time Schedule:

Coaches Meeting	9:30 a.m.
Field Events	10:00 a.m.
4X800 Relay	11:00 a.m.
Running events	11:30 a.m. on a rolling start
9. Long and Triple Jump: 4 Jumps – will be flighted with best flight last
10. Shot and Discus Throw: 4 Throws – will be flighted with best flight last
11. Running Events – Timed Finals – fastest heat will be last
12. Know the NFHS Track Rule Book and the NCHSAA Rules regarding Track. Any protest at the meet must be filled out on a protest form which will be in your team packet. You must fill out this form and site the rule that has been violated before the games committee will listen to the protest.
13. You are responsible for telling your athletes the rules. No excuse from an athlete, parent or coach that they did not know about the rules. Know the important rules in the rule book (uniform, use of electronic devices, metal hair clips, relays, profanity, etc)
14. Buses will be parked at the Tennis Courts which are located on the Left hand side of North Stokes School Road passed the main entrance to the school. Athletes and coaches will enter the stadium through the gate behind the Field House.
15. Spectators should park in the main parking lot and enter the Stadium through the main gate from the main parking lot.

16. Only NCCA are accepted for free admission.
17. \$2 admission for spectators.
18. Our bathrooms are small so please have your athletes in their uniforms before they get here.
19. Please inform your athletes that they are not allowed outside of the track stadium, they are not to be in the parking lot, in any area of the school, or to return back to you bus.
20. Make sure your athletes, if they are wearing spikes, have ¼” pyramid spikes. We will check before each race and if they are over ¼” the will not be allowed to run in their spikes.
21. TEAM PACKETS CAN BE PICKED UP AS SOON AS YOU ENTER THE STADIUM ON THE LEFT SIDE OF THE FIELD HOUSE.
22. **Field events will check in at their field event.**
23. **RUNNING EVENT CHECK-IN INFORMATION** - Make sure all runners are checked in at the clerk’s tent by first call. Clerk’s tent will be the tent in the center of the football field. Once your athletes check in they are to stay in the clerk’s area, they are not to leave. The marshals will be lining the athletes up into their heats at second call. Once the marshal has left the clerk’s area for the next event an athlete will not be allowed to run in that event.
24. During running events make sure your athletes are in the stands unless they have heard first call for their event. Please inform your athletes of this, we have had problems with people crossing the track when runners are coming and we have had problems with people getting too close to the start/finish line while races are finishing. If their event has not been called they do not need to be on the infield.
25. Athletes are asked to not bother the FAT Operator and Scorers for times or to see their pictures. Coaches are asked to do the same unless you feel there is a need to see the photo finish.
26. Results will be posted at the top of the Stadium near the concession stand.
27. How quickly the meet finishes depend on how everyone does their job, both athletes and coaches. If you are assigned a job please do it, if you can’t let us know as soon as possible.
28. NO BOOM BOXES are allowed in the stadium or in the parking lot next to the Stadium.
29. CELL PHONES must be on vibrate or turned off near the Start/Finish Line and at Field Events.
30. Concession Stand will be open.
31. Event t-shirts will be on sale..