

# Track and Field

## Playoff Information

### Div. III Specifics

#### Sport Manager:

Steve Lykins, North Raleigh Christian Academy, 919-247-8743, [mlykins@nrcaknights.com](mailto:mlykins@nrcaknights.com)

#### Meet Director:

Jeff Taylor, University Christian High School

#### Dates & Sites:

- Trials on Friday, May 17, 2019 at Lenoir Rhyne University (Hickory, NC)
- Finals on Saturday, May 18, 2019 at Lenoir Rhyne University (Hickory, NC)

#### Deadline for Participation:

- Tuesday, May 14, 2019 by noon.
- Changes must be submitted by Thursday, May 16 by noon.

#### Qualifying Standards:

1. The Div. III automatic qualifying standards are updated annually.
2. Standards are based on the 14th place finish from the previous 4 years (or the last place finisher if less than 14 entrants).
3. Standards for 2019 will be calculated once results are posted for the 2018 meet.
4. Each year standards will be updated in a similar fashion.

#### Qualifying Standards for 2019:

Div. III Girls					Div. III Boys				
	2018	2017	2016	HT/FAT		2018	2017	2016	HT/FAT
<b>100</b>	13.64	13.57	14.1	13.5/13.74	<b>100</b>	11.7	11.66	11.94	11.5/11.74
<b>200</b>	28.21	28.09	29.71	28.4/28.64	<b>200</b>	24.15	24.04	24.48	24.0/24.24
<b>400</b>	1:08.34	1:07.11	1:07.96	1:07.6/1:07.84	<b>400</b>	54.74	54.41	55.39	54.6/54.84
<b>800</b>	2:44.01	2:43.0	2:41.78	2:42.7/2:42.94	<b>800</b>	2:14.15	2:11.22	2:08.42	2:11.0/2:11.24
<b>1600</b>	6:04.03	6:00.11	5:54.52	5:59.3/5:59.54	<b>1600</b>	4:51.39	4:58.29	4:49.45	4:52.8/4:53.04
<b>3200</b>	14:00.88	13:13.86	13:04.15	13:26.0/13:26.24	<b>3200</b>	11:10.61	11:23.94	10:55.0	11:09.6/11:09.84
<b>100H</b>	20.58	20.74	19.91	20.2/20.44	<b>110H</b>	20.34	19.54	20.62	19.9/20.14
<b>300H</b>	59.35	55.22	54.17	56.0/56.24	<b>300H</b>	49.74	48.34	47.4	48.2/48.44
<b>LJ</b>	14-1.5	13-10.5	13-9	13-11	<b>LJ</b>	18-9.5	18-9	18-9	18-9
<b>TJ</b>	27-3.25	25-11	25-7	26-3	<b>TJ</b>	35-11.5	37-2	38-4	37-1
<b>HJ</b>	4-0	3-9	4-2	4-0	<b>HJ</b>	5-6	5-4	5-3	5-4
<b>PV</b>	2 kids	2 kids	4 kids	7-0	<b>PV</b>	4 kids	5 kids	3 kids	9-0
<b>Shot</b>	26-11.5	24-8	27-7	26-9	<b>Shot</b>	35-7	35-6	34-9.5	35-4

<b>Discus</b>	69-5.25	73-8	65-11.25	69-8	<b>Discus</b>	100-4	106-1	102-5	102-11
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**Order of Events:**

1. Note concerning times of events: In order to minimize conflicts, it is hoped that the field events can be nearly completed before the running events begin.
2. Athletes entered in two field events taking place simultaneously must be prepared to move back and forth between events.
3. Warm-ups for field events should be completed by the time the event is scheduled to begin. Competition must begin at the designated time.
4. Running events should never be started before the designated time.

<b>Friday, May 17, 2019</b>	
2:00 pm	Coaches Meeting
3:00 pm	Girls Discus, Long Jump, High Jump Boys Shot, Long Jump, Pole Vault
4:15 pm	Girls 4 X 800m Relay Finals*
4:30 pm	Boys 4 X 800m Relay Finals*
4:55 pm	Girls 100m Hurdle Prelims
5:10 pm	Boys 110m Hurdle Prelims
5:25 pm	Girls 100m Prelims
5:35 pm	Boys 100m Prelims
5:50 pm	Girls 400m Prelims
6:05 pm	Boys 400m Prelims
6:20 pm	Girls 300m Hurdle Prelims
6:35 pm	Boys 300m Hurdle Prelims
6:50 pm	Girls 200m Prelims
7:00 pm	Boys 200m Prelims
7:15 pm	Girls 3200m Finals*
7:45 pm	Boys 3200m Finals*

\* If multiple heats are run, slow heat will be run first.

<b>Saturday, May 18, 2019</b>	
9:00 am	Coaches Meeting
10:00 am	Girls Shot Put, Triple Jump, Girls Pole Vault Boys Discus, Triple Jump, High Jump
12:00 pm	Girls 100m Hurdle Finals
12:10 pm	Boys 100m Hurdle Finals
12:20 pm	Girls 100m Finals
12:30 pm	Boys 100m Finals
12:40 pm	Girls 4 X 200m Relay Finals*
12:50 pm	Boys 4 X 200m Relay Finals*
1:00 pm	Girls 1600m Finals
1:25 pm	Boys 1600m Finals

1:45 pm	Girls 4 X 100m Relay Finals*
1:55 pm	Boys 4 X 100m Relay Finals*
2:05 pm	Girls 400m Finals
2:15 pm	Boys 400m Finals
2:25 pm	Girls 300m Hurdle Finals
2:35 pm	Boys 300m Hurdle Finals
2:45 pm	Girls 800m Finals*
3:00 pm	Boys 800m Finals*
3:15 pm	Girls 200m Finals
3:25 pm	Boys 200m Finals
3:45 pm	Girls 4 X 400m Relay Finals*
4:00 pm	Boys 4 X 400m Relay Finals*
	Awards

\* If multiple heats are run, slow heat will run first.

Note concerning times of events:

- In order to minimize conflicts, it is hoped that the field events can be nearly completed before the running events begin.
- Athletes entered in two field events taking place simultaneously must be prepared to move back and forth between events.
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#### State Track Records

Information for the state track records may be found at [www.ncpreptrack.com](http://www.ncpreptrack.com) The NCISAA appreciates the hard work that it took to compile the information. All questions regarding this information should be directed to [ncpreptrack.com](http://ncpreptrack.com).

#### Div. II Specifics

##### Sport Managers:

Steve Lykins, North Raleigh Christian Academy, 919-247-8743, [mlykins@nrcaknights.com](mailto:mlykins@nrcaknights.com)

##### Meet Director:

Tom Hawxwell - Gaston Christian School, [thawxwell@gastonchristian.org](mailto:thawxwell@gastonchristian.org)

##### Dates & Sites:

- Trials on Friday, May 17, 2019 at Gaston Christian School
- Finals on Saturday, May 18, 2019 at Gaston Christian School

##### Deadline for Participation:

- Tuesday, May 14, 2019 by noon.
- Changes must be submitted by Thursday, May 16 by noon.

##### Qualifying standards:

1. The Div. II automatic qualifying standards are updated each year.
2. They are based on the average of the top 12 qualifiers from the current year along with the past 3 years. (Average 4 years to get the standards for the next year.)

### Qualifying Standards for 2019:

Div. II Girls					Div. II Boys				
	2018	2017	2016	HT/FAT		2018	2017	2016	HT/FAT
<b>100</b>	13.54	13.59	13.34	13.3/13.54	<b>100</b>	11.67	11.74	11.81	11.5/11.74
<b>200</b>	28.07	28.27	28.24	28.0/28.24	<b>200</b>	23.65	23.84	24.2	23.6/23.84
<b>400</b>	1:05.64	1:06.34	1:05.65	1:05.6/1:05.84	<b>400</b>	54.06	53.61	53.44	53.5/53.74
<b>800</b>	2:32.90	2:36.59	2:39.70	2:36.2/2:36.44	<b>800</b>	2:04.56	2:10.23	2:07.59	2:07.2/2:07.44
<b>1600</b>	5:43.49	5:51.23	5:46.50	5:46.8/5:47.04	<b>1600</b>	4:45.96	4:48.02	4:49.26	4:47.5/4:47.74
<b>3200</b>	12:51.60	13:14.40	12:52.05	12:59.1/12:59.34	<b>3200</b>	10:23.93	10:55.84	10:36.77	10:38.6/10:38.84
<b>100H</b>	18.54	18.81	20.14	18.9/19.14	<b>110H</b>	19.12	18.74	19.1	18.8/19.04
<b>300H</b>	55.55	54.24	55.11	54.7/54.94	<b>300H</b>	47.16	47.34	46.39	46.7/46.94
<b>LJ</b>	14-6.75	13-8.25	14-3.5	14-2	<b>LJ</b>	19-6.5	18-11	18-5	18-11
<b>TJ</b>	28-11.5	29-0.25	29-5.5	29-1	<b>TJ</b>	36-3	37-7.5	37-7.25	37-2
<b>HJ</b>	4-6	4-7	4-2	4-6	<b>HJ</b>	5-6	5-6	5-4	5-6
<b>PV</b>	8-0	6-0	6-0	7-0	<b>PV</b>	6-6	7-0	7-0	8-0
<b>Shot</b>	28-7	27-5	26-10	27-7	<b>Shot</b>	36-2	36-7	36-8	35-5
<b>Discus</b>	86-7	81-3.5	79-7	82-5	<b>Discus</b>	97-2	90-5	100-4	96-0

### Order of Events:

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2. Athletes entered in two field events taking place simultaneously must be prepared to move back and forth between events.
3. Warm-ups for field events should be completed by the time the event is scheduled to begin. Competition must begin at the designated time.
4. Running events should never be started before the designated time.

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2:00 pm	Coaches Meeting
3:00 pm	Girls Discus, Long Jump, High Jump, Boys Shot, Long Jump, Pole Vault
4:15 pm	Girls 4 X 800m Relay Finals*
4:30 pm	Boys 4 X 800m Relay Finals*
4:55 pm	Girls 100m Hurdle Prelims

5:10 pm	Boys 110m Hurdle Prelims
5:25 pm	Girls 100m Prelims
5:35 pm	Boys 100m Prelims
5:50 pm	Girls 400m Prelims
6:05 pm	Boys 400m Prelims
6:20 pm	Girls 300m Hurdle Prelims
6:35 pm	Boys 300m Hurdle Prelims
6:50 pm	Girls 200m Prelims
7:00 pm	Boys 200m Prelims
7:15 pm	Girls 3200m Finals*
7:45 pm	Boys 3200m Finals*

\* If multiple heats are run, slow heat will be run first.

<b>Saturday, May 18, 2019</b>	
9:00 am	Coaches Meeting
10:00 am	Girls Shot Put, Triple Jump, Girls Pole Vault, Boys Discus, Triple Jump, High Jump
12:00 pm	Girls 100m Hurdle Finals
12:10 pm	Boys 100m Hurdle Finals
12:20 pm	Girls 100m Finals
12:30 pm	Boys 100m Finals
12:40 pm	Girls 4 X 200m Relay Finals*
12:50 pm	Boys 4 X 200m Relay Finals*
1:00 pm	Girls 1600m Finals
1:25 pm	Boys 1600m Finals
1:45 pm	Girls 4 X 100m Relay Finals*
1:55 pm	Boys 4 X 100m Relay Finals*
2:05 pm	Girls 400m Finals
2:15 pm	Boys 400m Finals
2:25 pm	Girls 300m Hurdle Finals
2:35 pm	Boys 300m Hurdle Finals
2:45 pm	Girls 800m Finals*
3:00 pm	Boys 800m Finals*
3:15 pm	Girls 200m Finals
3:25 pm	Boys 200m Finals
3:45 pm	Girls 4 X 400m Relay Finals*
4:00 pm	Boys 4 X 400m Relay Finals*
	Awards

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Note concerning times of events:

- In order to minimize conflicts, it is hoped that the field events can be nearly completed before the running events begin.
- Athletes entered in two field events taking place simultaneously must be prepared to move back and forth between events.
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- Competition must begin at the designated time. Running events should never be started before the designated time.

### Div. I Specifics

#### Sport Managers:

Steve Lykins, North Raleigh Christian Academy, 919-247-8743, [mlykins@nrcaknights.com](mailto:mlykins@nrcaknights.com)

#### Meet Director:

Russ Campbell, Cannon School

#### Dates & Sites

- Trials on Friday, May 17, 2019 at Cannon School
- Finals on Saturday, May 18, 2019 at Cannon School

#### Deadline for Participation:

- Tuesday, May 14, 2019 by noon.
- Changes must be submitted by Thursday, May 16 by noon.

#### Qualifying standards:

1. The Div. I automatic qualifying standards are updated each year.
2. They are based on the average of the top 12 qualifiers from the current year along with the past 3 years. (Average 4 years to get the standards for the next year.)

#### Qualifying Standards for 2019:

Div. i Girls					Div. I Boys				
	2018	2017	2016	HT/FAT		2018	2017	2016	HT/FAT
<b>100</b>	13.09	13.37	13.24	13.0/13.24	<b>100</b>	11.21	11.23	11.48	11.1/11.34
<b>200</b>	26.4	27.69	26.92	26.8/27.04	<b>200</b>	22.69	22.75	23.16	22.6/22.84
<b>400</b>	1:01.74	1:02.79	1:02.75	1:02.2/1:02.44	<b>400</b>	51.32	51.25	52.48	51.4/51.64
<b>800</b>	2:26.03	2:29.29	2:29.70	2:28.1/2:28.34	<b>800</b>	2:00.81	2:01.68	2:03.64	2:01.8/2:02.04
<b>1600</b>	5:31.69	5:29.54	5:34.25	5:31.6/5:31.84	<b>1600</b>	4:33.70	4:35.11	4:42.90	4:37.0/4:37.24
<b>3200</b>	12:17.37	12:06.54	12:24.34	12:15.8/12:16.04	<b>3200</b>	10:03.18	10:19.50	10:17.46	10:13.1/10:13.34
<b>100H</b>	17.53	17.79	18.04	17.5/17.74	<b>110H</b>	16.91	17.05	17.71	17.0/17.24
<b>300H</b>	52.74	53.48	53.59	53.0/53.24	<b>300H</b>	43.49	43.33	45.33	43.8/44.04
<b>LJ</b>	15-6.75	15-1	15-4.5	15-4	<b>LJ</b>	20-7.5	20-4.5	19-9	20-3
<b>TJ</b>	31-7	31-3	31-9	31-6	<b>TJ</b>	39-3.5	41-4.5	38-9	40-2

<b>HJ</b>	4-8	4-8	4-6	4-8	<b>HJ</b>	5-8	5-8	5-6	5-8
<b>PV</b>	7-9	7-6	7-6	7-6	<b>PV</b>	10-6	11	10-10	11-0
<b>Shot</b>	29-4.25	28-5	28-1	28-7.5	<b>Shot</b>	43-2.5	40-5.5	43-9	42-5
<b>Discus</b>	84-5.5	80-8	84-8	83-3	<b>Discus</b>	117-11	123-0.5	121-4.5	120-9

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5:50 pm	Girls 400m Prelims
6:05 pm	Boys 400m Prelims
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12:10 pm	Boys 100m Hurdle Finals
12:20 pm	Girls 100m Finals
12:30 pm	Boys 100m Finals
12:40 pm	Girls 4 X 200m Relay Finals*

12:50 pm	Boys 4 X 200m Relay Finals*
1:00 pm	Girls 1600m Finals
1:25 pm	Boys 1600m Finals
1:45 pm	Girls 4 X 100m Relay Finals*
1:55 pm	Boys 4 X 100m Relay Finals*
2:05 pm	Girls 400m Finals
2:15 pm	Boys 400m Finals
2:25 pm	Girls 300m Hurdle Finals
2:35 pm	Boys 300m Hurdle Finals
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3:00 pm	Boys 800m Finals*
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4:00 pm	Boys 4 X 400m Relay Finals*
	Awards

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- Competition must begin at the designated time. Running events should never be started before the designated time.

### State Track Records:

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## GENERAL

### Rules:

NFHS rules will cover any situations not specifically covered in these regulations, including uniform regulations.

### Admission:

Adults	\$10.00
Students	\$5.00
Children (under 8)	Free

- 100% of gate receipts, after expenses, are turned in to NCISAA office.

### Uniforms:

Uniforms will follow the National Federation of State High School Associations guidelines.



### **Entries, Eligibility and Automatic Qualifiers:**

1. To be eligible to compete in the Div. III NCISAA State Championships, each team, team member, and individual entry must compete in a minimum of 2 meets on 2 separate dates during the current season.
2. To be eligible to compete in the Div. I and Div. II NCISAA State Championships, each team, team member, and individual entry must compete in a minimum of 4 meets on 4 separate dates during the current season.
3. Athletes may compete in no more than four events including relays.
4. Qualifying standards (listed below) must be earned during the current season to be eligible for state competition with the following exceptions:
5. For field events, 800, 1600 and 3200: if there are fewer than 24 automatic qualifiers, provisional qualifiers should be accepted to fill out the field to 24. If there are 24 or more entries, provisional qualifiers should not be accepted. Note: If there are, for example, 23 Aqs and the next two provisionals have the exact same entry time, neither would be accepted and the field would stay at 23.
6. For the 100, 200, 400 and hurdles, if there are fewer than 24 automatic qualifiers, provisional qualifiers should be accepted to fill out the field to 24 (three heats of 8). If there are more than 24 automatic qualifiers, provisional qualifiers should be accepted to fill out the field to 32 (four heats of 8). Note: if provisional qualifier number 32 and 33 have the exact same time, neither would be accepted and the field would stay at 31.
7. Any number of athletes who meet the published qualifying standard (in the current season) for a particular event may be entered in that event. (No longer a limit of 3 entries per team.) *Note: a maximum of three members of any team will be permitted to score (see details in scoring section).*
8. A school may enter only one relay team per relay event.
9. No late entries will be accepted after noon on the Tuesday prior to the meet. (Tuesday, May 14, 2019)
10. All entries (automatic qualifiers and provisional) must be submitted online using [www.athletic.net](http://www.athletic.net). Changes and updates to entries can be made until the entry deadline (Noon on Thursday, May 16, 2019).
11. To offer an event at the state championship meet, the event must have a minimum of three entries.

### **Verification of Performances:**

1. Coaches must post all regular season (and conference championship) meet results within 10 days of the completion of the meet to [www.athletic.net](http://www.athletic.net). The rankings provided by athletic.net will serve as NCISAA rankings and will serve as verification of meet results.
2. Coaches should be aware athletic.net does not distinguish between Div. I, Div. II, and Div. III in the rankings. Coaches must analyze the rankings list to determine if their athletes qualify for their division.
3. Coaches are no longer required to bring copies of meet results to the NCISAA track meet as the results will be available on athletic.net at any time once they are posted.
4. Note: athletic.net converts all hand held results to FAT.

### **Trials and Advancement:**

1. Trials will be held on Friday in boys and girls hurdles, boys and girls 100 meter, and boys and girls 200 and 400 meter races. (3200 relay and 3200 meter finals will also be run on Friday.)
2. Advancement out of trials:
  - Advancement in laned events is based on place and time. This means (2 heats = top-3 from each heat and then the next 2 fastest times, 3 heats = top 2 from each heat and the next 2 fastest times, 4-heats = top-1 from each heat and the next 4 fastest times.)
  - Advancement out of field events will be based on performance. Top 9 will advance to the finals.

### **Scoring:**

1. Boys and girls meets will be scored separately.

2. Points will be awarded as listed in the NFHS rulebook based on the number of teams entered in each meet.
3. 8 places will be scored in running and field events.
4. A maximum of three members of any team will be allowed to advance to the finals of the field events or races under 800 meters.

**False Starts:**

1. In the event of a false start, the entire field is charged.
2. The next runner committing a false start will be disqualified from that event.

**Appeals Process:**

- Any appeal needs to be made verbally to the Meet Director within 30 minutes after the completion of the event.
- Meet Director will immediately assemble and present the appeal to the Games Committee, which will be made up of no less than 5 Head Coaches. Games Committee should be determined and published prior to the state meet.
- Games committee will discuss, seek or ask for rules clarifications, if necessary, and present a decision to the meet director, who will communicate that decision to the coach who made the appeal as quickly as possible.
- If appeal was granted, meet director will communicate the results of those changes to all head coaches in person.

Situations that can be appealed will follow Rule 3-5 Section 5 (p. 16) of 2019 NFHS Track and Field and Cross Country Rule Book.

**Awards:**

**Team-**

	<b>DIV. III BOYS &amp; GIRLS</b>	<b>DIV. II BOYS &amp; GIRLS</b>	<b>DIV. I BOYS &amp; GIRLS</b>
Championship Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Runner-Up Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Individual Gold Medals to Championship Team	30 Boys 30 Girls	30 Boys 30 Girls	30 Boys 30 Girls
Individual Silver Medals to Runner-Up Team	30 Boys 30 Girls	30 Boys 30 Girls	30 Boys 30 Girls

The NCISAA provides the aforementioned number of medals per sport for state champions and runner-ups. If your roster exceeds the number of medals, you may purchase additional medals from Al Cheek of Excalibur Awards at 336.778.2121 or toll free at 1.877.978.2121.

**Individual-**

	<b>DIV. III BOYS &amp; GIRLS</b>	<b>DIV. II BOYS &amp; GIRLS</b>	<b>DIV. I BOYS &amp; GIRLS</b>
(All-State Team) Plaques to Each State Championship Event Winner (including relay teams)	30 Boys 29 Girls	30 Boys 30 Girls	30 Boys 30 Girls
Silver Medals to 2nd Place Finishers	30 Boys 29 Girls	30 Boys 30 Girls	30 Boys 30 Girls

Bronze Medals to 3rd Place Finishers	30 Boys 29 Girls	30 Boys 30 Girls	30 Boys 30 Girls
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