



# Track and Field

## Sport Information

### Sport Director

Homar Ramirez, NCISAA Executive Director, hramirez@ncisaa.org

### Regular Season Information-

#### In-Season Activities-

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

	BEGIN	END
Spring Season	Monday, February 15, 2021	Sunday, May 16, 2021

#### Game Limits-

Track & Field	14 contests plus Spring Break
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#### Out of Season Activities-

- Out of season activities are allowed, but are subject to the following:
  - Dead Periods:
    - Only apply to sports not in season.
    - Out of Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the third Monday of February and extends 3 weeks after the third Monday of February (or the second Monday of February during a leap year).
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

#### Sport Rules-

- National Federation of High Schools Rules (NFHS)-
  - The NCISAA is an affiliate member of the NFHS.
  - National High School Federation rules apply when NCISAA rules do not cover a particular application.
  - Visit [www.nfhs.org](http://www.nfhs.org) to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.
- Rules Interpretations-
  - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.

- Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA Office.

## Postseason Information -

Div. III

Meet Director: Jeff Taylor, University Christian (jtaylor@uchigh.com)

### Dates & Sites-

Saturday, May 15, 2021; @ Gaston Christian School

### Deadline for Participation-

- All entries are due Tuesday, May 11, 2021 by noon.
- Scratches must be submitted by Thursday, May 13 by noon.

### Automatic Qualifying Standards-

- The automatic qualifying standards (AQs) are updated annually.
- Automatic Qualifying standards are based on an average from the previous three seasons. The average is found by using the 8th best mark in each event during the season. (\*Marks are found by using NCMileSplit rankings.)
- An athlete can compete in the State Championship either by making the AQ standard or by being one of the top 24 entries; meeting the AQ standard guarantees entry into the meet. (PV and HJ entries must have a minimum entry of starting height.)

### Automatic Qualifying Standards:

Division III Girls		Division III Boys	
Event	Hand/FAT	Event	Hand/FAT
100	13.3/13.54	100	11.4/11.64
200	28.00/28.24	200	23.7/23.94
400	1:06.8/1:07.04	400	54.2/54.44
800	2:42.4/2:42.64	800	2:12.1/2:12.34
1600	6:01.1/6:01.34	1600	4:57.4/4:57.64
3200	13:29.7/13:29.94	3200	11:16.9/11:17.14
110H	20.4/20.64	110H	19.9/20.14
300H	56.7/56.94	300H	48.1/48.34
LJ	14-00	LJ	18-11
TJ	27-01	TJ	36-5
HJ	4-02	HJ	5-06
PV	7-00	PV	8-00

Shot	26-09	Shot	36-07
Discus	73-06	Discus	102-10

**Schedule:**

<b>Saturday, May 15, 2021</b>	
9:00 AM	Warm-ups / Coaches Meeting
10:00 AM	Girls 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
10:30 AM	Girls Discus, Long Jump, High Jump, Boys Shot, Long Jump, Pole Vault
10:35 AM	Boys 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
11:05 AM	Girls 100m Hurdles Prelims
11:15 AM	Boys 110m Hurdles Prelims
11:25 AM	Girls 100m Prelims
11:35 AM	Boys 100m Prelims
11:45 AM	Girls 4x800m Relay Finals
12:00 PM	Boys 4x800m Relay Finals
<b>Break before Finals</b>	
1:10 PM	Girls 100m Hurdles Finals
1:20 PM	Boys 110m Hurdles Finals
1:30 PM	Girls 100m Finals
1:35 PM	Boys 100m Finals
1:45 PM	Girls 4x200m Relay Finals
1:55 PM	Boys 4x200m Relay Finals
2:00 PM	Girls Shot Put, Triple Jump, Pole Vault, Boys Discus, Triple Jump, High Jump
2:05 PM	Girls 1600m Run Finals
2:25 PM	Boys 1600m Run Finals
2:40 PM	Girls 4x100m Relay Finals
2:50 PM	Boys 4x100m Relay Finals

3:00 PM	Girls 400m Dash Finals
3:10 PM	Boys 400m Dash Finals
3:20 PM	Girls 300m Hurdles Finals
3:30 PM	Boys 300m Hurdles Finals
3:40 PM	Girls 800m Run Finals
3:50 PM	Boys 800m Run Finals
4:00 PM	Girls 200m Dash Finals
4:10 PM	Boys 200m Dash Finals
<b>Break before 4x400m Relay</b>	
4:40 PM	Girls 4x400m Relay Finals
5:00 PM	Boys 4x400m Relay Finals

\*For all events except the 3200m, Fast sections run last.

#### 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.
5. If multiple sections are run, the slow section will run first.

#### Div. II Specifics

Meet Director- Doug Esleeck, Forsyth Country Day School (douglesleeck@fcds.org)

#### Dates & Sites-

Saturday, May 15, 2021; Forsyth Country Day School

#### Deadline for Participation-

- All entries are due Tuesday, May 11, 2021 by noon.
- Scratches must be submitted by Thursday, May 13 by noon.

#### Automatic Qualifying Standards-

1. The Automatic Qualifying standards (AQs) are updated annually.
2. Automatic Qualifying standards are based on the average of the previous three seasons. The average is found by using the 8th best mark in each event during the season. (\*Marks are found by using the NCMileSplit rankings.)
3. An athlete can compete in the State Championship either by making the AQ standard or by being one of the top 24 entries; meeting the AQ standard guarantees entry into the meet. (PV and HJ entries must have a minimum entry of starting height.)

## Automatic Qualifying Standards-

Division II Girls		Division II Boys	
Event	Hand/FAT	Event	Hand/FAT
100	13.3/13.54	100	11.4/11.64
200	27.9/28.14	200	23.5/23.74
400	1:05.2/1:05.44	400	53.4/53.64
800	2:33.0/2:33.24	800	2:05.5/2:05.74
1600	5:44.7/5:44.94	1600	4:43.9/4:43.14
3200	12:52.2/12:52.44	3200	10:37.4/10:37.64
110H	18.3/18.54	110H	18.7/18.94
300H	54.4/54.64	300H	46.7/46.94
LJ	14-05	LJ	19-06
TJ	29-03	TJ	36-03
HJ	4-06	HJ	5-06
PV	7-00	PV	8-00
Shot	28-08	Shot	36-09
Discus	84-01	Discus	97-00

## Schedule:

Saturday, May 15, 2021	
9:00 AM	Warm-ups / Coaches Meeting
10:00 AM	Girls 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
10:30 AM	Girls Discus, Long Jump, High Jump, Boys Shot, Long Jump, Pole Vault

10:35 AM	Boys 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
11:05 AM	Girls 100m Hurdles Prelims
11:15 AM	Boys 110m Hurdles Prelims
11:25 AM	Girls 100m Prelims
11:35 AM	Boys 100m Prelims
11:45 AM	Girls 4x800m Relay Finals
12:00 PM	Boys 4x800m Relay Finals
<b>Break before Finals</b>	
1:10 PM	Girls 100m Hurdles Finals
1:20 PM	Boys 110m Hurdles Finals
1:30 PM	Girls 100m Finals
1:35 PM	Boys 100m Finals
1:45 PM	Girls 4x200m Relay Finals
1:55 PM	Boys 4x200m Relay Finals
2:00 PM	Girls Shot Put, Triple Jump, Pole Vault, Boys Discus, Triple Jump, High Jump
2:05 PM	Girls 1600m Run Finals
2:25 PM	Boys 1600m Run Finals
2:40 PM	Girls 4x100m Relay Finals
2:50 PM	Boys 4x100m Relay Finals
3:00 PM	Girls 400m Dash Finals
3:10 PM	Boys 400m Dash Finals
3:20 PM	Girls 300m Hurdles Finals
3:30 PM	Boys 300m Hurdles Finals
3:40 PM	Girls 800m Run Finals
3:50 PM	Boys 800m Run Finals
4:00 PM	Girls 200m Dash Finals
4:10 PM	Boys 200m Dash Finals
<b>Break before 4x400m Relay</b>	

4:40 PM	Girls 4x400m Relay Finals
5:00 PM	Boys 4x400m Relay Finals

\*For all events except the 3200m, Fast sections run last.

#### 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.
5. If multiple sections are run, the slow section will run first.

#### Div. I Specifics

Meet Director- Conrad Hall, Cary Academy (conrad\_hall@caryacademy.org)

#### Dates & Sites-

Saturday, May 15, 2021; Cary Academy

#### Deadline for Participation-

- All entries are due Tuesday, May 11, 2021 by noon.
- Scratches must be submitted by Thursday, May 13 by noon.

#### Automatic Qualifying Standards-

The Automatic Qualifying standards (AQs) are updated annually.

1. Automatic Qualifying standards are based on an average from the previous three seasons. The average is found by using the 8th best FAT mark in each event during the season. (\*Marks are found using the NCMileSplit rankings.)
2. An athlete can compete in the State Championship either by making the AQ standard or by being one of the top 24 entries; meeting the AQ standard guarantees entry into the meet. (PV and HJ entries must have a minimum entry of starting height.)

#### Qualifying Standards-

Division I Girls		Division I Boys	
Event	Hand/FAT	Event	Hand/FAT
100	12.8/13.04	100	10.9/11.14
200	26.6/26.84	200	22.4/22.64
400	1:01.4/1:01.64	400	51.00/51.24
800	2:25.8/2:26.04	800	2:01.3/2:01.54
1600	5:27.2/5:27.44	1600	4:33.8/4:34.04

3200	12:03.5/12:03.74	3200	10:06.2/10:06.44
110H	16.8/17.04	110H	16.4/16.64
300H	51.00/51.24	300H	42.9/43.14
LJ	15-08	LJ	20-08
TJ	31-09	TJ	40-10
HJ	4-08	HJ	5-09
PV	7-06	PV	10-06
Shot	28-11	Shot	42-03
Discus	84-01	Discus	123-02

### Schedule:

<b>Saturday, May 15, 2021</b>	
9:00 AM	Warm-ups / Coaches Meeting
10:00 AM	Girls 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
10:30 AM	Girls Discus, Long Jump, High Jump, Boys Shot, Long Jump, Pole Vault
10:35 AM	Boys 3200m Run Finals, 2 sections of 12, Fast section first for 3200m only*
11:05 AM	Girls 100m Hurdles Prelims
11:15 AM	Boys 110m Hurdles Prelims
11:25 AM	Girls 100m Prelims
11:35 AM	Boys 100m Prelims
11:45 AM	Girls 4x800m Relay Finals
12:00 PM	Boys 4x800m Relay Finals
<b>Break before Finals</b>	
1:10 PM	Girls 100m Hurdles Finals
1:20 PM	Boys 110m Hurdles Finals
1:30 PM	Girls 100m Finals
1:35 PM	Boys 100m Finals



1:45 PM	Girls 4x200m Relay Finals
1:55 PM	Boys 4x200m Relay Finals
2:00 PM	Girls Shot Put, Triple Jump, Pole Vault, Boys Discus, Triple Jump, High Jump
2:05 PM	Girls 1600m Run Finals
2:25 PM	Boys 1600m Run Finals
2:40 PM	Girls 4x100m Relay Finals
2:50 PM	Boys 4x100m Relay Finals
3:00 PM	Girls 400m Dash Finals
3:10 PM	Boys 400m Dash Finals
3:20 PM	Girls 300m Hurdles Finals
3:30 PM	Boys 300m Hurdles Finals
3:40 PM	Girls 800m Run Finals
3:50 PM	Boys 800m Run Finals
4:00 PM	Girls 200m Dash Finals
4:10 PM	Boys 200m Dash Finals
<b>Break before 4x400m Relay</b>	
4:40 PM	Girls 4x400m Relay Finals
5:00 PM	Boys 4x400m Relay Finals

\*For all events except the 3200m, Fast sections run last.

#### 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.
5. If multiple sections are run, the slow section will run first.

### General Championship Information

#### Rules-

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

#### Uniforms-

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

competitor's uniform shall be school-issued or school-approved, and worn as intended by the manufacturer. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment; foundation garments are not subject to logo/trademark/reference or color restrictions. Additional guidelines for relay team members: all relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

#### Entries, Eligibility and Automatic Qualifiers-

1. To be eligible to compete in the Division III NCISAA State Championships, each athlete must compete in a minimum of TWO meets on TWO separate dates during the current season.
2. To be eligible to compete in the Division I or Division II NCISAA State Championships, each athlete must compete in a minimum of FOUR meets on FOUR separate dates during the current season.
3. Athletes may compete in no more than four events including relays.
4. Automatic qualifying standards must be earned during the current season.
5. After those individuals who meet the automatic standards, each event will then be filled to 24 individuals when possible. These entries will be done using marks earned by athletes during the current season.
  - a. Coaches must enter athletes on [www.athletic.net](http://www.athletic.net) who have met the automatic qualifying standard and other athletes they believe may make the state meet.
6. A team may enter an unlimited number of athletes into an event as long as the athletes (1) meet the automatic qualifying standards or (2) have earned a mark good enough to be a top 24 entry.
7. A school may enter only one relay team per relay event.
8. No late entries will be accepted after noon, on the Tuesday prior to the meet.
9. ALL entries are done through [www.athletic.net](http://www.athletic.net).
  - a. All entry marks for the NCISAA State Championship should be in the [www.athletic.net](http://www.athletic.net) database. (Marks on NCMileSplit only are not sufficient; the marks must be in the [www.athletic.net](http://www.athletic.net) database to be accepted). There will be no overrides for entry marks with the exception of the 1600 and 3200. (A Mile time or 2-Mile time may be converted to a 1600 or 3200 time to be used for entry.) Meaning, ONLY verified marks found on [www.athletic.net](http://www.athletic.net) are allowed for entry purposes into the NCISAA State Championships.
  - b. Relay times entered should be your team's best relay time of the season. If a faster time is entered and noticed by the meet director, games committee, or another coach, the team will be entered with no time (NT).
  - c. All coaches are strongly encouraged to post meet results within 10 days of the completion of the meet. This helps keep an ongoing ranking for everyone to see throughout the season.
  - d. When entering meet results, please make sure hand times are designated correctly as [www.athletic.net](http://www.athletic.net) will automatically convert hand times to FAT.
  - e. Marks on NCMileSplit only are not sufficient; if you attend a meet that is not posted on [www.athletic.net](http://www.athletic.net), it is your responsibility as coach to enter the meet and verified marks onto the website.
10. No entries under the starting height will be accepted for the Pole Vault or the High Jump. Starting height for Pole Vault will be 18" below the automatic qualifying standard for each division; however, for all classifications, there will be no starting height below 6-00 for Girls and 7-00 for Boys. Starting height for High Jump will be 6" below the automatic qualifying standard for each division. Please help the meet director by not entering athletes unless they have met the standards below.
  - a. Pole Vault - All athletes must have cleared 18" below the automatic qualifying standard for your division AND at least 6-00 for Girls and 7-00 for Boys in order to compete.
  - b. High Jump - All athletes must have cleared 6" below the automatic qualifying standard for your division in order to compete.

#### Scoring-

1. Boys & girls will be scored separately.
2. Points will be awarded as listed in the NFHS Rule Book based on the number of teams entered. Typically the state meet is scored: 10, 8, 6, 5, 4, 3, 2, 1 for individual and relay events.
3. Eight places will be scored in all events.
4. Any athlete who places in the top eight is eligible to score in that given event. This means there is NO LIMIT to the number of scorers a team may have in any one event.

#### Appeals/Protest Process-

1. Protests must be made verbally to the Meet Director within 30 minutes after the completion of the event, or after the head coach has been notified of the disqualification. After speaking with the Meet Director if the coach(es) still want to file an appeal, they need to write an official appeal for the Games Committee/Jury of Appeals.
2. This written appeal will then be given to the Games Committee/Jury of Appeals.
  - a. The Games Committee/Jury of Appeals will be assigned by the Meet Director prior to the state championship. This group will be made up of at least one coach from each conference, and a minimum of **five** coaches should be assigned, including the Meet Director, resulting in an odd number on the Games Committee. By the NFHS Rule Book, the Games Committee "may also serve as the jury of appeals." (Section 2 The Games Committee, Art. 1)
3. The Games Committee/Jury of Appeals will then discuss the appeal at hand. They will then vote and come to a decision. This decision will then be recorded by the Meet Director.
  - a. If a member of the Games Committee brought forth the appeal, then they must recuse themselves and leave the decision making to the other members of the GC. They may not be involved in the process in any way.
4. The Meet Director will then deliver the decision to the coach(es) who wrote the official appeal. If the appeal was granted, the Meet Director should communicate the decision to all head coaches.

#### Field Event Specifics-

##### Long Jump and Triple Jump:

Each athlete will receive three attempts in the preliminary rounds. The top nine individuals after the prelims will make the finals where they will receive an additional three attempts.

##### Shot Put and Discus:

All implements must be weighed in order to be used in competition. Only those implements accepted should be used in the meet. Each athlete will receive three attempts in the preliminary rounds. The top nine individuals after the prelims will make the finals where they will receive an additional three attempts.

##### Pole Vault:

This event will run according to the NFHS Rule Book. The coach must verify that all of the school's pole vaulters and poles meet NFHS requirements, which include that the competitor's weight shall be at or below the manufacturer's pole rating, that the pole rating shall be a minimum of  $\frac{3}{4}$  inch in a contrasting color located within or above the top hand-hold position, and that the pole have a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Starting height for Pole Vault will be 18" below the automatic qualifying standard for each division; however, for all classifications, there will be no starting height below 6-00 for Girls and 7-00 for Boys.

High Jump: This event will run according to the NFHS Rule Book. Starting height for High Jump will be 6" below the automatic qualifying standard for each division.

#### Running Specifics-

##### Declarations:

Coaches and/or athletes must declare for their events 30 minutes prior to the posted start time. Declarations may begin as soon as teams begin arriving at the meet. All performance lists should be

available by the beginning of the coaches' meeting at the latest. (Coaches may declare their athletes by initialing as well)

- If an athlete declares for an event and doesn't compete, they will be removed from the rest of the meet.

#### Heats and Finals:

In events with preliminary rounds, qualifying for the finals will follow the guidelines below.

- If 2 heats - top 3 from each heat and then the next 2 fastest times.
- If 3 heats - top 2 from each heat and then the next 2 fastest times.
- If 4 heats - top 1 from each heat and then the next 4 fastest times.

In events where only a final is run, the ideal breakdown for each event should go as follows.

- 3200 - 2 sections of 12 athletes; waterfall or California start
- 1600 - 2 sections of 12 athletes; waterfall or California start
- 800 - 2 sections of 12 athletes; 1-turn stagger with in-lane alleys (1-2 runners per lane), waterfall, or California start
- 4x800 - 1 section; waterfall or California start
- 4x100, 4x200, & 4x400 - full sections of 8 teams; 4x400m will run a 3-turn stagger

#### 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.

#### Medical Coverage-

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

#### Admission-

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

#### Awards-

TEAM	DIV. III BOYS & GIRLS	DIV. II BOYS & GIRLS	DIV. I BOYS & GIRLS
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

INDIVIDUAL	DIV. III BOYS & GIRLS	DIV. II BOYS & GIRLS	DIV. I BOYS & GIRLS
(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

#### State Track Records-

Information for the state track records may be found at [www.ncpretrack.com](http://www.ncpretrack.com). All questions regarding this information should be directed to ncpretrack.