

# **NCISAA DIII Track & Field Championship**

**May 15, 2021**

1625 Lowell Bethesda Rd.

Gastonia, NC 28056

Dear Coaches, much of the official State meet information is on the NCISAA website, <https://www.ncisaa.org/sports-specific/?sport=22> . I'm going to try not to duplicate too much of that here. Below are additional facility-specific guidelines and meet day procedures.

## **Running Events**

**Declarations, Check-in, and Hip Numbers:** This will take place in the covered gazebo at the north end of the facility. This is also where coaches will come and declare athletes who will run in the prelims when they arrive at 9:00 AM. We will have a brief coaches meeting for questions and familiarity with the facility.

Declarations will be done for prelims only (100m, 100mH, and 110mH only); athletes do not need to declare for finals. Coaches and/or athletes must declare for their events 30 minutes prior to the posted start time. The races will then be seeded and heats drawn up at this 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.

Hip numbers Athletes should report to the gazebo to get hip numbers at FIRST CALL for their event. At SECOND CALL they should report to the infield clerk so they will be ready once THIRD CALL is made.

The 4x100 Relay will use a 30m exchange zone between the Yellow triangles. The 4x200 Relay will use a 30m exchange zone between the Black triangles on the first and second exchanges, and the Yellow triangles on the final exchange. Athletes may not start in back of the triangles.

The 4x400m Relay will use a three-turn stagger, with the second runner staying in lane until the break line after the first turn. Exchanges are between the Light Blue triangles / 20m exchange zone; outgoing runners may not start in back of the Black triangles.

The 4x800m Relay will use a one-turn stagger (1-2 per lane) if 16 or fewer teams and a waterfall / California start if more than 16 teams. Exchanges are between the Green lines / 20m exchange zone; outgoing runners may not start in back of the Black line.

The first false start will be charged to the field. The second will result in the disqualification of the offending athlete. The same will be true for distance running, where a loss of balance sometimes occurs. We will ask the distance runners to begin 3m back of the waterfall line and advance to the line on command and be steady, as per NFHS rules.

## **Field Events**

Competition will start at the noted time on the schedule; all warm-ups and run-throughs must be completed prior to this time.

**Check-in Procedure for Field Events** Athletes in field events must report directly to the site of those events by the "final call."

**Discus and Shot Put** implement weigh-ins will be at the stadium concession stand from 9:00-10:00am.

**High Jump** Opening Heights 3-8 for the Girls and 5-00 for the Boys; no entries accepted below these heights.

**Pole Vault** Opening Heights 6-00 for the Girls and 7-00 for the Boys; no entries accepted below these heights. Coaches will be asked to provide a pole verification form for their team.

Unlike in normal years, field events and running events will take place simultaneously throughout the meet.

## **Conflicting Events**

Running events must take priority: athletes must check out with the field event judge before reporting to the running event. Athletes need to report back to their field event within 10 minutes after the conclusion of their race.

Athletes in more than one field event that occur simultaneously must inform their event officials of the event conflict. The official will note the conflict. Once the athlete completes a round at the first field event, he/she must inform the official and then go immediately to the next event and complete a round there before returning to the first field event. This must continue until the athlete has finished all rounds. Athletes must be prepared to move back and forth quickly between events. High Jump and Pole Vault must be run in the normal fashion and take priority (i.e., the bar will continue to be raised if an athlete is not present and it will be counted as a pass for that athlete.) Throwers who also are jumpers should be permitted to throw/jump out of order if they request it.

**Spike length** Please help your athletes observe the following spike length guidelines: **all rubberized tracks require 1/4-inch pyramid spikes or shorter.** Many track spikes come with 3/8-inch spikes and need to be replaced with 1/4-inch spikes to be compliant. Please plan ahead and communicate to all of your athletes the need to purchase and use only 1/4-inch pyramid spikes or shorter. We don't want his expectation to be a surprise to any athletes at the meet. 1/4-inch pyramid spikes can be purchased at local running stores, Dick's, or Amazon, for about \$5:

[https://www.amazon.com/gp/product/B00OME1YYG/ref=ox\\_sc\\_act\\_title\\_1?smid=A2F81C5N2Q010F&psc=1](https://www.amazon.com/gp/product/B00OME1YYG/ref=ox_sc_act_title_1?smid=A2F81C5N2Q010F&psc=1)

**Additional Guidelines** NFHS rules will govern any situations not addressed by the NCISAA PO document.

Only athletes participating in an event & coaches should be on the infield. Athletes should do their best to clear the infield as quickly as possible following the completion of their event.

Only official "on-staff" coaches representing the competing schools will be allowed in the track area and field event venues. "Outside" or "private" coaches that are not on-staff with the competing schools are considered spectators and must stay in the spectator areas only.

Parents should not be on the infield and should spectate from outside the competition area.

**COVID / Face Coverings Athletes and coaches** are not required to wear face coverings at the meet and may observe the guidelines of their particular schools at their own discretion. Athletes may compete without face coverings and are not required to wear face coverings to the starting line. **Spectators:** We encourage all spectators to wear face coverings, vaccinated spectators who are socially distant from non-family members are not required to wear face coverings. We will not be asking for documentation of vaccination.

**Uniforms** Per NFHS rules, each team will be issued a warning for a competitor with a uniform violation before there are disqualifications. All violations occurring after the warning will result in disqualification for that athlete.

**Running Referee / Starter** Odell Williams, USATF Certified Official

**Umpire of the Meet** Jason Fulbright, USATF Certified Official

**Games Committee** Jeff Taylor, University Christian; John Pratt, Victory Christian School; John Rice, Gaston Day School; Forrest Horn, Burlington Christian School; Brian Winham, Rocky Mt. Academy; Tim Anderson, Westchester Country Day School; Billy Block, Cape Fear Academy; Bob Wallace, Carolina Friends School.

**Admissions Fees** The admission cost for spectators will be \$10. Please let your team parents know about the admission fee in advance, and please explain that this money is dedicated to making the meet better for our athletes.

**Stadium Bleachers Seating is for spectators only – no team set-up in the Stadium Seating.**

**Spectator Seating** Spectator seating in the stadium is limited. We have lawn seating adjacent to the grandstands and around the track at various locations. Please communicate with your parents and encourage them to bring folding chairs / camp chairs for lawn seating.

**Team Tent Locations** There will be a team tent area in the grassy area next to the main entry gate in between the parking lot and the track. Teams may also set up anywhere outside of the fence either at track level or on the hill above so long as they do not interfere with meet operations.

Please, no team set-up in the stadium spectator area or in the gazebo at the north end of the facility.

**Food** There are a number of restaurants within 1-2 miles of the campus.

**Parking** Team buses should use the parking lot directly across from the track and soccer venue. Lots at the south end near the softball field should be reserved for Gaston Day baseball event.

Spectators should use the Lowell Bethesda Rd. entrance from Wilkinson Blvd. and Westover St. and will park in the parking areas near the track and tennis complex.

**Warm-up Area** There is a general warm-up area outside the track/soccer complex. Once an athlete is checked in for a called event he/she may warmup on the infield. Athletes who are warming up should avoid active venues and should not enter the finish line area where the officials and timing crew will be set up.

**Restrooms** Restrooms for competitors are available in the gymnasium locker rooms directly across the parking lot by the track. Restrooms for the public are available up in the gymnasium lobby on the opposite end of the gymnasium.

**Medical & Water** We will have an Athletic Trainer on site for emergencies, basic first aid, water and ice. Please advise the host school of any special needs athletes may have. Please bring a med kit with your team in the event that your athletes require routine taping, etc. In addition to the water we will provide on the infield, we encourage each team to bring a water cooler for their team area.

**Inclement Weather** In the event of thunderstorms, teams will be asked to shelter in their buses or cars if available. If buses and cars aren't available, the gym directly up the across from the stadium will be open as a shelter location. Coaches will be asked to monitor their emails for additional instructions about when it will be safe to return to the stadium.

**Awards** Awards for events will be presented throughout the meet, as close to the completion of the event as possible, in order to keep the meet flowing and to not have an excessively long ceremony at the end of the meet. Final awards and team trophies will be presented at approximately 5:15 pm.

## **NCISAA DIII State Championship**

### **Gaston Christian School**

**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	<b>Girls</b> Discus, Long Jump, High Jump, <b>Boys</b> 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	<b>Girls</b> Shot Put, Triple Jump, Pole Vault, <b>Boys</b> 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
<b>5:15 PM</b>	<b>Final Awards</b>

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

**Parking** Team buses should use the Lowell Bethesda Rd. entrance to campus from Wilkinson Blvd. and Westover St. and will park in the lot directly across from the track. Spaces closest to the road should be used by busses.