

N.C.A.C. TRACK & FIELD CHAMPIONSHIP

Thursday, May 5th, 2011

Dear Track & Field Coaches,

We look forward to hosting the N.C.A.C. Track & Field Championship on Thursday, May 5th, 2011. We feel that the quality of competition makes our conference one of the best in the great state of West Virginia. It is sad that this is the last conference championship, but all good things must come to an end.

The Dr. John W. Trenton Track & Field Complex is an eight lane track with all-weather high jump, long jump, and pole vault runways. The discus and shot rings are concrete. Bleacher seating is limited. It is suggested that spectators bring lawn chairs or blankets to sit on. Teams are asked to set up tents on the exterior of the track. The auxiliary gymnasium will be available for warm-ups and stretching.

MEET ENTRIES

There will be two ways to send us your entries: www.athletic.net or **Hy-Tek Team Manager Lite**. Personally, we feel www.athletic.net is the easiest method. However, if you are accustomed to sending your entries via **Team Manager Lite**, that is perfectly fine as well. Complete instructions for both methods are included on our website (www.PrestonAthletics.com) under “**Meet Entry Information.**”

The deadlines for the N.C.A.C. Track & Field Championship are as follows:

1. All entries are to be emailed to prestonrun@gmail.com or submitted on www.athletic.net by 3:00 p.m on Tuesday, May 3rd. We will email a performance list on Wednesday, May 4th. We will also post this performance list on www.runwv.com and www.tristaterunnur.com .
2. Any additions or scratches can be emailed to prestonrun@gmail.com by 12:00 p.m. on the day of the meet.
3. Additions and scratches can also be made on site prior to the coaches meeting at 4:15 p.m.

FIELD EVENTS

We will start field events at 4:30 p.m. The field event rotation will follow what is suggested by the WVSSAC for the regional championship: The rotation will be as follows:

First Rotation: Boys Discus, Girls Shot Put, Boys Long Jump, Girls High Jump, and Boys Pole Vault
Second Rotation: Girls Discus, Boys Shot Put, Girls Long Jump, Boys, High Jump, and Girls Pole Vault

RUNNING EVENTS

We will start running events at 5:00 p.m. The format will follow what is suggested by the W.V.S.S.A.C. for a two-session meet. Below is the order of events:

First Session: 100 / 110 Hurdles Trials, 100 Trials, 3200 Girls, 200 Trials, 3200 Boys, 400

Second Session: 4 x 800, 100 / 110 Hurdle Finals, 100 Finals, 4 x 200, 1600, 300 Hurdles, 4 x 100, 800, 200, Shuttles, 4 x 400

ADVANCEMENT TO FINALS – 100, 200, 110 / 100 HURDLES

The qualifying procedures for athletes in the 100 meter dash, 200 meter dash, and 110 / 100 meter high hurdles are as follows: The qualifying procedures for athletes in the 100 meter dash, 200 meter dash, and 110 / 100 meter high hurdles are as follows:

1. 1 Heat - Straight to finals
2. 2 Heats - Top two + next four fastest times
3. 3 Heats - Top two + next two fastest times
4. 4 or more Heats- Winner + next fastest times to fill out the field

ADVANCEMENT TO FINALS – FIELD EVENTS

The top seven athletes in the shot put, discus, and long jump will advance to the finals. Athletes will be given three additional jumps / throws.

OPENING HEIGHTS – POLE VAULT AND HIGH JUMP

The existing conference policy for opening heights in the field events is vague and quite confusing. As a result, we are simply going to drop the opening heights one increment from the regional opening heights (2" in the HJ and 6" in the pole vault).

High Jump – 4'4" for girls and 5'4" for boys. Pole Vault – 6'6" for girls and 8' 6" for boys

JURY OF APPEALS

Currently the Jury of Appeals consists of Mike Contic (Preston A.D.), Tina Silcott (Preston Girls Coach), Ken Hibbs (East Fairmont Boys Coach), and Dan Demchak (University Girls Coach). We are in need of representation from Morgantown, North Marion, and Fairmont Senior. Please let Coach Martin know if you are willing to serve.

RECOGNITION OF ATHLETES / ALL-CONFERENCE

We plan on recognizing 1st place athletes immediately after the competition of each event. We will also announce all scoring athletes (places 6 through 1) and team scores throughout the meet. We will also utilize school flags to keep spectators informed of the team scores. All-Conference honors will be garnered by event winners as well as the top ten individual scorers.

ADMISSION

The cost of admission is \$5.00 for adults and \$3.00 for students. This price was set by the NCAC Conference.

CONCESSIONS

Hot and cold concessions will be available by the Preston High Track Parents. T-shirts will also be on sale for \$10.00.

COACHES MEAL

A coaches / officials meal will be provided immediately after the last heat of the boys 400 meter run. The break in between sessions will be exactly 30 minutes.

TIMING / SCORING

We will be utilizing Finish Lynx for timing and Hy-Tek for scoring the meet. A results board will be available on the exterior of the track near the bull pen.

SHUTTLE HURDLE ASSISTANCE

We are requesting assistance from one coach per school with the shuttle hurdle relay. Starting with the row of hurdles nearest the finish line, below are the hurdle assignments:

Hurdle Assignments: #1 – Preston, #2 – Preston, # 3 - East Fairmont, #4 – Fairmont Sr., #5 – Morgantown, #6 – North Marion, #7 – University, #9 – Preston, #10 - Preston

FACILITY RULES

Please remind your athletes not to jump the fence that surrounds the track or sit on the wall at the entrance of the facility. Doing so will result in a disqualification. In addition, tape is not to be used to mark relays or field events. The maximum spike length is ¼". Only those athletes checking in for an event are permitted in the bullpen. Hip numbers will be used in the distance events. Please remind athletes to place their number on their left hip.

We hope you and your team enjoy participating at our facility. We strive to host events that are competitive, exciting, and efficient. Good luck to everyone at the 2011 N.C.A.C. Track & Field Championship.

Sincerely,

Paul Martin, Meet Director