

Carolinas Athletic Association for Schools of Choice

State Track & Field Championship Information

Date: Saturday, May 5, 2018

Time: Coaches Meeting 9:00 AM, Meet will start at 10:00 AM

Site: Southeast Guilford High School, Greensboro, NC

Qualification to the State Meet

Each member CAASC middle and high school that has a middle school or high school boys or girls track team registered with the CAASC will be allowed to enter up to three (3) athletes per event. Track athletes are only allowed to participate in four (4) events for high school and three (3) events for middle school. The CAASC will follow the NFHS rules for Track & Field.

Entries

Entries for the state track & field championships are due by 11:59 pm, Saturday April 28. Any entries after this deadline will be fined \$100. Coaches must enter their athletes through the www.ncmilesplit.com registration system. If coaches are not familiar with this online entry website please go to it immediately and get a username and password and start entering your team and athletes into the meet. Coaches can go to <http://nc.milesplit.com/articles/91631> to learn how to use the site. The official www.ncmilesplit.com page for the CAASC State Track & Field Championships can be found at <http://nc.milesplit.com/meets/304955/info#.WpWnDqinHIU>

Each member CAASC school has already been set up with a team page on www.ncmilesplit.com. The head coach needs to claim the team after they have obtained a username and password. You must enter your athletes for the state champions through this registration system. You must also have verified times / distances that your athletes achieved if time/distance for an athlete is questioned. If you do not have a verified time / distance you must enter NT (not time) or ND (no distance) in for their entry.

Reporting of Regular Season / Conference Championship Track Meets

Regular season and Conference Championship track meet results from CAASC member schools must be reported to www.ncmilesplit.com within two (2) days after the completion of a meet. Also a copy of the meet results must be emailed to state meet director Rodney King at rodneyking@mcacademy.com.

Team Scores

The top eight (8) finishers in each event will score team points at the CAASC Track & Field Championships. Individual place score per event will be 10-8-6-5-4-3-2-1, relay events will be scored 10-8-6-5-4-3-2-1

Awards

The top three (3) finishers in each event will receive medals and will be considered all state for that event. A State Championships Trophy will be presented to the top scoring team in the meet. A Runner-up Plaque will be given to the second highest scoring team at the meet. We will also present an award for the top male and female meet performer.

Admission to CAASC State Championship:

\$10 per person

CAASC Track & Field Events

Below are the events that the CAASC will contest at the 2017 CAASC State Track & Field Championships. It is recommend that each conference, that is a member of the CAASC contest each of these events at their scheduled track meets

Middle School Events		High School Events
Shot Put Long Jump High Jump 100 meters 1600 meter 4X100 Relay 400 meters 800 meters 200 meters 600 meters (6 th and 7 th grade only) 4X200 Relay		Shot Put Discus Long Jump Triple Jump High Jump 4X800 Relay 100 Hurdles (Girls) / 110 Hurdles (Boys) 100 meters 4X200 Relay 1600 meters 4X100 Relay 400 meters 300 Hurdles 800 meters 200 meters 3200 meters 4X400 Relay

Shot put

Middle School Girls will throw the 6 pound shot

Middle School Boys will throw the 8.8 pound shot

High School Girls will throw the 8.8 pound shot

High School Boys will throw the 12 pound shot

Discus

High School Girls will throw the 1K discus

High School Boys will throw the 1.6K discus

If you have any questions or concerns please contact CAASC State Meet Director, Rodney King at 336-416-8787.