

2021 NCHSAA 4A East Regional Championship

Facilities: The Cardinal Gibbons track is an 8-lane rekortan rubberized surface, as are the runways for the jumps and vault. No spikes should be worn that are longer than ¼ inch. The shot put and discus circles are concrete and located in the main stadium. Team camp and warm-ups will be one on the turf field located near the stadium.

Tickets: Admission for the meet is \$7 Tickets must be purchased online. All spectators, including children school aged and above will require a digital ticket from Ticket Spicket and can be purchased using the following link: [Online tickets](#)

Entries: Entries should be done through nc.milesplit.com Entries will close on June 11 at 9:00 PM.

An entry list will be emailed out on Saturday June 12th so that coaches can ensure all of their entries are correct. Late entire must be completed through the NCHSAA website and will close on June 14th at 3pm. At the conclusion of the late entry submission period, the final performance list with accepted entries will be posted.

Officials: We will be providing officials to run all filed events. Coaches will be asked to watch exchange zones and serve as umpires during running events while they are on the infield.

Clerking and Implement Weigh In: Clerking will be by the 100m/110m start line. All athletes in running events will check in at the clerking tent. Athletes in field events will check in at their event.

Implement weigh in will begin at 3:30 pm and will close at 4:15pm. Approved implements will be marked, held, and then delivered to the event for athletes. Only approved implements can be used during competition.

Scoring: 10-8-6-5-4-3-2-1

Seeding: All track events will be run as timed finals. Heats will be run slow to fast.

Long/Triple Jump Finals: 3 preliminary jumps, top 9 advance to finals, 3 additional jumps

Shot Put/Discus: 3 preliminary throws, top 9 advance to finals, 3 additional throws

Coaching Boxes: In order to be consistent with this year's state championship, there will not be coaching boxes for field events. Coaches are asked to coach from the spectator areas.

Parking: A map will be emailed out to teams and posted on milesplit.

- Team busses will park on the emergency access road behind the school. Overflow bus parking will be in the parking lot in front of the school.
- Team and official parking will be in the small parking lot that can be accessed by taking the first left after entering the school.
- Handicap parking will be in a small lot near the tennis courts accessible through the first parking lot after coming into the main entrance of the school.
- Spectator parking will be in the front parking lot. This lot is accessed by passing by the school after entering the main entrance to the school.

Covid protocols: Masks will not be required for this event as it is outside. It is recommended that spectators and athletes sill maintain appropriate social distance during throughout the event.

Questions or Concerns: If you have any questions or concerns please contact John Henderson via email: johnhenderson@cghsnc.org

2021 NCHSAA 4A East Regional Championship

Tentative Meet Schedule, Friday June 18th, 2021

Hosted by Cardinal Gibbons High School

In all running events, girls will race first followed by boys.

3:00 p.m. – **Meeting for all head coaches at midfield in the stadium**

4:30 p.m. – **Girl's Field Events: Long Jump, Discus, and Pole Vault,**
Boy's Field Events: Long Jump, Shot Put, and High Jump

4:30 p.m. – 4x800m

6:00 p.m. – **Girl's Field Events: Triple Jump, Shot Put, and High Jump**
Boy's Field Events: Triple Jump, Discus, and Pole vault

6:00 p.m. – 100m Hurdles

6:10 p.m. – 110m Hurdles

6:20 p.m. – 100m Dash

6:30 p.m. – 4x200m Relay

6:40 p.m. – 1600m Finals

7:00 p.m. – 4x100m

7:10 p.m. – 400m

7:25 p.m. – 300m Hurdles

7:40 p.m. – 800m

7:55 p.m. – 200m

8:10 p.m. – 3200m

8:40 p.m. – 4x400m

8:55 p.m. – Awards

(We may run up to 15 minutes ahead of schedule.)