

Cross Country and Track & Field Updates

Board Approved Items

1. Split Squad Rule
 - a. Eliminated the Split Squad Rule for Cross-Country, Indoor Track & Field, Track & Field only.
 - b. Effective Date: 2015 Outdoor Season
 - c. Note: If a track team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team.

2. Cross Country State Qualifiers
 - a. Approved an increase in the number of qualifiers to the Cross Country State Championship meet: *Allow the Top 7 runners, instead of the current Top 5, who are not on a qualifying team to advance from the Regional championships to the State Meet.*
 - b. Effective Date: 2015-2016 School Year

3. Indoor Track Start Date
 - a. Approved the request to move the start of indoor track season to the same starting date as all other winter sports.
 - b. Effective Date: 2015-2016 school year

4. Outdoor State Meet
 - a. Approved the request to hold the outdoor State Championship Meets for all classes on same weekend, the 3rd weekend in May; hold the 1A and 3A meets on Friday, and the 2A and 4A meets on Saturday
 - b. Note: This will also change the regional dates.
 - c. Effective Date: 2015-2016 school year

5. Indoor Track Results
 - a. Approved a change to the reporting deadline for submitting indoor/polar bear meet results from 24 to **48 hours**
 - b. Effective Date: Immediately

Important Notes:

1. The Board was informed that the 800 Meter Relay has been added to the Indoor Track State Meet.

2. NCHSAA is following the NFHS rules relative to jewelry and uniforms.