

NAC6 CONFERENCE CHAMPIONSHIP

Saturday, April 26th
@ Knightdale High
100 Bryan Chalk Ln, Knightdale, NC 27545

SCHEDULE

7:30 am → Bus leaves from the high school! With or without you! [Bus Survey](#)
8:15 am → Arrive at Knightdale High School.

→ LINK FOR SPECTATOR TICKETS: <https://gofan.co/event/3557767?schoolId=NC7401>

WHAT TO BRING

- ☐ Uniform
- ☐ Running shoes
- ☐ Spikes *(if you have them)*
- ☐ Water bottle *(filled with water)*
- ☐ Snacks/food *(this is a long meet so be prepared; concession stand food isn't great before a race)*
- ☐ Rain Gear *(trash bag to keep your stuff dry, extra socks, rain jacket...)*

WEATHER

As of right now, it is supposed to be **79° and cloudy with potential rain/storms.**

LIVE RESULTS/HEATS:

SCORING

- **Top 6 individuals** score points (10-8-6-4-2-1)
- **Top 6 relays** score points (10-8-6-4-2-1)

As you are racing/competing, be aware of your placement! If you are in the top 6, you will score points for the team.

→ Participants who finish 1st or 2nd in an individual event and all 1st place relay teams will earn All-Conference recognition.

PARKING AND SHOT/DISK LOCATIONS

KNIGHT DALE HIGH SCHOOL TRACK & FIELD MAP FOR NON-DUAL ITRI MEETS



Timing

Clerking | Entrance to the track



Team tents

Spectators can be in their respective team tent area or stadium seating

MEET SCHEDULE

HEAT SHEETS

2024 NAC VI Track & Field Conference Championship Schedule

8:00AM Facility OPEN for teams to arrive
8:30AM Officials / Coaches Meeting
8:45AM Gates Open to spectators

9:00AM **Women's Field Events**
High Jump
Triple Jump
Shot Put

Men's Field Events
Discus
Long Jump
Pole Vault

10:00AM **Women's Field Events**
Pole Vault
Long Jump
Discus

Men's Field Events
Shot Put
Triple Jump
High Jump

9:15AM	Check in for running events opens
9:30AM	Women's 4x800m Relay (timed finals)
9:45AM	Men's 4x800m Relay (timed finals)

Prelims

10:00AM	Women's 100m High Hurdles Prelims (advancement = heat winners and next fastest times)
10:15AM	Men's 110m High Hurdles Prelims (advancement = heat winners and next fastest times)
10:30AM	Women's 100m Dash Prelims (advancement = heat winners and next fastest times)
10:45AM	Men's 100m Dash Prelims (advancement = heat winners and next fastest times)

Break - 30 minutes (or slightly longer if needed to seed finals)

Field Event Finals – Start at the conclusion of the prelim, and finalists are announced.

Top 7 athletes per event will receive 3 additional attempts. Finals will occur at the same event sites used for prelims and are expected to take approximately 30–40 minutes per event.

Finals – Rolling Schedule (Starts at 11:30 AM | All times below are estimates)


Note: A 30-minute break will occur from 11:00 AM to 11:30 AM for athlete prep, seeding, and recovery. All events will be run separately.

Est. Time	Event
11:30 AM	Womens 100m Hurdles Finals
11:37 AM	Mens 110m Hurdles Finals
11:44 AM	Womens 100m Dash Finals
11:50 AM	Mens 100m Dash Finals
11:56 AM	Womens 4x200m Relay
12:02 PM	Mens 4x200m Relay
12:08 PM	Womens 1600m Run
12:21 PM	Mens 1600m Run
12:33 PM	Womens 4x100m Relay
12:38 PM	Mens 4x100m Relay
12:43 PM	Womens 400m Dash
12:54 PM	Men's 400m Dash
1:05 PM	Womens 300m Hurdles
1:17 PM	Mens 300m Hurdles
1:29 PM	Women's 800m Run
1:40 PM	Men's 800m Run
1:50 PM	Women's 200m Dash

2:00 PM	Mens 200m Dash
2:10 PM	Womens 3200m Run
2:28 PM	Mens 3200m Run
2:45 PM	Women's 4x400m Relay
2:53 PM	Men's 4x400m Relay

ALL EVENTS

Click on the button below to link to the meet entries.

 [NAC6 Championship 25](#)