North Stokes Home Meet #3
Wednesday, April 22, 2026

3:00 PM - Facility Opens
3:30 PM - Coaches Meeting (Finish Line Tent)

4:00 PM Field Events
Girls Discus followed by Girls Shot Put (Girls Throws area is near the high jump)
Boys Discus followed by Boys Shot Put (Boys Throws area is near the field house)
Girls Long Jump followed by Girls Triple Jump (Girls pit is the pit/runway closest to the fence)
Boys Long Jump followed by Boys Triple Jump (Boys pit is the pit/runway closest to the scoreboard)
Girls High Jump followed by Boys High jump
Girls and Boys Pole Vault

4:30 PM - Running Events (Rolling Schedule Girls before Boys in each event)

4X800 Relay Girls & Boys together
100 / 110 Hurdles
100 Dash
4X200 Relay
1600 Run
4X100 Relay
400 Dash
300 Hurdles
800 Run
200 Dash
3200 Run - Girls and Boys Together
4X400 Relay

General Meet Information

1. Registration for the meet closes at 9:00 pm Tuesday, April 21, 2026

2. Spectator Admission - $8 (**CASH ONLY**)

3. Concession stand will be open - CASH ONLY - (Hotdogs, nachos, candy, chips, drinks, popcorn) - Kona Ice will be on site

4. Buses should park at the tennis courts which are across the road from the track / field house. DO NOT park buses or pull your bus into the main parking lot.

5. Spectators should park in the main school parking lot. Spectators should not arrive prior to 3:30 pm

6. Live results from the meet can be found at

7. Spikes should be either ¼ inch or ⅛ inch pyramid or Christmas tree spikes ONLY. No needle spikes will be allowed. Athletes with illegal spikes will not be allowed to compete. Spikes will be checked at packet pickup

8. All coaches are reminded that if you have not been assigned meet duties by the Meet Director the INFIELD AREA IS OFF-LIMITS.

9. **Parents and non-competing athletes are not allowed on the infield**

10. **FIELD EVENTS** will check in at their field event.

    In the High Jump if an athletes checks out to go to a running event when they return they will have to jump at the height the bar is at when they return. We will not wait.

11. **RUNNING EVENT CHECK-IN INFORMATION** - Athletes should report to their events start line and check in on 1st call with the clerk to be lined up in their heat. We will use hip numbers for the 800, 1600 3200, and 4x400m Anchors.

12. Clerks will not hold athletes that are competing in field events at clerking.

13. **Running events take precedence over field events**. If an athlete is still competing in a field event and their running event is called for check-in that athlete must check out of the field event, go to clerking, get their hip number, heat and lane assignment. They can return back to the field event. However, it is the athlete's responsibility to be on the starting line when it is time for their running event.

14. In field events, when the athlete checks out of a field for a running event, they have 10 minutes to return from the time they check out.

15. Athletes competing in 2 or more field events simultaneously will have to go "back and forth." They will need to check-out and report immediately to their next field event. Athletes cannot lose an attempt if competing in another event.

16. Athletes competing in back to back running events may check in with the clerk for both events to receive their hip number, heat, and lane assignments for their first back to back event. The clerk will have their hip number at the starting line for the second event for the back to back events. This will only be allowed for back to back running events.

17. **All coaches and athletes are expected to show GOOD SPORTSMANSHIP.** Competitors who engage in taunting, profanity, baton throwing, and/or refusal to follow the instructions of the meet officials will be disqualified from the event or possibly the meet.

18. If a coach has an issue with a meet official or a concern about the meet, the coach should talk with the meet director (Rodney King). A coach, athlete, or parent should not confront a meet official. If a parent has a concern or issue the parent should take that concern to the coach and the coach should bring the concern to the meet director.

19. In the long jump, triple jump, and shot put competitors will receive 3 jumps and 3 throws. All running events are timed finals.

20. **Shot puts** WILL NOT be provided, if you have throwers make sure they have their implements. Implements will be inspected.

21. **Pole Vaulters** will be weighed and poles verified at the pole vault.

22. Starting height for girls HS High Jump will be 4’00”; MS Girls is 3’06”. Starting height for boys HS high jump will be 5’00”; MS Boys 4' 00” Starting height for girls pole vault will be 6’00” and 7' 00” for boys.

Important NFHS Rules

23. Rule 4, Section 3 Article 1: Uniforms shall be worn as intended by manufacturers.
    Subsection C.3: The waistband of a competitor’s shorts shall be worn above the hips.
    Subsection B.6: Bare midriff tops are not acceptable.

    Rule 3, Section 3, Art. 1-b-4 and NOTES 2-c-5. A SINGLE, VISIBLE MANUFACTURER’S LOGO/TRADEMARK/REFERENCE NO MORE THAN 2 1/4 SQUARE INCHES WITH NO DIMENSION MORE THAN 2 ¼ INCHES AND WITH STATE ASSOCIATION APPROVAL IS PERMITTED ON THE TOP, BOTTOM OR ONE-PIECE UNIFORM. Bottoms may have manufacturer’s logo/trademark/references larger than 2 ¼ square inches around the waistbands

    Rule 3, Section 2, Art. 4j: Athletes must tuck the top part of the uniform into the bottom portion.
    Rule 4, Section 3 Article 1: PENALTY: For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor’s violation and warning.
    Penalty for violation of the uniform rule:
    1st Violation: Warning; 2nd Violation: Disqualification from the event.
24. Rule 4-3-1, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. The rule now states that “any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”

25. In addition, **Rule 4-3-2** was rewritten to allow schools more options in meeting the uniform rule. The rule now states that “**all relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.” The uniforms DO NOT have to be identical.**

26. **Any waistband turned under in order to circumvent the rules is a violation of the Coaches Code of Ethics (Page 89) and merits Disqualification from the event and the meet. (Rule 4 Section 6 Article 1 Page 25).**

27. All athletes are to have their complete uniform on at all times while on the track or in the infield. Failure to comply with this rule will result in first, a warning, and second disqualification from an event or possibly the entire meet.

28. Rule 4, Sect. 5 Art. 9e: Communicating with a competitor through the use of a wireless device. (Athletes will not be allowed to have cell phones in the competitive area, notably field events.) PENALTY: DISQUALIFICATION FROM THE EVENT.

Duty Roster

Meet Director	Rodney King (North Stokes)
Starter	Dotty Streeter (Millennium)
FAT Timing / Scoring	Foothills Timing
Hurdle Crew	North Stokes
Clerking	Breana Largen (North Stokes)

Field Events

Girls Discus and Shot Put - Cornerstone; College Prep
Boys Discus and Shot Put - North Stokes; WS Prep
Girls Long / Triple Jump - North Stokes; Quality Ed
Boys Long / Triple Jump - South Stokes; WS Prep
High Jump - Bishop McGuinness; Hargrave Military
Pole Vault -

4X200 Relay Exchange Zones - **Zone 1**:South Stokes **Zone 2:** Starter; Timer
4X100 Relay Exchange Zones - **Zone 1**:Bishop McGuinness **Zone 2**: Cornerstone **Zone 3**: South Stokes
4X400 & 4X800 Relay - Starter and Timer