

NCISAA

TRACK & XC COACHES' ASSOCIATION NEWSLETTER



CONGRATS XC TEAM CHAMPIONS

- 1A Champions - The Oakwood School (girls)
New Garden Friends (boys)
- 2A Champions - Burlington Christian School (girls)
St. Thomas More Academy (boys)
- 3A Champions - Calvary Baptist Day (girls)
Cary Christian (boys)
- 4A Champions - Charlotte Country Day (girls)
Cary Academy (boys)



BOARD MEMBERS

PRESIDENT: Conrad Hall, Cary Academy
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NEXT PAGES:

NFHS RULE CHANGES

TWO NEW NCISAA INDUCTEES

NEW NFHS RULE CHANGES FOR 2025

Whether you are a new coach or a seasoned veteran, it's always great to have a National Federation rule book with you at a track meet. Each year the NFHS updates their rules, so we are going to highlight a few changes below.

If you are going to be running a field event this year and most likely you will be asked to do so, please know the rules of that event. It is important to have a basic understanding of each event, but once again having a rule book handy is a wonderful tool.

Rule Change - Fair Start

Fair start recalls have changed from 100m to 50m. Meaning - only a fall in the first 50m should be reason to recall the race and start over.

Rule Change - Time Notice

Athletes are to be given a 15 second warning at field events if their one minute time limit is about to expire.

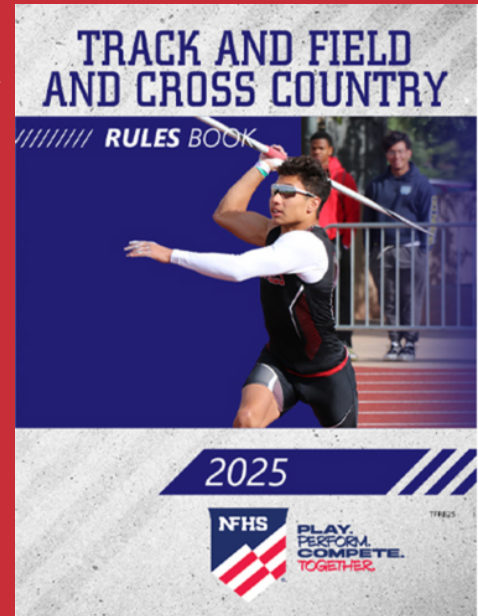
Rule Clarification - HJ Jump Off

If a jump-off is needed and athletes exit the event at varying heights due to passes, the height used will be the one AFTER the tying height. The next height in the progression.

There are more rule changes, but these are just a few to take note of. Again, as coaches, it is important to have an idea of rules in our sport. We would also encourage you to follow the same rules we follow at the state meet as this will only benefit your kids in the long run.

We would encourage everyone to read over rules for disqualifications in events such as: hurdles, field events, and relays.

Here is a direct [link](#) to more of the 2025 rule changes.



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Link to
[nfhs.org](https://www.nfhs.org)



TWO FROM THE NCISAA TO BE INDUCTED INTO NC TRACK & FIELD/XC HALL OF FAME

Our very own President, Conrad Hall of Cary Academy, is being inducted this coming February. Here are a few of Coach Hall's highlights:

- 8 State Championships
- 23 2nd place team finishes at the state meet
- 39 TISAC Conference titles
- Has coached 64 individuals to state titles
- Coached 2 of the top 10 boys to ever run XC in NC (by time)
- Has played a MASSIVE role in having indoor track for the NCISAA
- Has served as Vice President (2016-2018) and now President (2019-present) of the NCISAATFCCA

These are just a few of Conrad's highlights. If you have had the pleasure of working with him, you know that Conrad will do anything possible to help make HS running the best it can be. Conrad has been a staple of the NCISAA (also an athlete at Durham Academy) for over 20 years.

Conrad Hall



McKenzie Pierce, formerly of Forsyth Country Day, is one of the all-time greats in North Carolina. The range that McKenzie possessed was something most dream about. Among her 16 state titles as an NCISAA athlete, in 2004, she won titles in the 200, 400, 800, and the 1600. This is a feat that has been unmatched! On top of her obvious speed, McKenzie was also a sub-19 minute 5k runner and finished runner-up in XC.

She has incredible personal bests from the 200 up, but her real fame came in the 800m. McKenzie was one of the top 800m runners in the United States while in high school. She has held the state record in the 800m for over 20 years! McKenzie ran 2:06.67 in 2003. She is also a 2-time NC Gatorade Track & Field Athlete of the Year!

McKenzie was an intense competitor, but she also enjoyed the sport. She carried herself with a smile, poise, and showed great sportsmanship throughout her career.



McKenzie Pierce