

2012 2A Northwest District Track & Field Championships BULLETIN

Dates & Location

Cedarcrest H.S.
29000 NE 150th St, Duvall

Wednesday, May 16th : Prelims and Finals
Friday, May 18th : Finals

Schools

Anacortes
Blaine
Granite Falls
Mount Baker
Squalicum

Archbishop Murphy
Burlington-Edison
Lakewood
Sehome
Sultan

Bellingham
Cedarcrest
Lynden
South Whidbey

Meet Management

1. Meet Manager Bruce McDowell Email: mcdowell@riverview.wednet.edu
Phone: 425-844-4832 Cell: 425-308-2225
2. Assistant Manager Jason Frederick Email: frederickj@riverview.wednet.edu
Phone: 425-844-4809 Fax: 425-844-4802
3. Meet Referee Daunte Gouge
4. Jury of Appeals Northwest : Case deVries (Anacortes) and Bill McClement (Bellingham)
Cascade : Lisa Woodard (Cedarcrest) and Jeff Sowards (Lakewood)
5. Doug Fulton (S.Whidbey) and Kevin Ryan (Sehome) will substitute in for the above coaches whose schools are involved in a particular appeal.

Coaches Meeting

1. Each day of competition, there will be a coaches meeting. On Wednesday, the meeting will be at 3:00. On Friday, the meeting will be at 3:30.
2. There will be a final coaches meeting following the last event on Friday. Full meet results will be given at this meeting. All coaches who have competitors qualifying for the State Meet will receive information and forms for the State Meet.

State Meet Qualification

1. The top four (4) boys and top four (4) girls in each individual event and the top four (4) relay teams will qualify for the State Meet.
2. In addition the allocations stated above, contestants who meet or exceed the state minimum standard may qualify to participate in the State Meet.

Qualification procedure

1. In all individual events, there will be seven Cascade and nine Northwest entries.
2. Any athlete who finishes outside the allotted number of entries at their Conference meet will qualify to the district meet if they meet the district standards (see attached standards). The standard is based upon the fourth place average for the previous four years at the District Championships.
3. Each school will be allowed one entry in relays. Each team will submit their relay entry form to Jason Frederick at the pre-meet coaches meeting on Wednesday, May 16th. Only those who actually run (in the prelims or finals) will have been considered to have competed in the event.
4. Each conference is entitled to one alternate in every individual event. It is the responsibility of the alternate to check in with the clerk of the course or the event judge before the 3rd and final call for the event. If any qualified contestant has not checked in by the scheduled starting time, then the alternate from that division will be awarded the open spot.
5. According to State Regulations, if a contestant or relay team is disqualified from the Conference meet (in the prelims or finals), then that contestant or relay team will not advance to the District meet.

Entry process

1. At the end of each Conference meet, each Conference should have an initial scratch meeting.
2. On Saturday, May 12th, the meet director from each Conference meet needs to submit an initial list of non-scratched entries and a exported backup file to Bruce McDowell. It is requested that each coach use athletic.net to register athletes for the "District 1 2A Championships Day 1" using the results from their Conference Championships.
3. All coaches are to report scratches by 6 pm Monday, May 14th to Bruce McDowell via email or fax.
4. After the 6 pm Monday deadline, the entries and one alternate for each Conference for each individual event will be confirmed.
5. According to State Regulations, once the entries to the District meet are confirmed, a contestant must compete in all those events for which the contestant is entered.
6. A meet program with flight and heat sheets will emailed to all coaches on Tuesday May 15th by 8 a.m.

Meet Procedure

1. National Federation Rules will govern the meet, unless superseded by State Rules. Problems that arise during the meet will be handled by the Meet Referee. An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written and presented by the head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Jury of Appeals. The decision of the Jury of Appeals will be final.
2. Calls for the running events will be over the PA system. "1st Call" will be 15 min. before the start of the event, "Final Call" will be 5 min. before. By the "Final Call" participants should be in the Marshaling Area.

3. The Marshaling area will be in a tent close to the main start-finish line.
4. Contestants shall wear only school issued uniforms. Any visible apparel worn under a competitor shorts or singlet must be of one solid color. A relay team member may wear solid color apparel under their uniform. If 2 or more team members wear apparel under their uniforms it must be of the same color. In the Marshaling Area, every attempt will be made to check athletes so that violations are prevented beforehand. In field events the event judge will check. However, the athlete and the coaches are ultimately responsible.
5. Contestants will remain in their lane by the solid row of blue triangles upon completion of their race until they are released by the finish line officials.
6. Only 1/4" or less spikes are allowed on track and runways.
7. Athletes may warm up in the flagged area in center of field. Devices such as bungees, belts, chutes, etc will not be allowed in the warm up area.
8. Tape may be used for checkmarks for relay races. If weather conditions deem necessary, then tennis balls may be used.
9. All coaches, managers and non-competitors must remain in designated viewing areas. Coaches may only be in the infield if requested to do so by meet management.
10. The finishing area is only for officials. Please advise athletes to keep behind the roped off area.

Individual Laned Events

1. If there are 16 entries in an event, then two heat assignments will be based upon placing at the previous week's conference meet using the chart below. The top three place finishers in each heat and the next two fastest times advance to the finals.

	1st Heat	2nd Heat
Lane 1	Cascade # 7	Northwest # 7
Lane 2	Northwest # 5	Cascade # 5
Lane 3	Cascade # 3	Northwest # 3
Lane 4	Northwest # 1	Cascade # 1
Lane 5	Cascade # 2	Northwest # 2
Lane 6	Northwest # 4	Cascade # 4
Lane 7	Cascade # 6	Northwest # 6
Lane 8	Northwest # 8	Northwest # 9

2. If there are more than 16 entries in an event, then heat assignments will be based upon placing at the previous week's conference meet using the chart below. The top two place finishers in each heat and the next two fastest times advance to the finals.

	1st Heat	2nd Heat	3rd Heat
Lane 1			
Lane 2	Northwest # 7	Cascade # 7	NW # 8 or C # 8
Lane 3	Northwest # 4	Cascade # 4	NW # 5 or C # 5
Lane 4	Northwest # 1	Cascade # 1	NW # 2 or C # 2
Lane 5	Cascade # 3	Northwest # 3	NW # 2 or C # 2
Lane 6	Cascade # 6	Northwest # 6	NW # 5 or C # 5
Lane 7	NW # 9 or C # 8	NW # 10 or C # 9	NW # 9 or C # 8

3. In seeding for finals, place will be used before time. The participants will be seeded, then placed in lanes using a random draw. #1 seeds will draw for lanes 4/5, #2 seeds will draw for lanes 3/6, etc.

1600m / 3200m

1. A two-alley start will be used with one turn stagger. Runners will be placed using the previous week's conference meet per the chart below. Extra qualifiers from Conference meets will be put in Row 2.

	Alley A	Alley B
Row 1	Northwest # 2	Cascade # 1
Row 1	Cascade # 2	Northwest # 1
Row 1	Northwest # 3	Cascade # 4
Row 1	Cascade # 3	Northwest # 4
Row 1	Northwest # 5	Cascade # 6
Row 1	Cascade # 5	Northwest # 6
Row 1	Northwest # 7	
Row 1	Cascade # 7	
Row 2	Northwest # 8	
Row 2	Northwest # 9	

Relay Team Members

1. In case members of a qualified relay team cannot participate in the next higher meet (Subdistrict/League to District/Regional, District to State), the principal of the indisposed contestants is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified relay team.
2. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.
3. Relay forms for Districts/State are available on the WIAA and CHS T&F websites. The forms are due at the Wednesday coaches meeting. Team members can not be changed after this time through the state meet.
4. If eight or less schools enter a relay team then each team will be entered into a final heat based upon placing established at the previous week's conference meet.

4 x 100m / 4 x 400m

	1st Heat	2nd Heat
Lane 1		
Lane 2	Northwest # 5	Cascade # 5
Lane 3	Cascade # 3	Northwest # 3
Lane 4	Northwest # 1	Cascade # 1
Lane 5	Cascade # 2	Northwest # 2
Lane 6	Northwest # 4	Cascade # 4
Lane 7	Cascade # 6	Northwest # 6
Lane 8	Northwest # 8	Northwest # 7

4 x 200m

	1st Heat	2nd Heat
Lane 1	Northwest # 1	Cascade # 1
Lane 2	Cascade # 2	Northwest # 2
Lane 3	Northwest # 3	Cascade # 3
Lane 4	Cascade # 4	Northwest # 4
Lane 5	Northwest # 5	Cascade # 5
Lane 6	Cascade # 6	Northwest # 6
Lane 7	Northwest # 8	Northwest # 7

Relay Zones

1. It will be necessary for coaches to assist in judging relay zones. Assignments will be made at the pre-meet coaches meeting. Please have at least two qualified coaches for each zone.
2. The relay zones are as follows:
 - 4 x 100m : All zones - Big yellow to Big yellow. Baby yellow - start of the acceleration zone.
 - 4 x 200m : 1st & 2nd zones – Big green to Big green. Baby green – start of acceleration zone.
 - 4 x 200m : 3rd zone - Big blue to Big blue. Baby blue – start of acceleration zone.
 - 4 x 400m : 1st zone – Big green to Big green.
 - 4x 400m : 2nd & 3rd zones – Big blue to Big blue.

Throws and Horizontal Jumps

1. Participants will check in with the field event official.
2. Prelims and finals will be contested on the same day. The finals will start within 10 minutes after the prelims have finished.
3. The competitors will be placed into flights of eight based on marks at the Conference qualifying meets.
4. Each competitor will be given three attempts in the prelims.
5. The eight competitors with the best marks will advance to the finals where they will be allowed three additional attempts. The final competitors will compete in reverse order with the best prelim mark competing last.
6. The javelin will be thrown off of a rubberized runway.
7. Athletes in the triple jump will be allowed to choose from any available toe board but must identify that board to judge prior to each attempt.
8. Anytime an athlete leaves their field event, they must check out with the official for that event. The official will record the time and let the athlete know the exact time to the minute. The athlete has exactly 15 minutes to report back in to their field event official. If they check back in after 15 minutes, their next attempt will be scratched. If they are competing in a running event that runs behind schedule, they will be allowed 5 minutes from the conclusion of their race to report back in to their field event, or their next attempt will be scratched.

9. Weight implement check-in behind the stadium starting at 2:45 on Wednesday and 3:15 on Friday. If an implement passes the check-in and is officially marked, then athletes may use their own implements. Official shots, discuses and javelins will be provided.
10. Event coaches in coaches boxes must have passes visible.

High Jump and Pole Vault

1. The competitors will be placed in reverse order based on marks at the Conference qualifying meets.
2. Participants will check in with the field event official.
3. Weigh-in for vaulters will occur at 2:45 on Wednesday and 3:15 on Friday at the concession stands building. Only those that are cleared by meet management will be allowed to compete. Each school will submit the State Pole Vault Verification form at this time. The form is available on the WIAA and CHS T&F websites.
4. Starting heights will be one height below that of the lowest qualifier.
5. High Jump - The bar will rise 2” until half of the competitors are remaining and rise 1” thereafter.
6. Pole Vault - The bar will rise 6” until half of the competitors are remaining and rise 3” thereafter.
7. Adjustments may be made in raising of the bar in regard to the state qualifying standard.
8. Event coaches in coaches boxes must have passes visible.

Field information

1. Athletes, coaches, managers and parents are to stay outside the competition areas except to warm up or assist an injured athlete.
2. To observe the pole vault competition, spectators and coaches can walk around the path to the back straightaway. There will be a gate there to use as access to this area.
3. There will be gate monitors to control access to the track area.
4. Coaches please remind athletes to return to the stands after completing an event.
5. No food on the track or infield surface. No drinks other than water on the track or infield surface.

Team Seating

1. In the main grandstand, the first two sections are reserved for spectators.
2. There are several places where tents can be set up. They can be set up on the backstretch bleachers or on the grass area behind the scoreboard.

Equipment

1. Pyro-Flash timing system will be used. We will be re-calling heats that are missed by the Pyro-Flash System if the recall can be done within the first 20m of the race.
2. As a back up, all athletes will be hand timed. In the event one heat must use hand held times, all other heats will use hand held in that event.
3. The host school will provide starting blocks. You may bring your own if you wish.

Medical Note

1. A note from a doctor may be presented to excuse an athlete from specific events. The note must be very specific as to what the athlete can or can't do.
2. The note must be presented to the meet manager as soon as possible after the time it is received by the athlete / coach.

Scoring & Awards

1. Eight places will be scored in each event. 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
2. The top eight places in each event will receive awards. The event winner will be given a medal. Places 2 through 8 will receive ribbons.
3. Awards will be handed out directly after the event results have been finalized. Please have your athletes ready to report to the awards area when their event is called.
4. A team trophy will be awarded to the top boys and girls teams.

Ties

1. Ties in the field events will be broken according to the rules in the National Federation Rule Book.
2. If a tie in the high jump and/or pole vault still exists after applying the National Federation tie breaking rules and the tie involves the last qualifying spot to State, the jump-off procedure will be completed **BEFORE** continuing the competition to determine first place. If a tie occurs for first place, the tie breaking procedures will be used to break the tie and determine the District champion.
3. If a tie should exist between two or more competitors in a track event and it involves a spot to the State meet, a run-off between the tied competitors will take place at the end of the meet. If a tie should exist between two or more competitors in a laned event other than 800m, a run-off between the tied competitors will place at the end of the first day or the beginning of the second day. If a tie should exist between two or more competitors in the 800m, then one of the tied competitors will be stacked behind the fastest qualifier. A coin flip will be used to determine this situation.
4. If the tie does not involve a spot to the State meet, a coin flip will be used to determine which medals the competitors receive.

Records

1. Records shall be recognized for each individual when two or more tie at a record height or distance in the field events.
2. In running events, only the winner will be credited with a new record even though first and second place finishers may record the same time.

Admission

1. Athletes in uniforms will be admitted for free.
2. A pass list is attached for other authorized personnel. Please submit pass list to Jason Frederick by Tuesday, May 12th.
3. Admission will be charged for both days for both days. Adults \$6.00; Students w/ASB, Children & Senior Citizens – \$4.00
4. Spectators with District 1 Lifetime and District 1 Event passes will be admitted free. **Regular District One Supervisory Passes are NOT valid for post-season admission.**
5. Members of the working press and press photographers who are covering the meet will be admitted free. You must be affiliated with a recognized newspaper and show credentials at the gate in order to be admitted. NWCathletics.com is the official photographer for this meet. Private vendors will have to pay admission to be admitted.
6. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer admitted free. They must take their pictures from the stands and **must be on the pass list**.

Transportation

1. Due to potential conflict of the end of the Cedarcrest school day and teams coming to the meet, please do not arrive at Cedarcrest before 2:30 on Wednesday.
2. Please park school buses and vans in the first parking lot, not the main stadium lot.

2012 2A Northwest District Track & Field Championships

TIME SCHEDULE

Wednesday, May 16th

FIELD EVENT PRELIMS & FINALS

3:30 Girls Discus
3:30 Boys Long Jump
3:30 Boys Pole Vault
3:30 Girls High Jump
5:30 Girls Triple Jump
5:30 Boys Discus

RUNNING PRELIMS & FINALS

4:00 Girls 4x200m
4:15 Boys 110m HH
4:30 Girls 100m Hurdles
4:40 Boys 100m Dash
4:50 Girls 100m Dash
5:00 Boys 1600m Run – Final
5:10 Girls 1600m Run – Final
5:20 Boys 4x100m
5:30 Girls 4x100m
5:40 Boys 400m Dash
5:50 Girls 400m Dash
6:05 Boys 300m Hurdles
6:15 Girls 300m Hurdles
6:25 Boys 800m Run
6:35 Girls 800m Run
6:50 Boys 200m Dash
7:00 Girls 200m Dash
7:15 Boys 4x400m
7:30 Girls 4x400m

Friday, May 18th

FIELD EVENT PRELIMS & FINALS

4:00 Boys Shot Put
4:00 Girls Long Jump
4:00 Girls Pole Vault
4:00 Boys High Jump
4:00 Girls Javelin
6:00 Girls Shot Put
6:00 Boys Triple Jump
6:00 Boys Javelin

RUNNING FINALS

5:00 Girls 4x200m
5:10 Boys 110m HH
5:20 Girls 100m Hurdles
5:30 Boys 100m Dash
5:40 Girls 100m Dash
6:05 Boys 4x100m
6:15 Girls 4x100m
6:25 Boys 400m Dash
6:35 Girls 400m Dash
6:45 Boys 300m Hurdles
6:55 Girls 300m Hurdles
7:05 Boys 800m Run
7:15 Girls 800m Run
7:25 Boys 200m Dash
7:35 Girls 200m Dash
7:45 Boys 3200m Run
8:00 Girls 3200m Run
8:20 Girls 4x400m
8:30 Boys 4x400m

**2012 2A Northwest District Track & Field Championships
QUALIFYING STANDARDS**

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100m	11.32	12.96
200m	22.77	26.77
400m	51.83	1:00.70
800m	1:59.11	2:21.88
1600m	4:25.61	5:15.04
3200m	9:41.65	11:32.32
110H/100H	16.18	16.64
300H	41.52	48.41
Shot Put	47' 9.5"	33' 8.5"
Discus	143' 4"	103' 11"
Javelin	157' 4"	108' 9"
High Jump	5' 11.25"	4' 11"
Pole Vault	12' 8.25"	9' 7.5"
Long Jump	20' 5.25"	16' 0.5"
Triple Jump	42' 7.5"	33' 9.5"

** Any athlete who finishes outside their Conference's allotted number at their Conference meet will qualify to the district meet if they meet the district standards. The standard is based upon the fourth place average for the previous four years at the District Championships.**

2A Northwest District Track & Field Championships RECORDS

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
100m	Brock Steffan	Bellingham	10.95	2010
200m	Thomas Kassa	Anacortes	21.76	2010
400m	Mason McHenry	Sehome	49.01	2007
800m	Mason McHenry	Sehome	1:52.66	2008
1600m	Mason McHenry	Sehome	4:19.53	2008
3200m	Chris Kwiatkowski	Bellingham	9:15.93	2007
110m HH	Logan Packard	Mount Baker	14.74	2011
300m H	Logan Packard	Mount Baker	38.86	2011
4x100m	Relay Team	Sehome	42.82	2011
4x400m	Relay Team	Lynden	3:20.98	2009
Shot Put	Steven Ayers	Sehome	61' 0"	2007
Discus	Nelson Westlin	Sehome	175' 11"	2009
Javelin	Michael Davis	King's	192' 3"	2005
High Jump	Dan East	Bellingham	6' 8"	2011
Pole Vault	Ned Flynn	Cedarcrest	14' 6"	2008
Long Jump	Andre Scott	Lakewood	22' 10"	2011
Triple Jump	Will Halberg	South Whidbey	44' 8"	2011

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
100m	Cherish Morrison	Blaine	12.33	2010
	Chelsea Genter	Burlington-Edison	12.33	2008
200m	Cherish Morrison	Blaine	25.16	2010
400m	Cherish Morrison	Blaine	56.88	2010
800m	Becca Friday	Bellingham	2:12.98	2009
1600m	Annie Moore	Sehome	5:00.14	2010
3200m	Mimi Kreiger	Sehome	11:08.37	2009
100m H	Sarah Schireman	Archbishop Murphy	14.62	2009
300m H	Amber Nash	Lakewood	43.84c	2004
4x100m	Relay Team	Sehome	48.76	2011
4x200m	Relay Team	Sehome	1:43.94	2011
4x400m	Relay Team	Sehome	4:00.82	2011
Shot Put	Brittany Todhunter	Sehome	42' 1"	2008
Discus	Becky Riddle	Blaine	132' 11"	2002
Javelin	Sarah Mosiman	King's	126' 2"	2005
High Jump	Jori Hall	Sehome	5' 4.25"	2009
Pole Vault	Robin Taylor	Blaine	11' 6"	2009
Long Jump	Zoe Moller	Sehome	19' 1"	2011
Triple Jump	Zoe Moller	Sehome	37' 3"	2011

2A State Track and Field Championships 2012 Qualifying Standards

	BOYS	GIRLS
100m	11.21 / 11.0	12.68 / 12.5
200m	22.38 / 22.2	25.77 / 25.6
400m	49.92 / 49.7	58.77 / 58.6
800m	1:56.12 / 1:55.9	2:16.47 / 2:16.3
1600m	4:22.77 / 4:22.6	5:07.36 / 5:07.2
3200m	9:31.03 / 9:30.8	11:19.28 / 11:19.1
110H/100H	15.25 / 15.1	16.00 / 15.8
300H	39.41 / 39.2	46.09 / 45.6
400m Relay	43.50 / 43.3	49.76 / 49.6
800m Relay		1:46.46 / 1:46.3
1600m Relay	3:25.20 / 3:25.0	4:05.97 / 4:05.8
Shot Put	52' 9"	38' 7.75"
Discus	159' 2"	123' 7"
Javelin	168' 10"	134' 9"
Long Jump	21' 9"	16' 5"
Triple Jump	44' 7.25"	35' 6"
High Jump	6' 2"	5' 1.75"
Pole Vault	14' 0"	10' 0"

** Any athlete or relay team who finishes outside the top four at the District meet will qualify to the state meet if they meet the state standards. The standard is based upon the fourth place average for the previous four years at the State Championships.**

2012 2A Northwest District Track & Field Championships GUIDELINES

The following items have been discussed with my athletes.

- A. The competitor's uniform shall be issued by the school and worn as intended. Visible undergarments must be solid color and can have no more than one logo.
- B. In relay races, relay members must match concerning visible undergarments.
- C. Jewelry (rings, necklaces, piercings, bracelets) shall not be worn by contestants.

For an illegal uniform, the competitor is disqualified from the event.

For the wearing of jewelry, a first violation will be a warning to the team. Any subsequent violation by any team member will result in disqualification from the event.

- D. Unsportsmanlike behavior will result in disqualification from the meet.
- E. A competitor may not view a visual reproduction prior to completion of the competition.
- F. No electronic devices on the area of competition.
- G. Coaches, parents and athletes not currently in process of warming up for an event or warming down from an event will not be in the infield area.
- H. Removing any part of the team uniform, excluding shoes, while in the area of competition shall lead to a warning and if repeated, to disqualification.

School _____

Coach _____

2012 2A Northwest District Track & Field Championships APPEAL FORM

An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written and presented by the head coach to the Meet Manager. The Meet Manager will render a decision. The decision of the Meet Manager may be appealed to the Jury of Appeals.

Event: _____

NFHS Rule # _____

State the infraction _____

School: _____

Coach's Signature: _____

**2012 2A Northwest District Track & Field Championships
PASS LIST**

School _____

(Print)

(Sign-in Signature)

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Athletic Director _____

Principal _____

Assist. Principal _____

Superintendent _____

School Board _____

School Board _____

School Board _____

School Press _____

School Photographer _____

Please fax (425-844-4802) this form to Bruce McDowell before noon on Tuesday May 15th.