



**2013 WESCO 3A CONFERENCE
TRACK & FIELD CHAMPIONSHIPS
MAY 8 & 10, 2013
Shoreline Stadium**

Date/Time

Date: Wednesday, May 8, 2013
Time: 3:30 p.m. - Field Events; 4:00 p.m. - Running Events

Date: Friday, May 10, 2013
Time: 5:30 p.m. - Field Events; 6:15 p.m. - Running Events

Meet Management

| | |
|------------------|---|
| Meet Manager | Don Dalziel; Shoreline S.D. Director of Athletics |
| Referee | Bob Hannah |
| Starter | Tom Hawkins |
| Starter | Rob Bardsley |
| Starter/Marshall | Lane Loland |

Games Committee

| | |
|-----------------|---------------------|
| Lance Neubauer | Shorewood |
| Russ Vincent | Mountlake Terrace |
| Kim Edens | Marysville-Getchell |
| Warren Eickhoff | Glacier Peak |

Participating Schools

| | | | |
|------------|--------------|---------------------|---------------------|
| Everett | Glacier Peak | Marysville-Getchell | Marysville-Pilchuck |
| Meadowdale | Mtlk Terrace | Oak Harbor | Shorecrest |
| Shorewood | Stanwood | | |

Admission

| | |
|--|--------|
| Adults/Students | \$5.00 |
| Students w/ASB | \$3.00 |
| Sr. Citizens and Children (12 and under) | \$2.00 |

Passes

NW District Supervisory and Event Supervisory Passes will be accepted.
WIAA and NW District Lifetime passes will also be accepted.

Entries

Coaches will need to register athletes using Athletic.net **no later than Sunday, May 5th ~ 10:00am deadline.** Register for the Athletic.net WESCO 3A Conference Championships **Prelims.** (DO NOT register athletes under WESCO 3A Conference Championships Finals)

Additions and scratches will take place at the seed meeting. The seed meeting is at **6:30 p.m. on Monday, May 6th at the Shoreline Center (18560 1st Ave NE, Shoreline 98155)**

MEET ENTRIES AND QUALIFYING PROCEDURE

A. Laned Races

1. Each School will be permitted one entry per event plus additional qualifiers to fill 24 spots.
2. Additional entries are based upon season performance and qualifying standards. Qualifying standards will take precedent over season standards. If there are ties for final positions all qualifiers will be entered.
3. Participants will be seeded in the running events in three heats based upon their best time this season.
4. When there are three heats, the top 2 in each heat and the next 2 fastest times qualify for finals. When there are 4 heats, the heat winners and the next 4 fastest times qualify for the finals. In Relays, the 8 fastest times qualify for the finals.
5. Should there be a malfunction with the timing system ***National Federation preliminary advancement procedures will be followed.***

B. Non-Laned Races

1. No Qualifying races will be held for the 1600m and the 3200m races.
2. Each school will be permitted to enter one participant plus additional qualifiers.

C. Field Events

1. One entry per event.
2. Event can be filled with up to 24 based upon qualifying standard and season performance.
3. Preliminaries and finals will be held on the same day.
4. The format will be 3+3 with 9 advancing to the finals.

D. Relays

1. One team per school will be permitted.
2. Preliminaries will be held on the first day of competition, finals on the second day.

E. Ties

Laned Races: In case of a tie for third place in a heat, the final determination on qualifying will be handled as follows:

- 1.) If the time is faster than the third place times in other heats, both runners will qualify for the finals.
- 2.) If the time is slower than the third place times of the two other heats, a run-off will be required to determine the alternate.
- 3.) If the tie qualifies for the second fastest third place time, a run-off will be required with the winner qualifying for the finals and the loser being the alternate.

SEED MEETING

6:30 p.m. Monday, May 6th at the Shoreline Center. Coaches will need to register athletes using Athletic.net **no later than Sunday, May 5th ~ 10AM deadline.**

Register for the Athletic.net WESCO 3A Conference Championships **Prelims**. (DO NOT register athletes under WESCO 3A Conference Championships Finals)

Additions and scratches will take place at the seed meeting.

Individuals may be withdrawn up **until 3pm on Tuesday, May 7th.** Meet Manager will then contact first alternate. If you have a change prior to Tuesday, after Monday's meeting please e-mail Don Dalziel, don.dalziel@shorelineschools.org

FIELD EVENT PROCEDURES

A. Shot Put, Discus, Triple Jump, and Javelin

1. Competitors will be given 3 trials in the prelims with the top 9 qualifying for the finals and receiving 3 more trials. Finals will occur in reverse order of the best preliminary marks.
2. Prelims will run in flights. Each member of a flight will be allowed one trial in turn until all 3 preliminary trials have been completed. A competitor may choose to attempt one or more trials during her/his turn in rotation.

3. **All implements are required to be weighed-in.** Weigh-ins will be conducted between 2:45 – 3:15pm on Wednesday; and 4:45-5:15pm on Friday.
4. Field event start times may be adjusted by meet management.

B. High Jump and Pole Vault

1. Boys High Jump will start 5'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.
2. Girls High Jump will start at 4'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.
3. Boys Pole Vault will start at 9'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.
4. Girls Pole Vault will start 7'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.
5. **Pole Vault certification forms** should be complete and hand delivered to meet management at the pre-meet coaches meeting on **Wednesday, May 8th**. All vault poles must be properly marked and properly taped.

TRACK EVENT PROCEDURES

- A. 1600m and 3200m runs will start from alleys. (2 sections/Break at 100)
- B. 800m run will be staggered for one turn. The competitor may break for the inside lane as they pass the break line marked by cones at the end of the first turn.
- C. 400m will be run in lanes.
- D. 300m hurdles and 200m will be run on the curve.
- E. 800m relay and 1600m relay will run a three-turn stagger.
- F. Competitors are to REMAIN IN THEIR LANES until released by finish line personnel.
- G. An Eagle Eye timing system will be used to time running events

DRESSING ROOMS

Locker rooms will NOT be available. Participants should come dressed for competition. Please do not leave valuables unattended.

GENERAL INFORMATION

1. Coaches and participants must sit in the stands or remain in the designated viewing areas during the meet. Only those athletes actively participating or warming up will be allowed in the infield.
2. Starting blocks will be furnished. Competitors may use their own.
3. No spikes longer than 1/4 inch will be permitted in any event.
4. Calls for each event will be made over the public address system. First, second, and last calls will be announced. Athletes should report to the clerk of the course no later than third/last call.
5. The ten-minute rule will be enforced for all field events.
6. No food or drink is permitted on track surface or field other than water.

COACHES MEETING

The pre-event meeting will take place approximately 45 minutes before the first scheduled event.

SCORING AND AWARDS

| Places | First | Second | Third | Fourth | Fifth | Sixth | Seventh | Eighth |
|------------|-------|--------|-------|--------|-------|-------|---------|--------|
| Individual | 12 | 10 | 8 | 6 | 4 | 3 | 2 | 1 |
| Relays | 12 | 10 | 8 | 6 | 4 | 3 | 2 | 1 |

1. Ribbons will be awarded to the top eight placers.
2. Participants should proceed to the awards area upon announcement of the award ceremony.

EXCHANGE ZONE JUDGES

Meet management will make every effort to provide officials to judge exchange zones. In the event extra judges are needed, coaches from non-participating schools may be asked to assist.

ADDITIONAL INFORMATION

1. The order of field events will mirror that of the District/BI-District Meet with the boys' pole vault held Wednesday and the girls' vault on Friday, unless weather causes a postponement.
2. Lane assignments for finals will be determined by placement in preliminary heats. Seeding will be assigned by preferred lanes.
3. For all relays and individual events, 800 meters and under, the prime lane order will be; 4-5-3-6-2-7-1-8.
4. For the 1600 and 3200 meters, the prime lane order will be 2-3-4-5-6-7-8-1.
5. In the 1600 and 3200 meters, when there are 24 entries, there will be two rows of 12 with a prime lane order of 2-3-4-5-6-7-8-9-10-11-12-1.

POINTS OF CLARIFICATION

1. **Scratches:** Any scratches or withdrawals must be made with the meet manager **NO LATER THAN 3pm** Tuesday, prior to Wednesday's meet. The Meet manager will notify the next eligible alternate of his/her opportunity to compete. The coach of the entering alternate must immediately confirm entry with the meet manager. Scratches or withdrawals after this deadline must have a doctor's certificate. An individual scratched after this deadline without a doctor's certificate **will be withdrawn from all other events in which they have qualified**. Any disputed situations will be presented to the Games Committee.
2. **Relay Substitutions:** A maximum six members may be listed for each relay team. Of those six, any four may participate. Only those who actually run (in the prelims or finals) will be considered to have competed in this event. Names of relay members need to be submitted for record keeping purposes only.

ADVANCEMENT TO 3A DISTRICT MEET

1. LANED RACE PRELIMS YEAR ONE/TWO: Ten WESCO, One NW (Ferndale) plus the next five fastest times from the previous week's qualifying meets.
 - Times/distances used to seed the District Meet will be determined using either the prelim or final heat mark, whichever mark is better.
 - All athletes and relay teams that qualify on Wednesday for Friday finals will advance to the District meet regardless of a disqualification for a performance/competition related violation that occurs in the Friday finals. ALL other non performance based disqualifications will result in non-advancement (ex: sportsmanship, uniform, and other non performance related DQ's).
 - An athlete who did not qualify for the finals of the conference/sub-district meet that is moving to District utilizing a preliminary heat time, will not be seeded higher than an athlete who competed in finals of the same conference/sub-district meet.
 - Additional heats will be run if 17 or more athletes qualify for a preliminary race due to ties.
 - No direct advancements to finals.
 - Heat assignments will be based upon time at the previous week's conference (WESCO) or sub-district (Northwest) meet and seeded using Hy-Tek Meet Manager Software.
 - The State Meet conversion formula will be used in the event hand-held times are used.
2. 1600 AND 3200 YEAR ONE/TWO: Ten WESCO, One NW (Ferndale) plus the next five fastest times from the previous week's qualifying meets.
3. FIELD EVENT PRELIMS YEAR ONE/TWO: Ten WESCO, One NW (Ferndale) plus the next five best marks from the previous week's qualifying meets.
4. RELAYS: All schools allowed one entry. A preliminary heat will be held if nine or more team enters a relay. If eight or less schools enter a relay then each team will be entered into a final heat based upon time posted at the previous week's conference (WESCO) or sub-district (Northwest) Meet. Hy-Tek Meet Manager Software will be used to determine heat placement.
5. ADD-INS are not allowed.

3A WESCO CONFERENCE MEET SCHEDULE

Shoreline Stadium

Wednesday, May 8, 2013

Friday, May 10, 2013

2:45pm Coaches Meeting

4:45pm Coaches Meeting

Field Events

3:30pm Boys High Jump
 Girls Discus
 Boys Shot Put
 Girls Javelin
 Boys Long Jump (West Pit)
 Girls Long Jump (East Pit)
 Boys Pole Vault

Field Events

5:30pm Girls Shot Put
 Boys Javelin
 Girls High Jump
 Boys Discus
 Boys Triple Jump (West Pit)
 Girls Triple Jump (East Pit)
 Girls Pole Vault

Running Events

4:00pm Girls 4x200m Relay Prelims-
 4:20pm Boys 110m High Hurdles Prelims-
 4:30pm Girls 100m High Hurdles Prelim-
 4:40pm Boys 100m Dash Prelims-
 4:50pm Girls 100m Dash Prelims-
 5:00pm Boys 1600m Run Final
 5:10pm Girls 1600m Run Final
 5:20pm Boys 4x100m Relay Prelims-
 5:30pm Girls 4x100m Relay Prelims-
 5:40pm Boys 400m Dash Prelims-
 5:50pm Girls 400m Dash Prelims-
 6:00pm Boys 300m Low Hurdles Prelims-
 6:10pm Girls 300m Low Hurdles Prelims-
 6:20pm Boys 800m Run Prelims-
 6:35pm Girls 800m Run Prelims-
 6:50pm Boys 200m Dash Prelims-
 7:00pm Girls 200m Dash Prelims-
 7:10pm -awards break-
 7:30pm Boys' 4x400m Relay Prelims-
 7:40pm Girls' 4x400m Relay Prelims-

Running Events

6:15pm Girls 4x200m Relay Final
 6:30pm Boys 110m High Hurdles Final
 6:40pm Girls' 100m High Hurdles Final
 6:45pm Boys 100m Dash Final
 6:50pm Girls 100m Dash Final
 6:55pm -awards break-
 7:05pm Boys 4x100m Relay Final
 7:10pm Girls 4x100m Relay Final
 7:15pm Boys 400m Dash Final
 7:20pm Girls 400m Dash Final
 7:30pm Boys 300m Low Hurdles Final
 7:40pm Girls 300m Low Hurdles Final
 7:45pm Boys 800m Run Final
 7:55pm Girls 800m Run Final
 8:05pm Boys 200m Dash Final
 8:10pm Girls 200m Dash Final
 8:15pm Boys 3200m Run Final
 8:30pm Girls 3200m Run Final
 8:45pm Boys' 4x400m Relay Final
 8:55pm Girls' 4x400m Relay Final

NOTES:

- 1) Start times will not be altered to accommodate individuals under any circumstances. This schedule will be maintained throughout the meet. Some delays may be necessary to maintain the time schedule.
- 2) If boys pole vault is cancelled on Wednesday, it will be rescheduled at 3:00pm on Friday and upon its completion, will be followed by the girls pole vault.



REGULAR SEASON

POLE VAULTER WEIGHT VERIFICATION FORM

School _____

| | Name of Vaulter | Weight | Pole Rating |
|----|------------------------|---------------|--------------------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |

I verify that the above student(s) meet the requirements of NFHS Rule 7-5 requiring that each of the students above is using the proper pole rating relative to the student's weight.

Date _____ Signature of Coach _____

Signature of Principal _____

Please review NFHS Rule 7-5.



BOYS' OFFICIAL RELAY ENTRY FORM

RELAY TEAM SUBSTITUTION

In accordance with the rules of the WIAA and the National Federation official rules for High School Track and Field, in relay events, six individuals may be listed as entries, any four of which may compete.

NOTE: Even if less than six names appear on the relay entry list, no additions or substitutions may be made after the official close of entries for this first level of qualifying.

400m Relay

| | | | |
|---|-------|---|-------|
| 1 | _____ | 4 | _____ |
| 2 | _____ | 5 | _____ |
| 3 | _____ | 6 | _____ |

1600m Relay

| | | | |
|---|-------|---|-------|
| 1 | _____ | 4 | _____ |
| 2 | _____ | 5 | _____ |
| 3 | _____ | 6 | _____ |

School

Coach's signature

PLEASE PRINT

Submit to Meet Director 30 minutes before start of events

GIRLS' OFFICIAL RELAY ENTRY FORM

RELAY TEAM SUBSTITUTION

In accordance with the rules of the WIAA and the National Federation official rules for High School Track and Field, in relay events, six individuals may be listed as entries, any four of which may compete.

NOTE: Even if less than six names appear on the relay entry list, no additions or substitutions may be made after the official close of entries for this first level of qualifying.

400m Relay

| | | | |
|---|-------|---|-------|
| 1 | _____ | 4 | _____ |
| 2 | _____ | 5 | _____ |
| 3 | _____ | 6 | _____ |

800M RELAY

| | | | |
|---|-------|---|-------|
| 1 | _____ | 4 | _____ |
| 2 | _____ | 5 | _____ |
| 3 | _____ | 6 | _____ |

1600m Relay

| | | | |
|---|-------|---|-------|
| 1 | _____ | 4 | _____ |
| 2 | _____ | 5 | _____ |
| 3 | _____ | 6 | _____ |

School

Coach's signature

PLEASE PRINT

Submit to Meet Director 30 minutes before start of events

2013 WESCO 3A Auto Qualifying Standards

| Boys | | | Girls | | |
|-------|----------|-------------|-------|----------|-------------|
| Event | (FAT) | (handtimed) | Event | (FAT) | (handtimed) |
| 100 | 11.77 | 11.5 | 100 | 13.50 | 13.2 |
| 200 | 24.13 | 23.8 | 200 | 28.10 | 27.8 |
| 400 | 54.25 | 54.1 | 400 | 65.07 | 64.9 |
| 800 | 2:07.64 | 2:07.5 | 800 | 2:31.80 | 2:31.6 |
| 1600 | 4:38.20 | 4:38.0 | 1600 | 5:31.68 | 5:31.5 |
| 3200 | 10:06.84 | 10:06.7 | 3200 | 12:14.34 | 12:14.2 |
| 110h | 17.32 | 17.0 | 100h | 18.05 | 17.8 |
| 300h | 44.59 | 44.4 | 300h | 51.44 | 51.2 |
| LJ | 19' 2" | | LJ | 15' | |
| HJ | 5' 5" | | HJ | 4' 7" | |
| TJ | 40' | | TJ | 31' 4" | |
| PV | 10' 6" | | PV | 7' | |
| DISC | 120' 7" | | DISC | 93' | |
| SHOT | 42' 8" | | SHOT | 30' 6" | |
| JAV | 139' 10" | | JAV | 89' | |

Track Appeal Official Form

Appeals regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written with the NFHS rule number infringed and presented by a head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Games Committee.

Event: _____

NFHS Rule # _____

State the infraction: _____

School: _____ Coach's Signature _____