**Dear Administrators, Athletic Directors and Track and Field Coaches:**

This packet contains pertinent information related to the District I, II, III and IV 1B Track & Field Championship at **Port Angeles High School** on May 16th, 2013.

**Administrators: Supervisory Pass List**

Please complete the Pass List from that can be found on the West Central District website. E-mail to the Athletics/ Activities Office by **May 14th, 2013. Dwayne Johnson E-Mail: (coachdjohnson@live.com)**

**Track and Field Coaches:**

The following information needs your **immediate attention:**

**OFFICAL RELAY TEAM FORM (IMPORTANT INFORMATION):**

The Relay team form can be found on the West Central District Website. Please note, this form will be sent to the Meet Director of the 1B state championships. Names on the form are and cannot be changed once the 1B Quad District meet begins on May 16th. All RELAY FORMS need to be emailed to Dwayne Johnson, E-Mail: (coachdjohnson@live.com) no later than Monday, May 13th. League meet directors will send all the names in relay teams with their back-up Hy-Tek files. ALL RELAY TEAMS, WITH THE ATHLETES’ NAMES, MUST BE ENTERED INTO HY-TEK AT YOUR LEAGUE MEET. All changes to your relay athletes must be made by Wednesday May 15th at 5 pm. If you need to make a change with your relay team(s) please contact the tournament line at 360-460-3011. Once the meet begins, relay team names CANNOT be changed.

Enclosed is general information regarding the event, as well as the event schedule and the pole vault certification form.

If you have any questions or concerns, please contact me at 360-460-3011. I’m looking forward to seeing you and your teams at 1B Quad Washington District Track and Field Championships.

Sincerely,

|  |  |
| --- | --- |
| Dwayne Johnson coachdjohnson@live.comPort Angeles High School 304 East Park Ave. Port Angeles, WA. 98362Cell: 360-460-3011 | Dave Bingham daveb@crescent.wednet.eduCrescent High School P.O. Box 20. Joyce, WA. 98343Cell: 360-460-8336 |

**Stadium Location:** Port Angeles HS Track is located @ 241 East Viewcrest Ave. 98362

Locker rooms will be available at 2:45pm. The Track will be available beginning at 2:00

Thursday, May 16th 2:00 P.M. – 8:30 P.M. Field events begin at 3:15. Track Events at 3:30. Schedule is below.

**Relay Form:**

The Relay team form can be found on the West Central District website at [www.wcd3.org](http://www.wcd3.org). Please note, this form will be sent to the Meet Director of the 1B state championships. Names on the form are final and cannot be changed once the WCD meet begins on May 16th. Please note, all RELAY FORMS need to be e-mailed to Dwayne Johnson , no later than Monday, May 13th. League meet directors will send all relay athletes’ names with their back-up Hy-Tek files. ALL RELAY TEAMS, WITH THE ATHLETES’ NAMES, MUST BE ENTERED INTO HY-TEK AT YOUR LEAGUE MEET. **All changes to your relay athletes must be made by Wednesday, May 15th at 5 pm.** If you need to make a change with your relay team(s) please contact the tournament line at 360-460-3011. Once the meet begins, relay team names CANNOT be changed.

**Supervisory Passes:**

Please complete the Pass List Form that can be found on the West Central District III website at [www.wcd3.org](http://www.wcd3.org). All requests must be E-MAILED by 9:00 A.M. on Monday, May 13th to: Dwayne Johnson E-Mail: coachdjohnson@live.com

All supervisors must enter through the Pass Gate at the **South East Corner** entrance located on Viewcrest Ave,

**Eligible Passes:**

The only passes accepted are: District I,II,III and IV District Executive Board or Life Time passes and Washington State Coaches Association passes. Names of Superintendent & School Board Members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED.**

**Coaches & Participants Passes:**

One (1) pass per qualified contestant

Two (2) for coaches

Additional passes for coaches will be determined by the number of participants per team and the type of qualifier per team.

Coaches may pick-up packets on **Thursday, May 16th from 1:00 pm to 3:01 pm at Main Entrance Gate located on Viewcrest Ave.** and prior to the event beginning on the 16th at the Coaches Information tent located behind the black timing trailer.

**Coaches Meeting:**

A team captain meeting and a coaches meeting will take place on Thursday May 16, 2013.

Team Captains/Team Representative Meeting: 2:45pm May 16th, 2013 @ (Middle of the finish line)

(Head Coaches are expected to present at this meeting) (One (1) boys’ coach and one (1) girl’s coach from each school should be in attendance.)

**Scratches:**

All scratches must be faxed to the meet management by **10:00 A.M. on Monday, 13th. Any athletes scratched after that time will be scratched for all events.** When a coach is dropping or scratching an athlete up to Monday, May 13th a 10:00 A.M., the event will be re-seeded. After Monday at 10:00 A.M., athletes will be inserted in the position formerly occupied by the removed athlete. A coach who scratches an athlete is responsible for informing the alternate, from their league, that he/she will now be eligible to compete in the meet. This is not the responsibility of the meet management.

**Warm-Up Area:**

Athletes will be allowed to warm up in the flagged off area on the **Lower Field or the back stretch**  .

**Staging Area:**

Running events will check in at their starting line, and will be announced at that time.

**Final Lane Assignments and Final Results:**

Final lane assignments and results will be posted at the coaches’ area near the finish line trailer. Lane/Flight assignments will be posted on the WCD website no later than Wednesday, May 15th.

**Those Not Competing:**

Coaches and athletes who are not competing are to be seated in the grandstands. It is preferred that teams/coaches outside of lane #8, or on the portable bleachers near the starting line.

**General Rule Information:**

All National Federation Rules will govern the running of the track and field meet except as noted in these instructions.

A contestant shall not enter nor compete **in more than four events.** Any number of these may be relays. A contestant is required to compete in preliminaries and /or Finals of every event in which he/she has qualified at the District meet. (The one exception is an alternate on the relay team. If the alternate does not run in the relay, they would not have to count the relay as one of their four events.) If a competitor exceeds participation limitations, all individual and team points earned in any event shall be forfeited.

Alternates may warm-up with the competitors. They are to check in with the event judge for the field events, or the clerk for running events, and identify themselves as alternates in the competition. If a seeded competitor fails to show or is late scratch, the alternate should be warmed-up and may compete in the event.

Coaches will not be allowed on the track or field during the meet. Coaches must be outside the fenced area of the track for running events and field events in the stadium and outside the fenced area in the throwing area. Participants and officials only please! **Important:** Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement will not be permitted. Contestants or relay teams will be disqualified if this violation occurs. Warm-up is permitted on the track prior to the start of the running events. After the meet starts, the warm-up is restricted to the flagged-off area of the field. Athletes warming up on the field are not to congregate in the areas of the jumping events.

Athletes must check in with the clerks and remain in the warm-up area at least 25 minutes prior to the published start time of the event. Announcements will be made by the clerk when athletes for specific running events may check in. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet.

**The uniform rule will be enforced (page 23-25, Rule 4-3).** It is the individual athlete and relay team’s responsibility to compete in the proper uniform and wear no jewelry. Failure to comply with the spirit and intent of these rules could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms and jewelry, please review the NFHS Case book. Below are several examples of what will be considered illegal.

**Examples of Illegal Uniforms:**

* Competitor is wearing leopard-print leotards with a school issued track bottoms over the his or her leotard
* Competitor is wearing a t-shirt underneath his or her track top that includes two manufacture’s logos, one on the front and one on the back.
* Competitor is wearing tights underneath his or her track bottoms and the tights have a single trim stripe down the side of the leotard.
* A t-shirt showing under the school top is a single color without trim and /or striping. However, because of the sheer or see-through material of the top, writing on the chest of the T-shirt shows through.
* A t-shirt showing under the school top is a single color without trim and/or stripping. However, because of the cut of the neck of the top, the writing on the upper chest of the t-shirt shows.
* A t-shirt showing under the school top is a single color without trim and/or striping. However, because of the sheer or see-through material of the top, a manufacturer’s logo on the back of the t-shirt.
* The shirt showing under the school top has a line down the side that is different color than the shirt itself.
* Competitor covers a visible piercing with tape prior to the athletes’ competing.
* Competitor is wearing a plastic space save in a hole in his or her nose previously filled by jewelry.
* Competitor is wearing plastic beads in his or her hair.
* Competitor comes into the area of competition to prepare for their next event without the top of his/her school issued uniform on.
* Competitor after the completion of an event removes the top of his/her school uniform, while still in the area of competition.

**PLEASE NOTE RULE IN REGARD TO JEWELRY VIOLATIONS:**

Uniform Information

The NFHS uniform rule will be enforced (Page 23-25, Rule 4-3). The individual competitor and relay team is responsible to compete in the proper uniform. Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms and jewelry, please review pages 23-31 (uniforms), pages 31-36 (apparel, relay-team uniforms, not identical uniforms, jewelry, removal of part of the team uniform) in the NFHS Case Book.

During all WIAA Track & Field events, only nonabrasive, unadorned cloth elastic, fiber, soft leather, rubber /cloth elastic bands/, or unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches may be used to control an athlete's hair. Competitors at any time during competition may not wear items that are made of a hard or abrasive material.

Doo-rags, handkerchief and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).

PLEASE NOTE NEW RULE IN REGARD TO JEWELRY VIOLATIONS AND UNIFORM VIOLATIONS (Rule 4-3, Art. 1, 2.) (Rule 4-3, Art 2, 2b): For the first (1st) violation, the competitor shall be required to make the uniform legal or remove the jewelry before further competition and the athlete shall receive a warning. Any subsequent violation by the same athlete shall result in disqualification from the individual event. If a third violation occurs with the same athlete, the athlete will be disqualified from the meet.

Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked.

Officials will enforce rules related to sportsmanship and unacceptable behavior. **(Rule 4-6-Disqualification, page 27-28).** Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the meet.

**Cell Phones/Walkie Talkies/Video Cameras:**

Cell phones, walkie talkies, IPOD’s, MP3’s, etc., and other wireless communication are prohibited in the event areas, **with the exception of meet management.**  No competing athlete may view video cameras or cell phones during the competition that is active at that time.

**Appeals:**

Appeals must follow the appeal process in the 2013 Rulebook – **Rule 3.5, page 16.**  Running event protests need to be made to the referee Dave Bingham: 360-460-8336 by the head coach. Field event protests need to be made to the field-event referee. The protest by the head coach must be made to the appropriate referee within 30 minutes after the results have been posted. If after the first appeal to the referee, the head coach still feels the rule has been misapplied or misinterpreted, the head coach can protest, in writing on the designated form, to the jury of appeals immediately.

**Running Event Information:**

--If a competitor is competing in a field event and running event held at the same time, the competitor must check-in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The athlete will leave his/her event no later than the third call. The event’s start will NOT be delayed for any athlete who reports late.

-- Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes.

--Competitors may not report to the starting line without having checked in with the clerk.

--Runners, at the end of each race, are to stay in their lanes until they are dismissed.

--The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.  Double waterfall starts for 1600 and 3200 should be used. The first alley will use the waterfall start for lanes 1-4 with approximately 2/3 of the contestants. The second alley would be a waterfall start using lanes 5-8 on the one turn stagger for lane 5 with approximately 1/3 of the runners. A three meter walk up line should be utilized.

-- The 800 meter run will be staggered for one (1) turn and the contestants may break for the pole as they pass the break in line at the end of the first turn.

--The three-turn-stagger will be used for the 800m relay. All runners and exchanges in the 800-meter relay must stay in their lanes except the last runner who may cut in after receiving the baton, provided that there is room to cut in.

--The three-turn-stagger will be used for the 1600 meter relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until they have completed the first turn or 100 meters.

--Relay team members may place up to two marks on the track. No chalk is to be used. Markers (tape / half of a tennis ball / poker chips) are to be removed following the race. Specific markers will be designated at each site by Meet Management for all relays and field events.

**Field Event Information**

--No extra practice will be allowed in unused event areas before or after an event, unless determined by the event judge or field event referee. Competitors who violate may be disqualified from the event or the remainder of the meet.

--For these events the competitors will be seeded in reverse order by the qualifying mark.

--There will be 1 flight of 8. If there are additional qualifiers the numbers flights and the number in each flight will be adjusted keeping the flights as even as possible.

-- During the preliminary competition each athlete will have three (3) trials. Competitors will have three (3) more trials in the finals.

--In all field events, competitors have one minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass when called “up.” After one minute an unsuccessful attempt is charged. In the pole vault, competitors will have 90 seconds to begin their attempts.

--Competitors must check-in with the head judge at the event before the event begins. If competitors check in after the event has begun they will not be allowed to compete.

--All field event areas will be open for warm-up 30 minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

The Top 3 advance to state, #4 is the alternate, and #5 is one more than we score. (Top 5 to finals in field events), all tie for 5th place will advance to finals. All finals will be run in reverse order of place. (worst to best)

--If competitors “check out” for another event, they must notify the head event judge and tell the judge for which event they are leaving. The excuse time will be established by the games committee at each site (10 minutes). The athlete must check back in within the established excused time or risk the loss of a trial. The athlete must notify the head event judge when they return. In some cases, successive throws in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official before the round starts. Competitors in running events must check-in with the clerk prior to the start of their field event.

--When room is available, an athlete that will need to be excused from an event may change flights, per approval of the Field Event referee, for that event if this request is made prior to the start of warm-up. An athlete that will need to be excused from an event may request a change in the order, per approval of the head official, for that event, if this request is made prior to the start of the round.

--To accommodate the field event athlete to be excused and make the disruption of the competition as insignificant as possible, the excused athlete may report directly to the starting line and seek out a Clerk for final instruction for the upcoming running event. The start of the race will not be held for these competitors. This athlete MUST clear this with the Clerks in the Clerking area prior to the beginning of the running event for which he/she wishes to be excused.

--All implements will remain at the venue until competition is completed.

**Discus Throw/Shot Put Events**

Implements must be inspected at the certification area, one hour prior to competition. For the shot, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight, and diameter of the discus and thickness of the center of the discus. Shots certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs. Implements will be marked, collected and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with discus or shots will be taken within the competition area for these events under the direction of the head official. The throwing sector for the discus and shot put will be 34.92 degrees.

The shot put is located near the **North East** side of the stadium. The discus throw is located near the south side of the stadium and will be thrown into grass at **North West Corner** .

**Javelin Throw**

Implements must be inspected at the certification area, one hour prior to competition. For the javelin, the inspection will consist of a visual inspection, weight, length of the javelin, length of binding, balance check and maximum distance from the point of the javelin to the balance point, taper and condition of the binding. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition. Javelins certified for competition will not be shared without permission from the school to which it belongs. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official. Two check marks are allowed. These check marks must be removed at the completion of the event. No chalk is to be used.

**Please note: All marks must be approved by the javelin official.** Tennis balls will also be available from meet management for athletes to mark.

The javelin will be thrown from Upper field . The javelin area is located middle of the infield.

Implement weigh-in will be open on Thursday, at the following times: Thursday-2:01 P.M. to 4:00 P.M.

**High Jump / Pole Vault**

--In the high jump and pole vault, the first five competitors, as determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will move up so that the number of competitors in the active flight remains constant at five (five alive competition rule).

--The NFHS rule about passing shall apply. If competitors have passed three consecutive heights in the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed three consecutive heights in the pole vault, there will be two (2) minutes per competitor entering, to warm-up without the cross bar in place.

--When a competitor returns from competing on the track, the athlete will enter the competition at the height in progress. The bar will not be lowered. Starting heights will be one interval below the lowest qualifying height. In the high jump, the cross bar will be raised in 2" intervals until only half of the contestants remain. Thereafter, the bar will be moved up in 1" intervals, until one contestant remains. For the pole vault event, each contestant, prior to the warm-up, must present to the head event judge a new (updated) WIAA weight certification form. This form must be filled out, dated, and signed by the appropriate parties. A contestant will not be allowed to warm-up or compete without a new (updated) form. Pole vault poles will be inspected and certified at the pole vault venue by the Head Officials. Competitors will also be weighed-in during the inspection. Poles must be clearly marked with the proper markings. Any pole that is presented for inspection that is improperly marked or otherwise illegal will be confiscated and picked up after the event is complete. Competitors may not use the pole of other individuals without their consent. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event.

--Results/attempts should be in full numbers (no fractions) with the exception of the winner of the event.

--There will be a flagged off area for coaches near the pole vault. Coaches are reminded that they must stay in the flagged off area during the warm-up and the competition. Competitors may come over to the coaches’ area and talk with their coach’s. Coaches may not spot for their athletes. Schools who qualify a pole vault athlete will receive a coaches pass that will permit them in the flagged off area. This pass is designated for the pole vault coach during the pole vault event only. Any misuse of this pass may result in the removal from the event and the facility.

Long Jump /Triple Jump

Two check marks are allowed outside of the runway. These check marks must be removed at the completion of the event. No chalk is to be used. Games committee may make decisions in case of emergency weather. Please note: All marks must be approved by the long jump/triple jump official. Tennis balls will also be available from meet management for athletes to mark. CHALK IS NOT ALLOWED.

The triple jump area will be located on the South West /Starting Line and the long jump will be located on the South East / Finish Line.

**Blocks**

Starting blocks will be provided for competitors to use. Competitors may use their own blocks, subject to verification by one of the Starters at the meet. Meet officials will not be responsible for any blocks other than the ones provided**. IF THE HEAD STARTER DEEMS THE BLOCKS UNUSABLE, the meet provided blocks will be used.** Meet officials will not be responsible for any blocks other than the ones provided by the West Central District.

**Spikes**

¼” pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼” are not allowed. Non-replaceable Christmas tree spikes (1/4” or shorter) will be allowed. Spike lengths will be checked at the event areas.

**FAT Timing System**

Fully automatic timing system will be used for all running events. The timing system operators will not recall races in the event of the FAT system malfunctioning. Hand timers will be utilized instead. See rule 3, Section 8 and consider changing to updated timing systems the various districts use. If a malfunction occurs during a preliminary heat, hand times will be used for all heats to determine advancement and seeding in the finals.

**Video Screen and Replays**

Per rule 3-3, Art. 7 of the 2012 NFHS Track and Field rules book, video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

**General Information 1B:**

The West Central District III 1B track and field championships will qualify three (3) entries from each event to the state meet. Because this meet is scored and team places are awarded, all eight (8) participants will be scored according to their place of finish. The top three (3) athletes/relays will qualify for the state with the 4th place athlete/ relay being the 1st alternate, the 5th place being the 2nd alternate.

COACHES-PLEASE BE AWARE OF YOUR ATHLETES WHO ARE THE NEXT FASTEST TIMES IN ALL PRELIMINARY HEATS. IT IS ADVISED THAT THESE PARTICIPANTS BE IN ATTENDACE AT THE MEET ON SATURDAY, POTENTIALLY READY TO COMPETE, IF A SITUATION LIKE THIS WERE TO OCCUR.

Per WIAA rule 64.6.3, if a qualified contestant cannot participate in the state track and field meet the school principal will contact Dwayne Johnson , meet manager of the 1B Quad District Meet, who in turn will notify the next contestant with the next fastest times from the preliminary heats to compete in the state track and field championships.

**Measuring:**

All events will be measured in metric with the exception of field events, which will be in feet and inches.

**Relay Batons:**

 Batons will be provided for all relay teams.

**Awards:**

 Awards will be presented to athletes following their event. Pins will be given for 1st-3rd place.

**Admission Prices:**

Adults & Students (without ASB) $7

Students with ASB/ Senior Citizens (62 & over) $5

Elementary Students (12 & under) $4

**Coaches Information Desk:**

The Coaches Information Desk will be located at the **South East Viewcrest Ave** entrance of the track venue. Coaches will pick up their packets on Thursday at this location.

**Pop-Up Tent Area:**

Pop-up tent will be located outside **of Lane eight on the east side** stadium, outside of the fenced area. There is a small grassy area where teams will be allowed to set-up their tents. Teams should not leave their pop-up tents overnight at the facility.

**Results:**

Final results Thursday will be posted on the **black Timing Trailer** as soon as printed, and posted on athletic.net at the conclusion of the meet.

**Trainers:**

Certified athletic trainers and staff will not be on hand during the meet.

**Medical Information:**

The use of an atomizer during competition containing a prescription drug designed to alleviate an asthmatic condition is not considered to be an illegal aid **as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.** This documentation can be turned into **Dwayne Johnson** , meet director, at the coaches’ meeting on Thursday May 16th.

**Wheelchair Athletes:**

All wheelchair athletes must meet the rules by the WIAA and individual school districts. All wheelchair athletes must qualify to the state meet through the district meet. The wheelchair athlete must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. The qualifying standards are listed in appendix A.

To qualify to the district meet, the student must be a regular member of the school they represent in order to participate in the interscholastic athletic activity. The student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive than WIAA. In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on the school’s team roster for at least 50% of the regular season, competed at the sub district meet and have met the qualifying standard at the meet.

**Directions to Port Angeles Track Stadium**  **Stadium: Port Angeles High School**

 241 East Viewcrest Ave, Port Angeles, Washington 98362

**North from I5 Edmonds Ferry: 199 Sunset Ave. South Edmonds WA 68 miles / 1.5 hr drive http://binged.it/YXW4zS**

**South from I5 Tacoma Dome: 107 miles / 2 hour dive**

[**http://binged.it/YAH7Eg**](http://binged.it/YAH7Eg)

**North from Port Townsend 48 miles / 1 hour dive**

[**http://binged.it/10F7BRI**](http://binged.it/10F7BRI)

**Parking:**

There is parking located near the stadium,

**On Maple Ave. To the right of the Basketball Gymnasium** .

**School Bus Parking:**

All school buses/vans/cars will park in the Port Angele High School Gymnasium Parking Lot

**Please do not leave items of value in your car such as: wallets, purses, cameras, radios, etc.**



**By Back is to the Olympic Mountains, I am looking North towards the Strait of Juan deFuca**

**Left is West—Right is East.**

**110IH / 100H start line is lower left corner**

**Pole Vault is top left corner outside of the track**

**Discus Upper left corner inside the track**

**Shot put upper right inside the track**

**High Jump Upper right inside the track**

**Triple Jump – Lower Left inside the track**

**Long Jump - lower right inside the track**

**Bus Parking – Upper right corner PAHS Gym parking Lot**

**Lower field is for warm up:**

**PAHS Gym bathrooms and locker rooms.**

**Main Entrance= on Viewcrest bottom Right Corner (AVE)**

**Athletes Entrance – Walk way from the Gym Parking Lot to the Venue**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event # | Time | Event mirrors State Schedule |   | Round #1 |
| 1 | 3:30 | 1B Girls 4x200M Relay | 3:15 | Boys Discus |
| 2 | 3:35 | 1B Girls 3200M Run | 3:15 | Girls Shot |
| 3 | 3:55 | 1B Boys 110M HH | 3:15 | Girls High Jump |
| 4 | 4:00 | 1B Girls 100M HH | 3:15 | Boys Triple Jump |
| 5 | 4:05 | 1B Boys 100M Dash | 3:15 | Girls Long Jump |
| 6 | 4:10 | 1B Girls 100M Dash | 3:15 | Boys Javelin |
| 7 | 4:15 | 1B Boys 1600M Run | 3:15 | Boys Pole Vault |
| 8 | 4:25 | 1B Girls 1600M Run |  |  |
| 9 | 4:35 | 1B Boys 4x100M Relay |  |  |
| 10 | 4:40 | 1B Girls 4x100M Relay |   | Round #2 |
| 11 | 4:45 | 1B Boys 400M Dash | 4:30 | Girls Discus |
| 12 | 4:50 | 1B Girls 400M Dash | 4:30 | Boys Shot |
| 13 | 4:55 | 1B Boys 300M IH | 4:30 | Boys High Jump |
| 14 | 5:00 | 1B Girls 300M LH | 4:30 | Girls Triple Jump |
| 15 | 5:05 | 1B Boys 800M Run | 4:30 | Boys Long Jump |
| 16 | 5:10 | 1B Girls 800M Run | 4:30 | Girls Javelin |
| 17 | 5:15 | 1B Boys 200M Dash | 4:30 | Girls Pole Vault |
| 18 | 5:20 | 1B Girls 200M Dash |  |  |
| 19 | 5:25 | 1B Boys 3200M Run |  |  |
| 20 | 5:40 | 1B Girls 4x400M Relay |  |  |
| 21 | 5:50 | 1B Boys 4x400M Relay |  |  |