

## 2013 2A NORTHWEST SUB DISTRICT TRACK MEET

Civic Stadium, Bellingham WA

**Date:** Wednesday, May 8, 2013 -- Track Prelims & 1/2 Field Event Finals

**Time:** 3:30 pm -- Field Events / 4:00 pm -- Track Events

**Date:** Friday, May 10, 2013 -- Track Finals & Remaining Field Events

**Time:** 4:30 pm -- Field Events / 5:00 pm -- Track Events

**Meet Manager:** Patrick Brown, Athletics/Activities Coordinator, Squalicum High School

**Phone:** c-360-303-0664 or w-360-676-6471 **FAX:** #360-647-6889 **Email:** patrick.brown@bellingshamschools.org

**Assistant Manager:** Ginger Thompson

**Computer Input and**

**Scratch Contact:** Holly Krantz: [hkrantz.sqhs@gmail.com](mailto:hkrantz.sqhs@gmail.com)

**Responsibilities:** The Bellingham School District Track Staff will be responsible for all events.

**Timing System:** Bellingham Schools

**Back -Up Timing System:** Lynden High School

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**Clerk of the Course:** Al Coyle

**Timer & Computer:** Holly Krantz, Keith Chambers (**Lynden-back up**)

**Starter:** John Goodman

**Assistant Starters:** Dean Bame, John Wilson and Alan Doud

**Implement Weigh-in:** TBD

**Announcer:** Kevin Johnson

**Games Committee:** Kevin Gudel, Carey Bacon, Tim Irvin, and Patrick Brown

**Referee:** Tim Irvin

**Field Referee:** Ginger Thompson

**Admission Prices:** Adults: \$6.00

Student's w/ASB, Children, Senior Citizens: \$4.00

**Passes:** District 1 Lifetime Pass

District 1 Event Pass

District 1 Supervisory Pass

NWC Life time Pass

**Schools Attending:**

Anacortes

Burlington-Edison

Squalicum

Sedro-Woolley

Bellingham

Lynden

Sehome

Ferndale

**Seed Meeting:** **Monday, May 6th at 6:30p.m. at Squalicum High School, Career Center**

**Meet Procedures:** With the exception of the special rules stated, the National Federation Track and Field Rule Book will govern this meet. Standards and procedures of the WIAA State Track and Field bulletin and guidelines will be used at this qualifying meet. Any problems that arise before or during the meet should be brought to the attention of the Games Committee.

### Awards

- a. This meet is a seeding meet for the upcoming district meet. The top 8 placers will move on to districts.
- b. This meet will be scored 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1. There will not be individual or team awards.

### Entrants:

- a. Schools will be allowed a minimum of one entry in all events. Any athlete, who is ranked in the top 16, after scratches, may be added to the league meet.
- b. Schools will be allowed to enter additional athletes who meet the minimum standards.
- c. If after applying the criteria above and we have not filled two heats for running events we will use the next fastest times to fill the available spaces. The same process will be used to create full flights for the field events.
- d. Prior to the **seed meeting on Monday at 6:30 at Squalicum High School (5/06/13)**, coaches must enter all potential sub-district competitors from their team into the sub-district meet using athletic.net.

### Lane Assignments:

- a. Lane assignments will be based on time.
- b. Athletes from same school will be separated in preliminary heat. If it does not affect seeding and heat balance.
- c. **Place and time in preliminary lane events will determine athletes to the finals. Example: If 2 preliminary heats, top 3 places in each heat and 2 next fastest times.**

**Scratches:** All scratches must be called in or emailed (preferred) to Holly Krantz (360) 305-1925 by 7:00pm. on Tuesday, May 7<sup>th</sup> at [hkrantz.sqhs@gmail.com](mailto:hkrantz.sqhs@gmail.com). A coach may replace the scratched runner if the runner fulfills the criteria. Any scratches or withdrawals after Tuesday, May 7<sup>th</sup> must have a doctor's certificate. A person scratched after this deadline and without a doctor's certificate will be withdrawn from all other events in which they have qualified.

**Clerk of the Course:** Entries must check in with the Clerk of the Course prior to an event. All events will be called three times by the official announcer.

- 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 involved the last spot to District, the jump off procedure will be completed BEFORE continuing the competition to determine first place. If a tie occurs for the first place, the tie breaking procedure will be used to break the tie and determine the champion.

**Fields Events:** Running Events will take precedence over field events. A participant in a field event will be given ten minutes after the completion of the running events or when dismissed until called to compete. They must notify the head judge and tell the judge which event they are leaving for and must check back in within the 10 minute or risk a loss of trial. A high jumper/pole vaulter must jump at the height the bar is set when he/she arrives. Special Instructions for preliminaries and finals: Nine (9) competitors shall qualify for the finals in the shot put, discus, javelin, long jump and triple jumps. The order of competition in the finals shall be in reverse order of the best performance in the preliminaries. There may be only two check marks for high jumpers, one permanent (e.g. piece of tape) and one portable (e.g. sock, shoe) which is put down before the jump and removed afterward. The bar will be raised 2" at a time until only half of the contestants remain. The bar will then be raised 1" at a time until only one contestant remains.

**Pole Vault:** The bar will be raised in 6" intervals until only half the contestants remain. The bar will then be raised 3" intervals until one contestant remains. 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. Athletes will also be weighed-in during the inspection. Poles must be clearly marked with the proper markings. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event.

**Discus/Shot:** Implements are to be weighed in and taken to the locker room under football scoreboard before 3:00 pm on Wednesday, May 8<sup>th</sup> and before 4:00 pm on Friday, May 10<sup>th</sup>.

**Relay Teams:** Relay team members may place up to two marks on the track. Markers (tape/half of a tennis ball/ poker chips) are to be removed following the race.

**2013 2A SUB DISTRICT  
TRACK AND FIELD MEET**

Wednesday, May 8th

Friday, May 10th

*RUNNING PRELIMS unless noted*

*RUNNING FINALS*

4:00	Boys	110m HH
4:15	Girls	100m Hurdles
4:30	Boys	100m Dash
4:45	Girls	100m Dash
<b>5:00</b>	<b>Boys</b>	<b>1600m Run – Final</b>
<b>5:10</b>	<b>Girls</b>	<b>1600m Run – Final</b>
5:20	Boys	400m Dash
5:30	Girls	400m Dash
5:45	Boys	300m Hurdles
5:55	Girls	300m Hurdles
6:10	Boys	800m Run
6:20	Girls	800m Run
6:30	Boys	200m Dash
6:40	Girls	200m Dash

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

Wednesday, May 8th

Friday, May 10th

**FIELD EVENT PRELIMS & FINALS**

**FIELD EVENT PRELIMS & FINALS**

<b>3:30</b>	<b>Girls</b>	<b>Shot Put</b>
<b>3:30</b>	<b>Boys</b>	<b>Discus</b>
<b>3:30</b>	<b>Girls</b>	<b>Javelin</b>
<b>3:30</b>	<b>Girls</b>	<b>High Jump</b>
<b>3:30</b>	<b>Girls</b>	<b>Triple Jump</b>
<b>3:30</b>	<b>Boys</b>	<b>Long Jump</b>
<b>3:30</b>	<b>Boys</b>	<b>Pole Vault</b>

<b>4:30</b>	<b>Boys</b>	<b>Shot Put</b>
<b>4:30</b>	<b>Girls</b>	<b>Discus</b>
<b>4:30</b>	<b>Boys</b>	<b>Javelin</b>
<b>4:30</b>	<b>Boys</b>	<b>High Jump</b>
<b>4:30</b>	<b>Boys</b>	<b>Triple Jump</b>
<b>4:30</b>	<b>Girls</b>	<b>Long Jump</b>
<b>4:30</b>	<b>Girls</b>	<b>Pole Vault</b>

BOY'S 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. Once a team qualifies for a District event, that team must remain intact. This form will be submitted to the District Meet Director along with other qualified entries.

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 Patrick Brown, Meet Director, 30 minutes before start of events on Friday 5/10/13

**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. Once a team qualifies for a District event, that team must remain intact. This form will be submitted to the District Meet Director along with other qualified entries.

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 Patrick Brown, Meet Director, 30 minutes before start of events on Friday 5/10/13

## 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 \_\_\_\_\_

## NWC 2A Sub District Qualifying Standards

WOMEN		MEN	
100	13.80	100	11.90
200	28.50	200	24.40
400	66.00	400	54.00
800	2:37.99	800	2:10.99
1600	5:50.99	1600	4:50.99
3200	12:52.99	3200	10:43.99
100H	18.30	110H	18.50
300H	54.00	300H	46.50
SHOT	28'0"	SHOT	39'6"
DISC	85'	DISC	115'
JAV	85'	JAV	130'
LJ	14'6"	LJ	18'6"
TJ	29'	TJ	38'
HJ	4' 6"	HJ	5' 6"
PV	7'6"	PV	10'

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### 2013 2A Northwest District Track & Field Championships QUALIFYING STANDARDS

#### **TOO FOLLOW....**

\*\* 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 State Track and Field Championships 2013 Qualifying Standards

	BOYS	GIRLS
100m	11.16	12.7
200m	22.52	25.62
400m	49.95	58.38
800m	1:55.04	2:17.31
1600m	4:18.54	5:07.06
3200m	9:23.03	11:12.63
110H/100H	15.28	16.05
300H	39.15	46.00
400m Relay	43.22	49.59
800m Relay		1:45.74
1600m Relay	3:23.89	4:04.22
Shot Put	51' 6.25"	39' 1.75"
Discus	161' 2"	123' 9"
Javelin	169' 6"	127' 5"
Long Jump	21' 9.25"	16' 7.25"
Triple Jump	44' 0.75"	35' 6"
High Jump	6' 3"	5' 2"
Pole Vault	14' 0"	10' 11"

\*\* 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.\*\*

Updated 4/22/13

## NWC 2A Sub-District Meet Records

### GIRLS

EVENT	NAME	SCHOOL	TIME/DIST.	YEAR
3200	Brittany Gappa	Squalicum	11:00.37	2012
100H	Amber Nash	Lakewood	15.1	2004
100	Sarah Dolese	Sehome	12.25	2012
1600	Annie Moore	Sehome	4:59.97	2010
400R	Debacker, Dolese, Tarleton, Thomas	Sehome	49.02	2012
400	Cherish Morrison	Blaine	56.90	2010
300H	Wendy Westergard	South Whidbey	45.1	1980
800	Becca Friday	Bellingham	2:14.56	2007
200	Cherish Morrison	Blaine	25.17	2010
800R	Debacker, Dolese, Tarleton, Thomas	Sehome	1:43.98	2012
1600R	Villars, V'Dovec Olason, Morrison	Blaine	4:02.70	2012
Shot	Gina Flint	Squalicum	42' 5.5"	2012
Discus	Brittany Todhunter	Sehome	134' 8"	2007
Javelin	Carol Wester	Lynden Christian	139' 5"	1982
HJ	Melissa MacNeil	Tolt	5' 6"	1983
LJ	Zoe Moller	Sehome	18' 3"	2010
TJ	Jessica Dietz	Mt. Baker	36' 2"	1990
PV	Robin Taylor	Blaine	11' 6"	2010
	Tori Franzen	Squalicum	11'6"	2012
	Kirsten Webber	Squalicum	11'6"	2012

**Updated 4/22/2013**

## BOYS

Event	Name	School	Time/Score	Year
3200	Patrick Gibson	Squalicum	9:13.17	2012
110HH	Logan Packard	Mt. Baker	14.62	2011
100	Brock Steffen	Bellingham	10.85	2010
1600	Conner Whan	Burlington-Edison	4:18.40	2010
400R	Sitser, Starcevic Dougherty, Steffen	Bellingham	43.13	2010
400	Mason McHenry	Sehome	48.44	2007
300H	Logan Darling	Bellingham	38.70	2007
800	Mason McHenry	Sehome	1:52.46	2008
200	Thomas Kassa	Anacortes	21.85	2010
1600R	Beisheuval, Bomber Duncan, Weeks	Lynden	3:23.10	2009
Shot	Steven Ayers	Sehome	60' 9"	2007
Discus	Ryan McDonald	Sehome	169' 3"	2010
Javelin	Duncan Atwood	Lakeside	208' 1"	1973
HJ	Tim Marks	Granite Falls	6' 10"	1997
LJ	Thomas Kassa	Anacortes	23' 2.5"	2010
TJ	Jacob Predmore	Cedarcrest	44' 7 1/2"	1995
PV	Josh Henrie	Nooksack Valley	15' 4"	1995

Updated 4/22/2013