

Districts 1 & 3 1B Bi-District Track & Field
District 1 2B District Track & Field
Stanwood High School
Friday, May 10, 2013

Coaches' Meeting: 3:15 p.m. at finish line

Field Events: 3:30 p.m.

Running Events: 3:45 p.m.

Meet Director: Jill Hoogerhyde, jill@shorelinechristian.org, (c) 206.369.1481

Games Committee: For 2B issues – Fred Howard, Linda Gudmunson, Kris Hanson
For 1B issues – Peter Vorhees Ashleigh Howell

COACHES' INFORMATION

- 1) 2B: There will be link at <http://www.athletic.net/TrackAndField/Washington/> to enter your qualified athletes for the District or Bi-District meet.
 - Please have your athletes registered by Wednesday, May 8 at 9:00 a.m.
 - 1B: top 5 entries from league championship meets will be entered
- 2) We have a scratch deadline of Friday, May 10 at 11:00 a.m.
 - If you choose to scratch an athlete for this meet at any time, they will be scratched from all of their events.
 - This is a qualifying meet. The top two 2B boys and girls from each event will qualify for 2B Bi-District. The top four 1B boys and girls move on to 1B Quad-District.
- 3) You'll need to check all your implements before the meet in order to sign the attached equipment certification form. Bring the form to the coaches' meeting.
- 4) We will be running each of the running event heats in the following order: 1B boys, 2B boys, 1B girls, 2B girls. During the 1600m and 3200m we will run the two classifications together while still scoring the races separately. If the relay teams are not facing elimination then we will run the classifications together. If a relay team has the possibility of being eliminated, we will run the relay heats separately.
- 5) For the 1B heats, the top two qualifiers will be selected from each league and then the next 2 best qualifying times.
- 6) Fully Automatic Timing (FAT) will be used; please keep everyone away from the finish line.
- 7) The National Federation Track and Field Rules apply as well as the WIAA Guidelines for Track.
- 8) All coaches will be considered the hurdle crew.
- 9) In the field events:
 - All athletes will be placed in flights.
 - 2B athletes will get 3 attempts. The top 4 will then make the finals at which time they will get 3 more attempts in reverse order of the best preliminary attempts.
 - 1B athletes will get 3 attempts. The top 9 will then make the finals at which time they will get 3 additional attempts in reverse order of the best preliminary throws.
 - Girls and Boys Triple Jump need to be at the north pit (about the 300 meter mark)
 - Girls and Boys Long Jump need to be at the south pit (near the finish line)

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- Note: If an athlete checks out of a field event, the athlete has fifteen minutes after the close of your running event to get back to the field event. An appeal can be made to the games committee if the athlete cannot make it within fifteen minutes.
- 10) Bar setting for HIGH JUMP begins at two inches below the lowest qualifying mark and will be raised 2" till 5'0 and 1" thereafter for GIRLS and will be raised 2' till 6'0" and 1" thereafter for BOYS.
- 11) We will be using the 3 turn stagger for the 800 and 1600 relays.
- 12) For pole vault: if the athletes are from one school, an alternative meet in the same week can be used for qualification if necessary.
- 13) All participants must wear the school issued jersey and shorts. Any other visible apparel must be of a single color and worn under the uniform jersey and shorts. Relay teams when other apparel is worn under the school issued jersey and shorts; it shall be of the same solid color for all teammates choosing to wear them.
- 14) No jewelry will be allowed during competition. Medical and religious medals do not constitute jewelry but need to be taped to the body, under the uniform; jewelry can not be taped—it must be removed. The NFHS allows unadorned bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair. A first violation of the jewelry rule will no longer result in immediate disqualification, instead a team warning will be issued and any subsequent violation by any team member will result in disqualification from the event.
- 15) Only track shoes without spikes or with 1/4" pyramid (not pin point) spikes will be allowed on the track or run-ups.
- 16) Scoring:
- 2B Meet Scoring (2 schools): Scoring: 5 – 3 – 1 in all events except relays. 2B relays will be scored as 5.
 - 1B Meet Scoring, including relays (9 schools): 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
- 17) Schools participating are:

2B
Concrete
La Conner

1B
Cedar Park Christian – Mountlake Terrace
Clallam Bay
Crescent
Grace Academy
Lopez
Lummi
Mount Vernon Christian
Neah Bay
Shoreline Christian

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MEET RESPONSIBILITIES

Meet Director: Jill Hoogerhyde (SCS)
Coaches Meeting: run by Linda Gudmunson
Announcer: ???
Starter: Roger Gray (CPC)
Clerk/Asst Starter: Amanda Vorhees (La C)
Finish Camera: CPC-MLT
Statistician: Dwayne Johnson
Awards: Peg Seeling (La C)
Backup Timers: The schools not assigned to events need to provide backup timers and we'll need other timers as well.

Javelin: Concrete
Discus: Mount Vernon Christian
Shot: Shoreline Christian
Triple Jump: Grace Academy
Long Jump: La Conner
High Jump: Lopez
Pole Vault: Being contested at an earlier event, per Bi-District permission
Exchange Zones: determined at coaches meeting

RUNNING EVENT ORDER (rolling)

3:15	Coaches Meeting	5:15	1B Girls 400m
3:45	Field Events		2B Girls 400m
3:45	2B/1B Girls 800m Relay	5:25	1B Boys 300m intermediate hurdles
3:50	2B/1B Girls 3200m		2B Boys 300m intermediate hurdles
4:05	1B Boys 100m high hurdles	5:30	1B Girls 300m low hurdles
	2B Boys 100m high hurdles		2B Girls 300m hurdles
4:10	1B Girls 100m hurdles	5:40	1B Boys 800m
	2B Girls 100m hurdles		2B Boys 800m
	<i>MOVE HURDLES AROUND THE TRACK</i>	5:50	1B Girls 800m
4:20	1B Boys 100m		2B Girls 800m
	2B Boys 100m	6:00	1B Boys 200m
4:30	1B Girls 100m		2B Boys 200m
	2B Girls 100m	6:10	1B Girls 200m
4:40	2B/1B Boys 1600m		2B Girls 200m
	2B/1B Girls 1600m	6:20	2B/1B Boys 3200m
5:00	2B/1B Boys 400m Relay	6:45	2B/1B Girls 1600m Relay
5:05	2B/1B Girls 400m Relay	6:55	2B/1B Boys 1600m Relay
5:10	1B Boys 400m		
	2B Boys 400m		

FIELD EVENT SCHEDULE (approximate)

3:30 – 5:00
Boys Javelin
Girls Shot
Boys Discus
Girls High Jump
Boys Triple Jump
Girls Long Jump

5:00 – 6:30
Girls Javelin
Boys Shot
Girls Discus
Boys High Jump
Girls Triple Jump
Boys Long Jump

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Equipment Certification

School Name:

Head Coach:

I certify that my team is properly equipped (uniform, equipment, and no jewelry). I also certify that all implements (including pole vault poles) meet the necessary requirements.

Sign here if your Boys team implements are certified:

Sign here if your girls' team implements are certified:

To be turned in at the coaches meeting at **3:15 p.m. on Friday, May 10, 2013.**