**2014 2A NORTHWEST SUB DISTRICT TRACK MEET**

Civic Stadium, Bellingham WA

**Date**: Wednesday, May 14, 2014 -- Track Prelims & 1/2 Field Event Finals

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

**Date:** Friday, May 16, 2014 -- Track Finals & Remaining Field Events

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

**Meet Director:** Patrick Brown, Activities Coordinator, Squalicum High School

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

**Assistant Manager:** Ginger Thompson

**Computer and Data:** **Ginger Thompson**-Computer Input

 C: 360-303-5346

 Ginger.thompson@bellinghamschools.org

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

**Timing System: Bellingham Schools**

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

**Clerk of the Course:** Patrick Brown

**Timer & Computer:** Ginger Thompson and Keith Chambers **(Lynden-back up)**

**Starter:** John Goodman

**Assistant Starters:** Dean Bame and John Wilson

**Implement Weigh-in: TBD**

**Announcer:** Kevin Johnson

**Games Committee: TBD**

**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 Supervisory Pass

 District 1 Event Pass NWC Life time Pass

**Schools Attending:** Anacortes Bellingham Sedro-Woolley Burlington-Edison Lynden Sehome Squalicum

**Seed Meeting: Monday, May 12th 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:**

1. Schools will be allowed to enter athletes who meet the minimum standards.
2. If after applying the criteria above we have not filled two heats (16 runners) for running events we will use the next best times to fill the available spaces. The same process will be used to create full flights (16 competitors) for the field events.
3. Prior to the **seed meeting on Monday at 6:30 at Squalicum High School (5/12/14)**, coaches must enter all potential sub-district competitors from their team into the sub-district meet using **athletic.net**.

**Lane Assignments:**

1. Lane assignments will be based on time.
2. Athletes from same school will be separated in preliminary heats if there is an individual in another heat with the exact same time to switch them with. **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. If 3 preliminary heats, top 2 places in each heat and 2 next fastest times.**

**Scratches:** All scratches must be called in or emailed (preferred) to Ginger Thompson (360) 303-5346 by 7:00pm on Tuesday, May 13th at ginger.thompson@bellinghamschools.org. A coach may replace the scratched runner if the runner fulfills the criteria. Any scratches or withdrawals after Tuesday, May 13th must present a doctor’s certificate to Meet Director Patrick Brown. 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 timeframe 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 14th and before 4:00 pm on Friday, May 16th.

**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.

**2014 2A SUB DISTRICT**

**TRACK AND FIELD MEET**

Wednesday, May 14thFriday, May 16th

RUNNING PRELIMS unless noted RUNNING FINALS

 **5:00 Girls 4x200m Relay**

4:00 Boys 110m HH **5:10 Boys 110m HH**

4:15 Girls 100m Hurdles **5:20 Girls 100m Hurdles**

4:30 Boys 100m Dash **5:30 Boys 100m Dash**

4:45 Girls 100m Dash **5:40 Girls 100m Dash**

**5:00** **Boys 1600m Run – Final 6:05 Boys 4x100m Relay**

**5:10 Girls 1600m Run – Final 6:15 Girls 4x100m Relay**

5:20 Boys 400m Dash **6:25 Boys 400m Dash**

5:30 Girls 400m Dash **6:35 Girls 400m Dash**

5:45 Boys 300m Hurdles **6:45 Boys 300m Hurdles**

5:55 Girls 300m Hurdles **6:55 Girls 300m Hurdles**

6:10 Boys 800m Run **7:05 Boys 800m Run**

6:20 Girls 800m Run **7:15 Girls 800m Run**

6:30 Boys 200m Dash **7:25 Boys 200m Dash**

6:40 Girls 200m Dash **7:35 Girls 200m Dash**

 **7:45 Boys 3200m Run**

 **8:00** **Girls** **3200m Run**

 **8:20 Boys 4x400m Relay**

  **8:30 Girls 4x400m Relay**

Wednesday, May 14thFriday, May 16th

**FIELD EVENT PRELIMS & FINALS FIELD EVENT PRELIMS & FINALS**

**3:30 Boys Shot Put 4:30 Girls Shot Put**

**3:30 Girls Discus 4:30 Boys Discus**

**3:30 Boys Javelin 4:30 Girls Javelin**

**3:30 Boys High Jump 4:30 Girls High Jump**

**3:30 Boys Triple Jump 4:30 Girls Triple Jump**

**3:30 Girls Long Jump 4:30 Boys Long Jump**

**3:30 Girls Pole Vault 4:30 Boys Pole Vault**

School Coach’s signature

**PLEASE PRINT**

Submit to Patrick Brown, Meet Director, 30 minutes before start of events on Friday 5/16/14

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 infracted 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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’

**2014 2A Bi-District 1 & 2 Track & Field Championships**

**2014 Qualifying Standards**

BOYS GIRLS

100m 11.41 12.87

200m 22.89 26.36

400m 51.40 60.02

800m 1:58.51 2:20.36

1600m 4:24.61 5:15.08

3200m 9:26.78 11:34.92

110H/100H 16.08 16.57

300H 41.45 48.02

Shot Put 48’ 3.75” 33’ 10.25”

Discus 140’ 4” 102’ 5”

Javelin 158’ 9” 109’ 7”

High Jump 5’ 11.75” 4’ 11.25”

Pole Vault 13’ 3” 9’ 11.5”

Long Jump 20’ 6” 15’ 9.75’

Triple Jump 41’ 8.75” 33’ 10.5”

\*\* Any athlete who finishes outside the top eight at one of the Sub-District meets will qualify for the Bi-District meet if they meet the standards listed above. The standard is based upon the fourth place average for the previous four years at the District 1 meet.\*\*

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|  | **NWC 2A Sub-District Meet Records** |  |  |
|  |  |  |  |  |
| **GIRLS** |  |  |  |  |
|  |  |  |  |  |
| **EVENT** | **NAME** | **SCHOOL** | **TIME/DIST.** | **YEAR** |
| 3200 | Brittany Gappa | Squalicum | 11:00.37 | 2012 |
| 100H | Allie Kohr | Squalicum | 15.25 | 2013 |
| 100 | Sarah Dolese | Sehome | 12.25 | 2012 |
| 1600 | Annie Moore | Sehome | 4:59.97 | 2010 |
| 400R | Waddell, Porter | Bellingham | 48.89 | 2013 |
|  | Dyrland, Tran |  |  |  |
| 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 | Sandeno, Dolese | Sehome | 1:43.52 | 2013 |
|  | Tarleton, Henry |  |  |  |
| 1600R | Villars, V’Dovec | Blaine | 4:02.70 | 2012 |
|  | Olason, Morrison |  |  |  |
| Shot | Gina Flint | Squalicum | 46' 7.5" | 2013 |
| Discus | Gina Flint | Squalicum | 161' 10" | 2013 |
| 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 | Kirsten Webber | Squalicum | 12' 7" | 2013 |
|  |  |  |  |  |
|  | **Updated 4/25/2014** |  |  |  |

**NWC 2A Sub-District Meet Records**

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| **BOYS** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Event** |  | **Name** | **School** | **Time/Score** |  | **Year** |
| 3200 |  | Patrick Gibson | Squalicum | 9:10.40 |  | 2013 |
| 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 | Bellingham | 43.13 |  | 2010 |
|  |  | Dougherty, Steffen |  |  |  |  |
| 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 | Lynden | 3:23.10 |  | 2009 |
|  |  | Duncan, Weeks |  |  |  |  |
| 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 4/25/2014** |  |  |  |  |