

Districts 1 & 3 1B Bi-District Track & Field
District 1 2B District Track & Field
Stanwood High School
Friday, May 16, 2014

Bus Arrival: 3:00 p.m. (no earlier than 3:00 – keep buses offsite until that time)
Coaches' Meeting: 3:15 p.m. at finish line
Field Events: 3:30 p.m.
Running Events: 3:45 p.m.

- Coaches' Information

- 4 relay teams and 4 individuals will advance to the Quad-District Meet in Port Angeles on May 22, 2014
- The National Federation Track and Field Rules apply as well as the WIAA Guidelines for Track.
 - 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.
 - 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.
 - 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)
 - Bar setting for HIGH JUMP begins at two inches below the lowest qualifying mark and will be raised 2" till 4'0 and 1" thereafter for GIRLS and will be raised 2' till 5'0" and 1" thereafter for BOYS.
 - For pole vault: if the athletes are from one school, an alternative meet in the same week can be used for qualification if necessary.
 - 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.
 - In the running events:
 - Fully Automatic Timing (FAT) will be used; please keep everyone away from the finish line
 - Sprint events will be seeded with the top 8 Qualifiers in one heat and the next 4 in a separate heat
 - All coaches will be considered the hurdle crew.
 - 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.
 - We will be using the 3 turn stagger for the 800 and 1600 relays.

- Entries:

- 2B schools: Please have your athletes registered by Wednesday, May 14 at 9:00 a.m. There will be link at <http://www.athletic.net/TrackAndField/Washington/> to enter your qualified athletes for the District or Bi-District meet.
- District 1 1B: Top 8 entries from District championship meet will be entered
- District 3 1B: Top 4 entries from District championship meet will be entered
- Unfilled slots may not be filled by the other district
- Scratch deadline is Friday, May 16 at 11:00 a.m.
 - If you choose to scratch an athlete for this meet, they will be scratched from all of their events.

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- 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.
- Uniforms/Equipment
 - 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.
 - 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 cannot be taped—it must be removed. A single watch worn on the wrist is considered track and field equipment, not jewelry, and is not considered an aid for racing under the unfair assistance rules. 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.
 - Any visible undergarment worn underneath the uniform bottom that does not extend below the knees is now considered a foundation garment and not subject to single, solid color rule. Any undergarment extending below the knees shall meet all requirements regarding a visible undergarment.
 - Only track shoes without spikes or with 1/4" pyramid (not pin point) spikes will be allowed on the track or run-ups.
- 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 (8 schools): 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
- Schools participating are:
 - 1B
 - Cedar Park Christian – Mountlake Terrace
 - Clallam Bay
 - Crescent
 - Grace Academy
 - Lummi
 - Mount Vernon Christian
 - Neah Bay
 - Shoreline Christian
 - 2B
 - Concrete
 - La Conner

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Meet Director: Dwayne Johnson
Coaches Meeting: Linda Gudmunson
Announcer: Charmen Sewell
Starter: Dave Bingham
Clerk: Johnny Lee
Statistician: Dwayne Johnson
Awards: Robert Adeline
Games Committee: Kris Hanson, Peter Vorhees, Linda Gudmunson, Fred Howard
Javelin: CPC-MLT, Crescent
Discus: Mount Vernon Christian
Shot: Shoreline Christian
Triple Jump: Grace Academy
Long Jump: La Conner, Clallam Bay
High Jump: Lummi, Neah Bay
Exchange Zones: determined at coaches meeting

RUNNING EVENT ORDER (rolling)

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

FIELD EVENT SCHEDULE (approximate):

3:30 – 5:00

Boys Javelin
 Girls Shot
 Girls Discus
 Girls High Jump
 Boys Triple Jump
 Girls Long Jump

5:00 – 6:30

Girls Javelin
 Boys Shot
 Boys 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 16, 2014.**