

**2016 4A BI-DISTRICT  
TRACK & FIELD CHAMPIONSHIPS  
MAY 18 & 20, 2016  
Lake Stevens High School**

**Date/Time**

Date: Wednesday May 18, 2016  
Time: 3:30pm - Field Events and 4:00pm - Running Events (**2:45 coaches meeting**)

Date: Friday May 20, 2016  
Time: 5:30pm - Field Events; 6:00pm - Running Events (**4:45 coaches meeting**)

**Meet Management**

Meet Manager: Jason Pearson  
Clerk of the Course: Ed Pearson  
Referees: Carol Coram & Jon Patterson  
Starter/Marshall: Paul Fountain  
Starter: Ron Hendricks  
Starter: Josh Fountain

**Games Committee**

WESCO Dave Brekke, Monroe      KINGCO Dawn Geiser, Skyline  
WESCO Charlie Lewarne, Kamiak      KINGCO Denis Villeneuve, Redmond

**Admission**

Adults/Students	\$7.00
Students w/ASB	\$5.00
Sr. Citizens and Children (12 and under)	\$5.00

**Passes**

NW District **GREEN** backed colored Event Supervisory Pass will be accepted.  
WIAA, NW District, SEA-KING, and KINGCO lifetime passes will also be accepted.

**Participating Schools**

**KINGCO:** Bothell, Eastlake, Inglemoor, Issaquah, Newport, Redmond, Mt Si, Skyline, Woodinville  
**WESCO:** Cascade, Jackson, Kamiak, Lake Stevens, Mariner, Monroe, Mt. Vernon, Snohomish

**ENTRIES:**

**Qualifying meet managers (WESCO and KINGCO), email entries (please email the entire qualifying race file) to David Marques: David\_Marques@lkstevens.wednet.edu (no later than Saturday, May 14 @ 9:00am)**

**WESCO Meet managers and KINGCO Meet manager are to indicate which kids are scratched.**

**WESCO POST SEASON MEETING & BI-DISTRICT SCRATCH MEETING:**

Monday, May 16<sup>th</sup> @ Marysville-Pilchuck High School; 6:00pm (KINGCO Coaches do not need to attend)

Any scratches or withdrawals from the Bi-District meet must be made with the meet manager (Jason Pearson, Jason\_Pearson@lkstevens.wednet.edu) **NO LATER THAN 12:30PM TUESDAY, MAY 17<sup>TH</sup>**. The manager will notify the next eligible participant of his/her opportunity to compete in the meet. Any scratches or withdrawals after this deadline must have a doctor's certificate; a person scratched after this deadline and without a doctor's certificate **will be withdrawn from all other events in which they have qualified.**

## **MEET ENTRIES AND QUALIFYING PROCEDURE**

### **LANED RACE PRELIMS:**

Nine WESCO, Nine KINGCO from the previous week's qualifying meets.

- The number 1 seed from each league will advance directly to finals. Remaining 8 seeds from each league will compete in a two-heat prelim where six will advance to finals.
- Times/distances used to seed the Bi-District Meet will be determined from the previous week's qualifying meets
- Additional heats will be run if 17 or more athletes qualify for a preliminary race due to ties.
- Heat assignments will be based upon time at the previous week's conference meets and seeded using Hy-Tek Meet Manager Software
- The State Meet conversion formula will be used in the event hand-held times are used.

### **1600 AND 3200 METERS:**

Nine WESCO, Nine KINGCO from the previous week's qualifying meets.

### **FIELD EVENT PRELIMS:**

Nine WESCO, Nine KINGCO from the previous week's qualifying meets.

### **RELAYS:**

RELAYS: All Schools will get one entry into the Bi-District Meet. The number 1 seed from each league will advance directly to the finals. Remaining relays (one per school) from each league will compete in a two-heat prelim where six will advance to finals.

ADD-INS are not allowed.

### **Ties**

- If a tie should exist between two or more competitors in a track event and it involves a spot to the District finals or State meet, a run-off between the tied competitors will take place at the end of the meet. If the tie does not involve a spot to the State meet, a coin flip will be used to determine which medals/ribbons the competitors receive.
- If a tie in the high jump and/or pole vault exists after applying the National Federation tie breaking rules and the tie involves the last spot to State, the jump-off will be completed BEFORE continuing the competition to determine first place. If a tie occurs for first place, the tie breaking procedures will be used to break the tie and determine the District champion.

## FIELD EVENT PROCEDURE

### SHOT PUT, DISCUS, LONG JUMP, TRIPLE JUMP, AND JAVELIN

- Competitors will be given 3 trials in the prelims with the top 9 qualifying for the finals and receiving 3 more trials. Finals will occur in reverse order of the best preliminary marks.
- Prelims will run in flights. Each member of a flight will be allowed one trial in turn until all 3 preliminary trials have been completed. A competitor may choose to attempt one or more trials during her/his turn in rotation.
- **All implements will be required to be weighed-in.** Weigh-ins will be conducted between 2:45 and 3:15pm on Wednesday; 3:45 and 4:15 pm on Friday.

### HIGH JUMP AND POLE VAULT

- The Boys' and Girls' High Jump will start one height lower than the lowest league qualifier and will progress by 2" increments until the field is cut in half, at which time increments will be 1" until one contestant remains.
- The Boys' and Girls' Pole Vault will start one height lower than the lowest league qualifier and will progress by 6" increments until the field is cut in half, at which time increments will be 3" until one contestant remains.
- **Pole Vault certification forms** should be completed and hand delivered to the Meet Manager at the Coaches meeting on Wednesday. All vault poles must be properly marked and properly taped.
- Prior to competition, **vaulters should prepare to be weighed** to verify they are using a properly rated pole.

## TRACK EVENT PROCEDURES

- Straightaway Races: 100 meter dash, 110 and 100 meter hurdles.
- 300 Meter Hurdles: will start on the backstretch, using a one (1) turn staggered start.
- 200 Meter Dash: will be run around one (1) curve in lane all the way from a staggered start.
- 400 Meter Dash: will be run around two (2) curves in lane all the way from a staggered start.
- 800 Meter Run: will be run with a one (1) turn stagger; the contestants must run in lane until they enter the straightaway out of the first curve; cones will mark the break lines.
- 1600 Meter Run: Alley start; contestants will run four (4) laps; lap times will be given plus the number of laps remaining.
- 3200 Meter Run: Alley start; contestants will run eight (8) laps; lap times will be given plus the number of laps remaining.
- 400 Meter Relay: will be run all the way in the lanes from a staggered start; the start is at the beginning of the first curve.

- 800 Meter Relay: Rules with the 3-turn stagger will apply. See NFHS rules book.
- 1600 Meter Relay: Rules with the 3-turn stagger will apply. See NFHS rules book.
- Exchange Zones: 20 meter long zones with a 10 meter acceleration zone for relays 800 meters and less.
- Exchange judges will be those coaches not on games committee. See schedule.
- Cut to Pole: a runner must have a full running stride lead on the runner whose path he crosses. Failure to comply will result in disqualification.
- Finish: Contestants must remain in their lanes after the race to assist the judges and avoid errors. All races end at a common finish line at the end of the front straightaway.
- Starting Blocks: The Lake Stevens High School will provide starting blocks. You may bring your own if you wish.

#### **QUALIFYING FOR THE FINALS IN LANED EVENTS:**

##### **QUALIFYING FOR THE FINALS IN LANED EVENTS:**

In all individual laned races, INCLUDING the 800 meters, the top 2 from each heat and next 2 fastest FAT times will advance to the final. The fastest FAT time (Champion) from WESCO District and KINGCO District meet will automatically advance to the finals.

In relays, the top 2 teams from each heat plus the next 2 fastest FAT times will advance to the finals. The fastest FAT time (Champion) from WESCO District and KINGCO District meet will automatically advance to the finals.

#### **LOCKER ROOMS/COACHES MEETING**

Locker rooms will not be available for athletes. Coaches Hospitality and pre-meet coaches meeting will occur at LSHS East Locker Room of the stadium (Will be marked). (Times noted at top of bulletin) Please do not leave valuables unattended.

#### **SCORING**

Places	<u>First</u>	<u>Second</u>	<u>Third</u>	<u>Fourth</u>	<u>Fifth</u>	<u>Sixth</u>	<u>Seventh</u>	<u>Eighth</u>
Individual	10	8	6	5	4	3	2	1
Relays	10	8	6	5	4	3	2	1

#### **GENERAL INFORMATION**

- Only 1/4" spikes are allowed. An athlete will NOT be allowed to compete if he/she has longer spikes.
- All spectators and coaches MUST remain in the stands, or behind designated flagged or fenced viewing areas.
- All athletes not entered in the event being run or about to be run MUST remain in the stands. Athletes may warm up inside the designated area on the stadium infield.
- Tape or tennis balls are to be used for checkmarks on the track's surface.

- PLEASE, NO SPIKES IN THE GRANDSTANDS.
- No food or beverages in the competition or warm-up areas. No sunflower seeds or gum.
- Water Only.
- Call for each event will be made over the P.A. system. A first, second, and last call will be given.
- Team camps are restricted to the grandstands.
- One official banner per school will be allowed and must be located in the grandstand near the team camp.
- You are asked to remain out of the press box at all times.
- Meet results will be uploaded to athletic.net following the end of the meet.

#### **AWARDS**

- The first eight (8) places- individual and relay-will be presented with awards. The top three (3) places will receive place finishing medals, 4<sup>th</sup>-8<sup>th</sup> place finishers will receive ribbons.
- Participants should proceed to the awards area immediately following the event. Field event awards will occur shortly after the completion of their event. Please listen to the P.A. for the announcement.

#### **ADDITIONAL INFORMATION**

- Lane assignments for finals will be determined by placement in preliminary heats. Seeding will be assigned by preferred lanes. Top 3 from each heat and the next 2 best times will advance.
- For all laned races and individual events, 400 meters and under, and 1600 relay the prime lane order will be; 4-5-3-6-2-7-1-8.
- The 800, 800 Relay prime lane order will be 2-3-4-5-6-7-8-1.
- For the 1600 and 3200 meters, the prime lane order will be 2-3-4-5-6-7-8-1.

#### **POINTS OF CLARIFICATION**

##### **Relay Substitutions**

A maximum six members may be listed for each relay team. Of those six, any four may participate. Only those who actually run (in the prelims or finals) will be considered to have competed in this event. Submittal of first and last name plus grade in school for each relay team member is required. An athlete who is entered in four (4) individual events may be listed on a relay team. The six runners listed on the original District entry form will be the names sent on to the State. No changes will be allowed to that list once the meet begins.

**Relay Entry Form** – We are required to use the state relay entry form. This form must be submitted to the meet manager 30 minutes prior to the start of running events on the first day. The form must be signed by the head coach. Athletes entered on this form cannot be changed before the state meet.

**Relay Exchange Zones** – Coaches of teams not involved in relays MAY be asked to assist in judging exchange zones. If needed, assignments will be made at the pre-meet coaches meeting.

**STATE**

- The top four (4) boys and top four (4) girls in event and the top four (4) relay teams will qualify for the State Meet. In addition, any performance outside of the top four (4) that exceeds the State qualifying minimum standard will also advance to the State Meet.

# 4A Bi-District Meet Schedule

## Site: Lake Stevens High School

Wednesday May 18, 2016

Friday May 20, 2016

2:45pm Coaches Meeting

4:45pm Coaches Meeting

### Field Events

3:30pm Boys High Jump  
Girls Discus  
Boys Shot Put  
Girls Javelin  
Boys Long Jump  
Girls Long Jump  
Boys Pole Vault

### Field Events

5:30pm Girls Shot Put  
Boys Javelin  
Girls High Jump  
Boys Discus  
Boys Triple Jump  
Girls Triple Jump  
Girls Pole Vault

### Running Events

4:00pm Girls 4x200m Relay Prelims-2heats  
4:15pm Boys 110m High Hurdles Prelims-2 heats  
4:25pm Girls 100m High Hurdles Prelim-2 heats  
4:35pm Boys 100m Dash Prelims-2 heats  
4:45pm Girls 100m Dash Prelims-2 heats  
4:55pm Boys 1600m Run Final  
5:05pm Girls 1600m Run Final  
5:20pm Boys 4x100m Relay Prelims-2 heats  
5:30pm Girls 4x100m Relay Prelims-2 heats  
5:40pm Boys 400m Dash Prelims-2 heats  
5:50pm Girls 400m Dash Prelims-2 heats  
6:00pm Boys 300m Int. Hurdles Prelims-2 heats  
6:10pm Girls 300m Low Hurdles Prelims-2 heats  
6:20pm Boys 800m Run Prelims-2 heats  
6:35pm Girls 800m Run Prelims-2 heats  
6:50pm Boys 200m Dash Prelims-2 heats  
7:00pm Girls 200m Dash Prelims-2 heats  
7:10pm Awards Break  
7:20pm Boys' 4x400m Relay Prelims-2 heats  
7:30pm Girls' 4x400m Relay Prelims-2 heats

### Running Events

6:00pm Girls 4x200m Relay Final  
6:05pm Boys 110m High Hurdles Final  
6:10pm Girls' 100m High Hurdles Final  
6:15pm Boys 100m Dash Final  
6:20pm Girls 100m Dash Final  
6:25pm Awards Break  
6:40pm Boys 4x100m Relay Final  
6:50pm Girls 4x100m Relay Final  
6:55pm Boys 400m Dash Final  
7:00pm Girls 400m Dash Final  
7:10pm Boys 300m Intermediate Hurdles Final  
7:20pm Girls 300m Low Hurdles Final  
7:25pm Boys 800m Run Final  
7:30pm Girls 800m Run Final  
7:40pm Boys 200m Dash Final  
7:45pm Girls 200m Dash Final  
7:55pm Boys 3200m Run Final  
8:10pm Girls 3200m Run Final  
8:25pm Boys' 4x400m Relay Final  
8:35pm Girls' 4x400m Relay Final

#### NOTES:

- 1) Start times will not be altered to accommodate individuals under any circumstances. This schedule will be maintained throughout the meet. Some delays may be necessary to maintain the time schedule.
- 2) If boy's pole vault is cancelled on Wednesday, it will be rescheduled at 3:00pm on Friday and upon its completion, will be followed by the girl's pole vault.

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





## POLE VAULTER WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS – Member schools are required to process the **Pole-Vaulter Weight Verification Form** listing each student participating in the pole vault event. This form must be on file in the athletic director's office prior to a pole vaulter's first interscholastic competition.

School \_\_\_\_\_

	Name of Vaulter	Weight	Pole Rating
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

### NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

**Rule 7-5-3:** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in a 3/4" contrasting color, located within or above the top hand-hold position; a one-inch circular band indicating the maximum top-hand-hold position.

The location of the band indicating the top safe hand-hold position shall be determined by the manufacturer.

**It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.**

**SPECIAL NOTE:** It is no longer permissible for a coach to "re-mark" a top hand hold band. ONLY the initial manufacturer's marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.

**Rule 7-5-4:** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his /her weight during warm-up or competition.

**PENALTY:** Disqualification from the event. Rule 7-5-29h: It shall count as an unsuccessful trial when the vaulter grips the pole above the top-hand-hold band.

**Review all of Rule 7-5-7 through 14 and Rule 7-5-19 through 20, relative to adopted rules and dimensions for landing pad, plant box, hard and unyielding surfaces and the placement of the standards/uprights.**

# 2016 WIAA STATE TRACK & FIELD CHAMPIONSHIPS

## Official Relay Team Entry Form

School- \_\_\_\_\_ District- \_\_\_\_\_ Classification- \_\_\_\_\_

**Directions:**  
 This form is required at your District/Regional Meet. Enter the names of all relay team members from your school who are participating at your District/Regional Meet. The District/Regional Meet Manager will FAX this form to the appropriate State Track Meet Manager should any teams qualify. Once submitted, no relay team members may be added. This will ensure that the same team will be entered at the State Meet that entered the District/Regional Meet.

Boys - 4 x 100 Relay Team	
Name(Last, First)	Year
1	
2	
3	
4	
5	
6	

For District Manager use only: Seed # \_\_\_\_\_

**PLEASE TYPE OR PRINT  
LEGIBLY WITH A BLACK PEN**




Boys - 4 x 400 Relay Team	
Name(Last, First)	Year
1	
2	
3	
4	
5	
6	

For District Manager use only: Seed # \_\_\_\_\_

Girls - 4 x 100 Relay Team	
Name(Last, First)	Year
1	
2	
3	
4	
5	
6	

For District Manager use only: Seed # \_\_\_\_\_

Girls - 4 x 200 Relay Team	
Name(Last, First)	Year
1	
2	
3	
4	
5	
6	

For District Manager use only: Seed # \_\_\_\_\_

Girls - 4 x 400 Relay Team	
Name(Last, First)	Year
1	
2	
3	
4	
5	
6	

For District Manager use only: Seed # \_\_\_\_\_