



West Central District 2014 TRACK & FIELD CHAMPIONSHIPS– 1B
District #1, District #2, District #3, and District #4
Dwayne Johnson, West Central District Track & Field Chair
Port Angeles School District Athletic/Activities Office
304 East Park Avenue Port Angeles, WA 98362
Phone (360) 460-3011 Coachdjohnson@live.com

Dear Administrators, Athletic Directors and Track and Field Coaches:

This packet contains pertinent information related to the District I, II, III and IV 1B Track & Field Championship at Port Angeles High School on May 22nd, 2014.

Administrators: Supervisory Pass List

Please complete the Pass List from that can be found on the West Central District website. E-mail to the Athletics/Activities Office by **May 20th, 2014. Dwayne Johnson E-Mail: (coachdjohnson@live.com)**

Track and Field Coaches:

The following information needs your **immediate attention:**

OFFICAL RELAY TEAM FORM (IMPORTANT INFORMATION):

The Relay team form can be found on the West Central District Website. Please note, this form will be sent to the Meet Director of the 1B state championships. Names on the form are and cannot be changed once the 1B Quad District meet begins on May 22nd. All RELAY FORMS need to be emailed to Dwayne Johnson, E-Mail: (coachdjohnson@live.com) no later than Monday, May 19th. League meet directors will send all the names in relay teams with their back-up Hy-Tek files. ALL RELAY TEAMS, WITH THE ATHLETES' NAMES, MUST BE ENTERED INTO HY-TEK AT YOUR LEAGUE MEET. All changes to your relay athletes must be made by Wednesday May 21th at 5 pm. If you need to make a change with your relay team(s) please contact the tournament line at 360-460-3011. Once the meet begins, relay team names CANNOT be changed.

Enclosed is general information regarding the event, as well as the event schedule and the pole vault certification form.

If you have any questions or concerns, please contact me at 360-460-3011. We are looking forward to seeing you and your teams at 1B Quad Washington District Track and Field Championships. Please note that PAHS dismisses at 2:35pm. Please time your arrival accordingly.

Sincerely,

Dwayne Johnson coachdjohnson@live.com Port Angeles High School 304 East Park Ave. Port Angeles, WA. 98362 Cell: 360-460-3011	Dave Bingham daveb@crescent.wednet.edu Crescent High School P.O. Box 20. Joyce, WA. 98343 Cell: 360-460-8336
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Stadium Location: Port Angeles HS Track is located @ 241 East Viewcrest Ave. 98362

Locker rooms will be available at 2:45pm. The Track will be available beginning at 2:00
Thursday, May 16th 2:00 P.M. – 8:30 P.M. Field events begin at 3:15. Track Events at 3:30. Schedule is below.

Supervisory Passes:

Please complete the Pass List Form that can be found on the West Central District III website at www.wiaadistrict3.com. All requests must be E-MAILED by 9:00 A.M. on Monday, May 19th to: Dwayne Johnson E-Mail: coachdjohnson@live.com

All supervisors must enter through the Pass Gate at the **South East Corner** entrance located on Viewcrest Ave,

Eligible Passes:

The only passes accepted are: District I,II,III and IV District Executive Board or Life Time passes and Washington State Coaches Association passes. Names of Superintendent & School Board Members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED.**

Coaches & Participants Passes:

One (1) pass per qualified contestant

Two (2) for coaches

Additional passes for coaches will be determined by the number of participants per team and the type of qualifier per team.

Coaches may pick-up packets on **Thursday, May 22nd from 1:00 pm to 3:01 pm at Main Entrance Gate located on Viewcrest Ave.** and prior to the event beginning on the 22nd at the Coaches Information tent located behind the black timing trailer.

Coaches Meeting:

A team captain meeting and a coaches meeting will take place on Thursday May 22, 2014.

Team Captains/Team Representative Meeting: 3:01pm May 22nd, 2014 @ (Middle of the finish line)
(Head Coaches are expected to present at this meeting) (One (1) boys' coach and one (1) girl's coach from each school should be in attendance.)

Scratches:

All scratches must be faxed to the meet management by **10:00 A.M. on Monday, 19th.** **Any athletes scratched after that time will be scratched for all events.** When a coach is dropping or scratching an athlete up to Monday, May 19th a 10:00 A.M., the event will be re-seeded. After Monday at 10:00 A.M., athletes will be inserted in the position formerly occupied by the removed athlete. A coach who scratches an athlete is responsible for informing the alternate, from their league, that he/she will now be eligible to compete in the meet. This is not the responsibility of the meet management.



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Warm-Up Area:

Athletes will be allowed to warm up in the flagged off area on the **Lower Field or the back stretch** .

Staging Area:

Running events will check in at their starting line, and will be announced at that time.

Final Lane Assignments and Final Results:

Final lane assignments and results will be posted at the coaches' area near the finish line trailer. Lane/Flight assignments will be posted on the WPA website no later than Wednesday, May 21st.

The uniform rule will be enforced (page 23-25, Rule 4-3). It is the individual athlete and relay team's responsibility to compete in the proper uniform and wear no jewelry. Failure to comply with the spirit and intent of these rules could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms and jewelry, please review the NFHS Case book. Below are several examples of what will be considered illegal.

Cell Phones/Walkie Talkies/Video Cameras:

Cell phones, walkie talkies, IPOD's, MP3's, etc., and other wireless communication are prohibited in the event areas, **with the exception of meet management.** No competing athlete may view video cameras or cell phones during the competition that is active at that time.

General Rule Information:

All National Federation Rules will govern the running of the track and field meets except as noted in the 2014 Track and Field "Bound for State" regulations.

Coaches Information

Please check with your specific site regarding a potential coaches meeting, location where coaches questions can be answered, location of coaches packet pick-up and any other information that may not be addressed in this document. Coaches are responsible for seeing that their squad members comply with the warm-up regulations. Coaches will stay in the grandstand or other designated area provided by the meet management. If there is an injury to one of their own team members you may be beckoned onto the field or track. They may also leave to the appropriate appeals area to consult with the Referee/Jury of Appeals if there is a question concerning a ruling in an event.

Qualified Contestant List

School Administrator/or coach are to submit the list of qualified competitors to the District/Regional meet managers. School Administrator/or coach must submit their official relay team at their qualifying meet. When the team qualifies, that official relay card will be forwarded with all the other qualified entrants to the State Meet Manager.

Relays

Only one (1) team per school may compete. The relay team roster submitted at your respective qualifying meet will be your roster for the State meet. No substitutes are allowed. This form must be submitted to your District



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Meet Manager at the beginning of your District meet. The same six runners will be the only members allowed to compete at the State meet once the form is submitted to your District Meet Manager.

Qualifying Meets

Qualifying meets are to be held no later than the Saturday prior to the State Track Meet. Any expenses incurred by the District meet shall be paid by the District.

Special Regulation - District Entries

A District has the prerogative of including a contestant who did not qualify in the Sub-district meet as one (1) of their allowed allotted District entries provided the Sub-district Board or delegated committee involved gave consent and the participant was on a school's eligibility roster for at least 50% of the regular season.

WIAA Post-Season and Replacing a Qualified Contestant

The League/Sub-district and District/Regional meets are qualifying meets to the State Championships and consist of the WIAA Track & Field postseason.

- If a contestant or relay team is disqualified from the League/Sub-district meet (in the prelims or finals) then that contestant or relay team will not advance to the District/Regional meet.
- If a contestant or relay team is disqualified from the District/Regional meet (in the prelims or finals) then that contestant or relay team will not advance to the State Championship meet.
- Once Sub-district/League entries to the District/Regional meet are confirmed, a contestant must compete in all those events for which he/she has qualified at the District/Regional meet. Each District is responsible for establishing a confirmation deadline for entries to the District meet (traditionally the seeding meeting).
- Once a contestant has qualified for an event, participation is required in that event at the District and State Championship meet. If the contestant does not compete in all of the events for which he/she has qualified at the District or State meet, then the contestant will be disqualified from the rest of the meet and shall forfeit all individual and team points earned in any and all events.
- In case a qualified contestant cannot participate in the next higher meet (Sub-district/League to District/Regional, District to State), the principal of the school of the indisposed contestant is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified contestant.
- In case members of a qualified relay team cannot participate in the next higher meet (Sub district/League to District/Regional, District to State), the principal of the indisposed contestants is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified relay team.

Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.

- If a contestant withdraws from an event because of an injury or illness, the official meet medical staff has the final authority to determine the contestant's ability to participate. In this situation, an alternate participant is not allowed. No substitutions after the official start of the meet will be permitted.

In the event that a contestant who has qualified refuses to compete or does not compete in all of his/her events in which he/she has qualified at the District/Regional and/or State Championships, or in the judgment of the Referee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified from the rest of meet and shall forfeit all individual and team points earned in any and all events. If there is an injury or illness involved, the official meet doctor has the final authority on return to play. The replaced participant will not be allowed to participate in the year's District/Regional or State Track Meet competition. There are to be no substitutions after the official start of the first event on the first day of the meet.

Seeding Criteria



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The official District meet times submitted to the State meet manager for seeding purposes may be electronic or hand held (Hand held times are read in 10th of a second. Example: 10.41 would be submitted to the State Meet Manager as 10.5.)

Seeding Rules:

Lane Running Events

1. If there are no extra qualifiers, there will be 1 heat of 8 athletes. The District winners will be seeded first in the middle lanes, followed by the 2nd place finishers. The 2nd place finisher will always be in a heat opposite the winner from their district. The preferred lane sequence is 4,5,3,6,2,7,1,8 except for the 4 X 200 Relay which is 1 through 8 seeding inside-out.
2. Runners from the same school will be separated when possible. The switch will be made with the same or comparable lanes only.
3. If there is a great imbalance of Districts in a heat an adjustment in lanes will be made.
4. If there are extra qualifiers, 2 heats will be run with the district winners filling the middle lanes, followed by the 2nd place finishers. The remaining athletes will be ranked by their qualifying mark and fill lanes working from the middle out.
5. If there are extra qualifiers in the 800 meter run, the extra entries will be placed in the second row and they must remain in their lane until they enter the straightaway at the end of the first turn. Heat and lane assignments are to be drawn by lots for the extra entry. Heats will be balanced as close as possible if there are extra qualifiers.
6. 1600 Meter Run & 3200 Meter Run - The top district winners will have preferred seeding and all other competitors will be seeded by their marks.
7. From the preliminary heats 8 will move on to the finals. If there are 2 preliminary heats the 8 will be the top 3 from each heat and the next 2 fastest times. If there are 3 preliminary heats the 8 will be the top 2 from each heat and the next 2 fastest times.

Distance Events

1. Alleys for 1600 and 3200 should be used.
2. The first alley will use the waterfall start for lanes 1-8
3. A three meter walk up line will be utilized.

Field Events (Long Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw)

1. For these events the athletes will be seeded in reverse order by the district qualifying mark. There will be 1 flight of 8. If there are additional qualifiers the numbers in each flight will be adjusted keeping the flights as even as possible.
2. The top 6 athletes and any ties after the preliminaries will compete in the finals in reverse order from their preliminary marks.

Field Events (High Jump and Pole Vault)

1. All 8 contestants plus any additional qualifiers will be in one flight in reverse order by their qualifying mark.
2. Contestants with the same mark will compete in the order the computer determines without regard to place in the sub district meet.
3. At each height there will be 5 alive if the number of athletes at the height is more than nine.

Those Not Competing

Coaches and supervisors are not allowed on the infield during competition. Coaches will not be allowed on the track or field during the meet. Important: Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement may lead to disqualification.



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Coaches must be outside the fenced area of the track for running events and field events in the stadium and outside the fenced area in the throwing area. Participants and officials only please! Managers and statisticians should remain in the stands.

For the purposes of qualifying athletes to the State meet, “District” may refer to either a single WIAA District or to the WIAA Districts which combined or pooled their allocations. The District (or regional) meet is the final qualifying event held prior to the State Meet.

District / State Meet Rules and Procedures

ALL NFHS Track and Field Rules and state meet regulations will be followed. Any questions concerning meet infractions may be brought to the Meet Management only by the head coach of the team.

District / State Meet Managers

Contestants who have qualified by meeting minimum standards must be notified as to whether they are not competing in the meet, as the State Meet Manager has the authority to limit the number of participants.

Meet Procedures

With the exception of those special rules which may have been adopted by WIAA, the NFHS Track & Field Rule Book will govern the meets in all classifications. Any problems that arise before or during the meet should be brought to the attention of the Referee.

State Meet Minimum Standards' Policies

In addition to the allocations, contestants in District meets who meet or exceed a minimum standard (established by averaging the third-place finishers in the last three State meets) may qualify to participate in the State meet. There can be no additional entries for events which are added to the State meet until after the new event has been in the State for a five year period in order to have established a minimum standard.

In the running events, any contestant who equals or exceeds the minimum standards in the finals of a District meet (District meet only), but has failed to qualify as part of the District's normal allocation, may participate in the State meet.

In the field events the minimum standard may be made either in the preliminary trials or in the finals trials.

If additional entries qualify by minimum standards, these policies will be followed:

- a. There will be no more than one (1) additional heat in any of the running events.
- b. If there are three heats in the individual running events, the first two finishers of each heat, plus the next two fastest times, will qualify for the finals. If there is a tie, which offsets qualification for the finals, the competitors that tied shall qualify if lanes and positions are available. If they are not available, the competitors that tied shall compete again for the available position.

Participants' Limitations

A contestant must compete in preliminaries and/or Finals of every event in which he/she has qualified at the District / State meet. If a competitor exceeds participation limits the participant will be disqualified from the meet. All individual and team points earned in any event shall be forfeited. In the event that a contestant who has qualified refuses to compete, or in the judgment of the Meet Referee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified. Should this happen, that individual shall forfeit all individual and team points earned in any event. If there is an injury or illness involved, the official meet doctor has the final authority on return to play.



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An individual athlete MAY be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete MAY NOT COMPETE in more than four (4) events (individual and/or relays) TOTAL. Coaches - be reminded that the individual event competition limitation of four (4) events is both an NFHS and WIAA rule. If an athlete is scratched from an individual event, there cannot be any substitution in that individual event for the scratched athlete. An athlete listed on the relay form is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. FOR THE QUALIFYING MEET RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS - COACHES ARE PERMITTED TO LIST A MAXIMUM OF SIX.

The definition of a relay team member is as follows: four, five or six members are listed and only those listed are eligible to run. Any four of those listed are eligible for each race starting with the preliminary heat of the District meet and ending with the State finals. The relay counts as an event for those who run.

Scoring

Eight (8) individuals/relay teams will score in each event. Awards will be presented in the individual events directly after the results have been verified. All team awards will take place at the end of the meet.

Appeals Procedures

Appeals must follow the appeal process in the 2014 NFHS Track and Field Rules Book - Rule 3.4, pages 15 and 16. Running event protests need to be made to the running-event referee by the head coach. Field event protests need to be made to the field-event referee by the head coach. The protest must be in writing on the designated form and made to the appropriate referee within 30 minutes after the results have been posted.

Subjects that are acceptable for an appeal:

1. Misapplication of a rule.
2. Clerical errors in placing competitors in individual events or relays- provided the appeal is made no later than 30 minutes after the conclusion of the meet.
3. Errors in team scoring – provided discovery is made within 48 hours of the completion of the meet.
4. Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

If after the protest to the referee, the head coach still feels the rule has been misapplied or misinterpreted, the head coach can appeal, to the jury of appeals immediately. The Jury of Appeals shall serve as the final board of appeals.

Scratches

In case a qualified contestant cannot participate in the State meet for medical or disciplinary issues, the principal of the school of the indisposed contestant is responsible for notifying Meet Management no later than Tuesday, the week of the event, by 4:00pm. In case members of a qualified relay team cannot participate in the State meet for medical or disciplinary issues, the principal of the indisposed contestants is responsible for notifying Meet Management in the same manner as stated above. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming the proper notification was given to the Meet Manager. If an alternate is inserted into the State meet, we will re-seed up to the time the meet program is sent. After this time, the athlete will be inserted in the position. Once the first scheduled event has begun, no alternates will be used to fill in for scratches.

Uniform Information

The NFHS Track and Field Rules Book uniform rule will be enforced. It is the individual athlete and relay teams' responsibility to compete in the proper uniform and wear no jewelry (exception being religious or medical medals).



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Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms and jewelry, please review uniforms, relay-team uniforms, not identical uniforms, jewelry, and removal of part of the team uniform in the NFHS Rules and Case Book. All contestants, in both the running and field events must wear their numbers when competing. Competitor numbers will be worn on the front of the uniform, with the exception of pole vault competitors who may wear their number on the back.

Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked. This will be enforced by the clerk. Hip numbers will be used for all running events and will be worn on the hip facing the FAT camera.

Doo-rags, handkerchief and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).

- During all WIAA / WCD III Track & Field events, only nonabrasive, unadorned cloth elastic, fiber, soft leather, rubber /cloth elastic bands/, or unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches may be used to control an athlete's hair.

Records

Only records established in the preliminaries or finals at the district meet shall count as district records. All applications for State or National records must be made in accordance with the NFHS Track and Field Rules Book.

Sportsmanship

Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the meet.

Cell Phones / Walkie Talkies / Video Camera

The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

Clerk of the Course

Entries must be checked in with the Clerk of the Course prior to an event. All events will be called three (3) times (distinguished by gender and classification) 25 minutes prior to the start of the event by the official announcer and all contestants must report to the Clerk of the Course when called. All contestants must check-in to the clerking area no later than the third call. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet.

- If a contestant does not comply with this regulation, he/she will be scratched from the event. The Clerk will be at the designated area of each event to check entries. Any changes that a coach must make may be made at that time with the Clerk of the Course.
- If an athlete is competing in a field event and running event held at the same time, the athlete must check-in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The events start will NOT be delayed for any athlete who reports late.

Medical Information



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The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. This documentation shall be turned into the Meet Manager prior to participation.

SPECIAL RULES FOR RUNNING EVENTS

Introductions

Athletes in running events will be introduced in their starting positions just prior to the start of the race. In field events, athletes will be lined up and introduced by a field event announcer.

1. If an athlete is competing in a field event and running event held at the same time, the athlete must check in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The events start will NOT be delayed for any athlete who reports late.
 2. Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes.
 3. Athletes may not report to the starting line without having checked in with the clerk.
 4. Runners, at the end of each race, are to stay in their lanes until they are dismissed.
 5. The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.
 6. The 800 meter run will be staggered for one (1) turn and the contestants may break for the pole after they have crossed the break line at the end of the first turn.
 7. The three-turn-stagger will be used for the 800m relay. All runners and exchanges in the 800-meter relay must stay in their lanes except the last runner who may cut in after receiving the baton.
 8. The three-turn-stagger will be used for the 1600 meter relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until they have completed the first turn or 100 meters.
 9. Relay team members may place up to two marks on the track. No chalk is to be used. Markers (tape/half of a tennis ball /poker chips) are to be removed following the race. Specific markers will be designated at each site by Meet Management for all relays and field events. Batons will be provided for all relay teams.
- Please note, if there is inclement weather, tennis ball markers will be provided by meet management. All markers MUST BE PLACED in your lane.

SPECIAL RULES FOR FIELD EVENTS

1. No extra practice will be allowed in unused event areas before or after an event, unless determined by the event judge or field event referee. Athletes who violate may be disqualified from the event or the remainder of the meet.
2. Field event competition in preliminaries (shot put, discus, javelin, long jump and triple jump) will be held in flights of eight (8) athletes. The six (6) best marks and all ties for the last qualifying spot will move into the finals. Athletes will compete in reverse order for the finals.
3. During the preliminary competition each athlete will have three (3) trials. Athletes will have three (3) more trials in the finals.
4. In all field events, competitors have one minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass before the trial time starts. After one minute an unsuccessful attempt is charged.

Meet management:

Will designate a specific time and location for all students participating in the pole vault to weigh-in and submit the Pole-Vaulter Weight Verification Form prior to the beginning of the pole vault competition. Only those students that weigh-in prior to the meet and are cleared by the meet management will be allowed to compete.

5. Athletes must check-in with the head judge at the event before the event begins. If athletes check in after the event has begun they will not be allowed to compete.



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6. All field event areas will be open for warm-up **30** minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

7. Excused time: Coaches must assume responsibility of ensuring athletes advise event judges of participation in another event, are excused by the judge, and return within the time limit given by the judge. If athletes “check out” for another event, they must notify the head judge and tell the judge which event they are leaving for. The excuse time will be established by the games committee at each site. The athlete must check back in within the established excused time or risk the loss of a trial. The athlete must notify the head event judge when they return. In some cases, successive throws in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official at the time he/she is called “up” for an attempt. Athletes in running events must check-in with the clerk prior to the start of their field event.

When room is available, an athlete that will need to be excused from an event may change flights, per approval of the Field Event referee, for that event if this request is made prior to the start of warm-up. An athlete that will need to be excused from an event may request a change in the order, per approval of the head official, for that event, if this request is made prior to the start of the flight.

To accommodate the field event athlete to be excused and make the disruption of the competition as insignificant as possible, the excused athlete may report directly to the starting line and seek out a Clerk for final instruction for the upcoming running event. The start of the race will not be held for these athletes. This athlete **MUST** clear this with the Clerks in the Clerking area prior to the beginning of the running event for which he/she wishes to be excused.

8. $\frac{1}{4}$ ” pyramid spikes are recommended. Pin or needle spikes and spikes longer than $\frac{1}{4}$ ” are not allowed. Non-replaceable

Christmas tree spikes ($\frac{1}{4}$ ” or shorter) will be allowed. Spike lengths will be checked at the event areas.

- All implements will remain at the venue until competition is completed.

Discus Throw/Shot Put Events

Implements must be inspected at the certification area, one hour prior to competition. For the shot put, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and diameter of the discus and thickness of the center of the discus. The host site will also furnish certified discuses and shots, if needed. Shot puts certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs. Implements will be marked, collected and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with discus or shot puts will be taken within the competition area for these events under the direction of the head official. The throwing sector for the discus and shot put will be 34.92 degrees.

The shot put is located near the **North East** side of the stadium. The discus throw is located near the south side of the stadium and will be thrown into grass at **North West Corner** .

Javelin Throw

Implements must be inspected at the certification area, one hour prior to competition. For the javelin, the inspection will consist of a visual inspection, weight, length of the javelin, length of binding, balance check and



West Central District 2014 TRACK & FIELD CHAMPIONSHIPS– 1B
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maximum distance from the point of the javelin to the balance point, taper and condition of the binding. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition. Javelins certified for competition will not be shared without permission from the school to which it belongs. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official. Two check marks are allowed. These check marks must be removed at the completion of the event. No chalk is to be used.

Please note: All marks must be approved by the javelin official. Tennis balls will also be available from meet management for athletes to mark.

The javelin will be thrown from Upper field . The javelin area is located middle of the infield.

Implement weigh-in will be open on Thursday, at the following times: Thursday-2:01 P.M. to 4:00 P.M.

JAVELIN COMPETITION SAFETY RECOMMENDATIONS FOR MEETS INVOLVING MEMBER SCHOOLS

1. A javelin event should not be held unless trained personnel are available to conduct the event. Schools are encouraged to develop a plan to train officials
2. All athletes are instructed in javelin safety rules and regulations prior to being allowed to throw or compete. After competition no additional throws are permitted.
3. A field marshal should be used to make sure no athletes or spectators enter the sector or warm-up area.
4. It is recommended that the throwing area be roped off or bright orange cones and warning signs be posted.
5. Athletes waiting to throw are made to wait well behind the throwing area.
6. All thrown javelins are retrieved by an official or coach and handed to the athlete outside the sector. A side should be designated usually the side the wind is blowing away from.
7. The head official stands in the center of the approach and placing an orange cone on the run way thus prohibiting the next competitor from throwing until the sector is clear.

PRACTICE SAFETY PROCEDURES FOR JAVELIN THROWERS

1. It is recommended that all javelins be carried to and from the practice area under the supervision of a coach.
 - a. All javelins are stored in a locked area when not in use.
2. All javelin practice must be supervised by trained school personnel.
3. During actual practice each thrower remains behind the throw line until all javelins have been released. Only when the order “recover javelins” is given are the throwers allowed to retrieve their implements under the direction of a coach or designated teacher. The athletes are directed to retrieve their javelin, walking in a backward fashion, so that they are always in vision of the run way or throwing area.
4. At no time is a student allowed into the throwing area while a teammate still possesses a javelin.
5. It is recommended that javelin practice take place when there are no other athletes either on the track or on the throwing field.
6. These rules are to be reviewed daily by the coach prior to any javelin practice.
7. The javelin throwing area must be well marked and cordoned off by rose or bright orange cones. Athletes are not permitted into the sector until practice has concluded.

High Jump / Pole Vault

The NFHS rule about passing shall apply. If competitors have passed all three consecutive heights, they may have one warm-up jump without the cross bar in place.

Two check marks are allowed on the approach apron for the high jump. These check marks must be removed at



West Central District 2014 TRACK & FIELD CHAMPIONSHIPS– 1B
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the completion of the event. No chalk is to be used.

Two check marks are allowed outside of the runway for the pole vault. These check marks must be removed at the completion of the event. No chalk is to be used.

When an athlete returns from competing on the track, the athlete will enter the competition at the height in progress. The bar will not be lowered. Starting heights will be one interval below the lowest qualifying height. In the high jump, the cross bar will be raised in 2" intervals until only half of the contestants remain. Thereafter, the bar will be moved up in 1" intervals, until one contestant remains. In the pole vault, the cross bar will be raised in 6" intervals until only half of the contestants remain. Thereafter, the cross bar will be raised in 3" intervals, until one contestant remains. For the pole vault event, 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 pole that is presented for inspection that is improperly marked or otherwise illegal will be confiscated and picked up after the event in complete. Competitors may not use the pole of other individuals without their consent. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event. In the high jump and pole vault, the first five competitors, determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will move up so that the number of competitors in the active flight remains constant at five (five alive competition rule).

Blocks

Starting blocks will be provided for competitors to use. Competitors may use their own blocks, subject to verification by one of the Starters at the meet. Meet officials will not be responsible for any blocks other than the ones provided. **IF THE HEAD STARTER DEEMS THE BLOCKS UNUSABLE, the meet provided blocks will be used.** Meet officials will not be responsible for any blocks other than the ones provided by the West Central District.

Spikes

¼" pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼" are not allowed. Non-replaceable Christmas tree spikes (1/4" or shorter) will be allowed. Spike lengths will be checked at the event areas.

FAT Timing System

Fully automatic timing system will be used for all running events. The timing system operators will not recall races in the event of the FAT system malfunctioning. Hand timers will be utilized instead. See rule 3, Section 8 and consider changing to updated timing systems the various districts use. If a malfunction occurs during a preliminary heat, hand times will be used for all heats to determine advancement and seeding in the finals.

Video Screen and Replays

Per rule 3-3, Art. 7 of the 2012 NFHS Track and Field rules book, video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

General Information 1B:



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The West Central District III 1B track and field championships will qualify four (4) entries from each event to the state meet. Because this meet is scored and team places are awarded, all eight (8) participants will be scored according to their place of finish. The top three (4) athletes/relays will qualify for the state with the 5th place athlete/relay being the 1st alternate, the 6th place being the 2nd alternate.

Per WIAA rule 64.6.3, if a qualified contestant cannot participate in the state track and field meet the school principal will contact Dwayne Johnson, meet manager of the 1B Quad District Meet, who in turn will notify the next contestant with the next fastest times from the preliminary heats to compete in the state track and field championships.

Measuring:

All events will be measured in metric with the exception of field events, which will be in feet and inches.

Relay Batons:

Batons will be provided for all relay teams.

Awards:

Awards will be presented to athletes following their event. Pins will be given for 1st-3rd place.

Admission Prices:

Adults & Students (without ASB)	\$7
Students with ASB/ Senior Citizens (62 & over)	\$5
Elementary Students (12 & under)	\$4

NO PRESALE. All tickets will be sold at the venue gate. Tickets are good for all events the day purchased.

NO CHECKS will be accepted, CASH ONLY.

Coaches Information Desk:

The Coaches Information Desk will be located at the **South East Viewcrest Ave** entrance of the track venue. Coaches will pick up their packets on Thursday at this location.

Pop-Up Tent Area:

Pop-up tent will be located outside **of Lane eight on the east side** stadium, outside of the fenced area. There is a small grassy area where teams will be allowed to set-up their tents. Teams should not leave their pop-up tents overnight at the facility.

Results:

Final results Thursday will be posted on the **black Timing Trailer** as soon as printed, and posted on athletic.net at the conclusion of the meet.

Trainers:

Certified athletic trainers and staff will not be on hand during the meet.

Medical Information:



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The use of an atomizer during competition containing a prescription drug designed to alleviate an asthmatic condition is not considered to be an illegal aid **as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.** This documentation can be turned into Dwayne Johnson , meet director, at the coaches' meeting on Thursday May 16th.

Wheelchair Athletes:

All wheelchair athletes must meet the rules by the WIAA and individual school districts. All wheelchair athletes must qualify to the state meet through the district meet. The wheelchair athlete must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. The qualifying standards are listed in appendix A. To qualify to the district meet, the student must be a regular member of the school they represent in order to participate in the interscholastic athletic activity. The student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive than WIAA. In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on the school's team roster for at least 50% of the regular season, competed at the sub district meet and have met the qualifying standard at the meet.

Directions to Port Angeles Track Stadium Stadium: Port Angeles High School

241 East Viewcrest Ave, Port Angeles, Washington 98362

North from I5 Edmonds Ferry: 199 Sunset Ave. South Edmonds WA 68 miles / 1.5 hr drive

<http://binged.it/YXW4zS>

South from I5 Tacoma Dome: 107 miles / 2 hour drive

<http://binged.it/YAH7Eg>

North from Port Townsend 48 miles / 1 hour drive

<http://binged.it/10F7BRI>

Parking:

There is parking located near the stadium,

On Maple Ave. To the right of the Basketball Gymnasium .

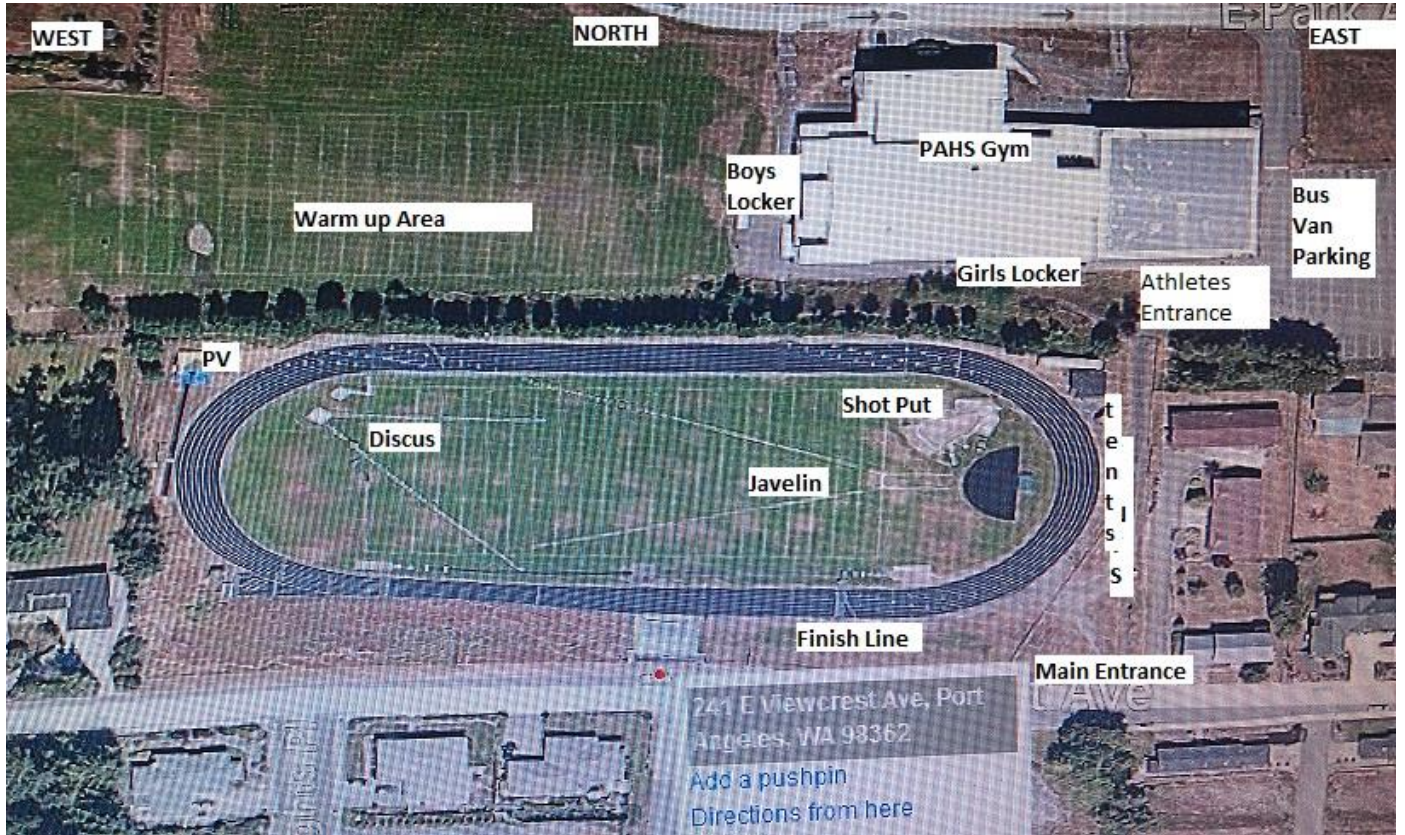
School Bus Parking:

All school buses/vans/cars will park in the Port Angele High School Gymnasium Parking Lot

Please do not leave items of value in your car such as: wallets, purses, cameras, radios, etc.



West Central District 2014 TRACK & FIELD CHAMPIONSHIPS– 1B
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By Back is to the Olympic Mountains, I am looking North towards the Strait of Juan deFuca
Left is West—Right is East.

- 110IH / 100H start line is lower left corner**
- Pole Vault is top left corner outside of the track**
- Discus Upper left corner inside the track**
- Shot put upper right inside the track**
- High Jump Upper right inside the track**
- Triple Jump – Lower Left inside the track**
- Long Jump - lower right inside the track**
- Bus Parking – Upper right corner PAHS Gym parking Lot**

- Lower field is for warm up:**
- PAHS Gym bathrooms and locker rooms.**
- Main Entrance= on Viewcrest bottom Right Corner (AVE)**
- Athletes Entrance – Walk way from the Gym Parking Lot to the Venue**



West Central District 2014 TRACK & FIELD CHAMPIONSHIPS– 1B
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Event #	Time	Event mirrors State Schedule		Round #1
1	3:30	1B Girls 4x200M Relay	3:15	Boys Discus
2	3:35	1B Girls 3200M Run	3:15	Girls Shot
3	3:55	1B Boys 110M HH	3:15	Girls High Jump
4	4:00	1B Girls 100M HH	3:15	Boys Triple Jump
5	4:05	1B Boys 100M Dash	3:15	Girls Long Jump
6	4:10	1B Girls 100M Dash	3:15	Boys Javelin
7	4:15	1B Boys 1600M Run	3:15	Boys Pole Vault
8	4:25	1B Girls 1600M Run		
9	4:35	1B Boys 4x100M Relay		
10	4:40	1B Girls 4x100M Relay		Round #2
11	4:45	1B Boys 400M Dash	4:30	Girls Discus
12	4:50	1B Girls 400M Dash	4:30	Boys Shot
13	4:55	1B Boys 300M IH	4:30	Boys High Jump
14	5:00	1B Girls 300M LH	4:30	Girls Triple Jump
15	5:05	1B Boys 800M Run	4:30	Boys Long Jump
16	5:10	1B Girls 800M Run	4:30	Girls Javelin
17	5:15	1B Boys 200M Dash	4:30	Girls Pole Vault
18	5:20	1B Girls 200M Dash		
19	5:25	1B Boys 3200M Run		
20	5:40	1B Girls 4x400M Relay		
21	5:50	1B Boys 4x400M Relay		



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2014 NFHS Rule Changes

1. No meet official shall set aside a rule.
 2. In what appears to be a major change, athletes may view video and pictures in **unrestricted areas** of the facility.
 3. The implement inspector no longer has to inspect vaulting poles. That responsibility belongs to the field referee or head pole vault judge.
 4. Visible undergarment worn under shorts are now considered foundation garments to which the color rule does not apply, as long as they **end above the knee**.
 5. Passes have to be communicated to the head event judge prior to the athlete being called "UP." Note: this prevents an athlete from using most of their minute and then calling a pass.
 6. The pole vault time limit is now the same in all books at one minute. There are now time limits for consecutive trials.
 7. Beginning with the 2015 season a new box collar is required for the vault. This box collar has to conform to the appropriate ASTM standard.
 8. The implement measurements are now primarily metric.
 9. A new rule was added to the long/triple jump rule stating that contestants shall report promptly when the event is announced. This appears to just be a relocation of the rule from later on in the same rule. At that point it applied only to the vertical jumps.
- 1600 meter: The athletes will be seeded into 2 alleys. The first alley, lanes 5-8, will contain the top 6 seeds, approximately 1/3 of the field. The second alley, lanes 1-8, will contain the remaining athletes. Within the alleys the seeding will be random. The first alley must remain in lane 5 or outside until the break line following the first curve. The top 6 seeds would be determined as in the other races; the district winners and then the fastest non-winning times to get the 6 in alley 1.

I would suggest this change for your district meets as well

Daunte Gouge
King's



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Visible
 undergarment
 extends below
 the knees
LEGAL



Visible
 undergarments
 extend below
 knees
 Both must be same
 color
ILLEGAL



Foundation
 garment ends
 above knees
LEGAL



Foundation
 garments end
 above knees
LEGAL

Track & Field Allocations by Classification

1B

DISTRICT	LEAGUE(S)	2013 ENTRIES (Boys/Girls)	2014 ENTRIES (Boys/Girls)
1/2/3/4	NORTHWEST, SEA-TAC, NORTH OLYMPIC, PACIFIC	3/3	4/4
5	COLUMBIA GORGE	1/1	1/1
6	COLUMBIA GORGE, CENTRAL WASHINGTON	2/2	1/1
7/9	BI-COUNTY, PANORAMA	2/2	2/2



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2014 STATE TRACK & FIELD MEET POLE VAULTER WEIGHT VERIFICATION FORM

School _____

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

I verify that the above student(s) have weighed-in with the State Track & Field meet management to verify each of the students representing _____ High School at the state meet are using poles that have the proper pole rating relative to the student(s) weight.

Please review NFHS Rule 7-5

Date _____ Signature of Certified Vault Coach _____

Date _____ Signature of Principal _____

Date _____ Signature of Athletic Director _____

The games committee has designated a coach's area for pole vault coaches. Coaches can only access this area during the competition session in which your athletes (listed above) are competing. Remember the coach's area is for coaching your athletes only. Rules pertaining to unsporting conduct will be strictly enforced.

6-1 Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team personnel. PENALTY: Disqualification from the event and further competition in the meet. Disqualification of a coach or other personnel shall be from further involvement in the meet.





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Unacceptable Behaviors

- Yelling, waving arms or attempting to distract players during free throw attempts
- Making derogatory comments of any kind, directed at any individual or group
- Booing or heckling an officials decision
- Yelling or making comments that antagonize opponents
- Blaming the loss on an official, coach or participant
- Using profanity
- Doing own yells/cheers, rather than following the lead of the cheerleaders
- Refusing to give recognition for good performances
- Refusing to follow the directions of game management

The West Central District

TRACK & Field Tournament Committee



Welcomes you!

Acceptable Behaviors

During West Central District contests:

- Applaud both teams during player introductions
- Take part in cheers and applaud good performances
- Refrain from negative comments about officials, coaches or players
- Show respect for public property and equipment
- Applaud at the end of the contest regardless of the outcome
- Encourage surrounding people to display only sportsmanlike conduct
- Accept decisions of contest officials
- Treat opposing fans with respect and sportsmanship
- Support your team with positive cheers
- Enjoy the contest, win or lose!