



West Central District III WA 2016 TRACK & FIELD CHAMPIONSHIPS– 1A – 2A
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) 452-7602 Fax (360) 452-2056

Dear Administrators, Athletic Directors and Track and Field Coaches:

This packet contains pertinent information related to the District III 1A -2A Track & Field Championship at Bremerton HS on May 20th and May 21st 2016.

Administrators: Supervisory Pass List

Please complete the Pass List from that can be found on the West Central District website. FAX or email to the Athletics/ Activities Office by May 16th, 2016.

Track and Field Coaches:

The following information needs your immediate attention:

OFFICIAL 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 2A, 3A, 4A state championships. Names on this form cannot be changed once the WCD meet begins Day #1. Please note, all RELAY FORMS need to be emailed or faxed to (360) 452-2056, no later than Monday, May 16th. 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 teams must be made by Wednesday May 20th at 5 pm. If you need to make a change with your relay team(s) please contact the tournament line at 360-565-1608. 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 the meet director. I'm looking forward to seeing you and your teams at WCD District Track and Field Championships.

Sincerely,

Dwayne Johnson Stadium Location: Bremerton HS 1500 13th Street, Bremerton, Washington 98337

Friday, May 20th 3:30 P.M. – 8:00 P.M. 2A Day 1A / 2A Championships

Saturday, May 21th 11:00 A.M. – 5:30 P.M. 1A / 2A Finals

Supervisory Passes:

Please complete the Pass List Form attached. All requests must be EMAILED by 9:00 A.M. on Tuesday, May 17th. All supervisors must enter through the Pass Gate at the South entrance located near the home grandstand of the (closest to the school).

Eligible Passes:

The only passes accepted are: West Central District (WCDIII) Executive Board, WCD III Eligibility Board, WCD III Life Time passes and Washington State Coaches Association (WSCA) passes. Names of Superintendent & School Board Members must be on your school Pass List Form. NO OTHER PASSES WILL BE ACCEPTED. These include (league, school district, WIAA, and WOA)

Coaches & Participants Passes:

Passes will be in the form of a wrist band and will be in your packets. Passes will be distributed as followed:

One (1) pass per qualified contestant

Two (2) for coaches



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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 Friday, May 20th from 3:00 pm to 6 pm at South Entrance Gate and prior to the event beginning at the Coaches Information tent.

Coaches Meeting: In the portable Located in the South End of the Stadium. 2:50

A team captains and coaches meeting will take place before the 1st event.

Team Captains/Team Representative Meeting: Finish line 3:05

(One (1) boys' and one (1) girl's form each school should be in attendance.)

Warm-Up Area:

Warm-up is permitted on the track prior to the start of the running events. After the meet starts, the warm-up is restricted to the site specific warm-up area. Competitors warming up on the field are not to congregate in the areas of the jumping events. THE DISCUS AND JAVELIN AREAS ARE INSIDE THE TRACK ON THE GRASS; BE VARY CAREFUL INSIDE THE TRACK AND BE AWARE OF YOUR POSITION ON THE FIELD. Warm up area is also located on the upper field.

Staging / Clerking Area:

The staging area and introduction for each event will be in the infield. In each final, the competitors will be introduced at the start line just prior to the race start. Clerking will take place at the "White Timing / Clerking Trailer".

Final Lane Assignments and Final Results:

Lane/Flight assignments will be posted on the Shelton Invite website no later than Wednesday, May 18th. Final lane assignments and results will be posted at the top of the main grandstand across from the concessions stand.

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. Coaches must be outside lane #8 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.

General Rules Information:

All National Federation Rules will govern the running of the track and field meet.

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.



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Failure to Compete: All competitors must compete in all events in which they are entered. (*Rule 3.2.2*) A competitor shall be disqualified from the meet, if the competitor refuses to compete, or does not compete in all of his/her events. If a competitor fails to make a reasonable effort in any track or field event, the competitor shall be disqualified.

Alternates may warm-up with the competitors. They are to check in with the event judge for field events, or the clerk for running events, and identify themselves as alternates in the competition. If a seeded competitor fails to show or is a late scratch, the alternate should be warmed-up and may compete in the event.

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 appropriate position. After the meet has started, no alternates will be used to fill in for scratches.

Coaches will NOT be allowed on the track or field during the meet. Coaches and spectators must be outside the fenced area of the track for running events and field events in the stadium, or outside the fenced area in the throwing areas. Important: Coaches and competitors are warned that being out of the stands, and running alongside competitors will not be permitted. Competitors or relay teams will be disqualified if this violation occurs.

Competitors must check in with the clerks and remain in the warm-up area at least 25 minutes prior to the published start time of the event. Announcement will be made by the clerk when specific running events may check in. It is the ultimate responsibility of the competitors to check in with the clerk to find out the progress of the meet.

The uniform rule will be enforced (*Rule 4-3*). It is the individual competitor and relay teams' responsibility to compete in the proper uniform. 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, please review the NFHS Case Book. All WIAA Track & Field Qualifying Meet Guidelines must be followed.

Officials will enforce rules related to sportsmanship and unacceptable behavior. (*Rule 4-6 - Disqualification*). 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.

No Cell Phones/Walkie Talkies/Video Camera: NO ATHLETE electronics will be allowed in the competition area (inside the fence around the track and/or on the infield). Only credentialed photographers and coaches will be allowed to photograph or video inside the competition area. The following conditions have been set for athletes to view video during ACTIVE competition.

PV: Coaches box is provided - video can be viewed inside the box. Otherwise, the athlete and coach must be outside the competition area (fence which surrounds the track).

HJ: Coaches box is provided - video can be viewed inside the box. Otherwise, the athlete and coach must be outside the competition area (fence which surrounds the track).



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LJ/TJ: No coaching box provided - best view for coaches is across the track outside the fence (near the stands), therefore an athlete will be allowed to cross the track and meet their coach at the fence (coaches must remain outside the fence).

Shot: No coaching box provided, therefore an athlete and coach will need to be outside the fence (surrounding the shot put competition area).

Disc/Jav: No coaching box provided, therefore an athlete and coach will need to be outside the fence/flagging (surrounding the competition area).

NO ATHLETE may delay the progression of the meet by viewing video. Excuse time will NOT be granted to an athlete so they may leave the competition area to view video. If an athlete misses their attempt by leaving the area to view video they will receive a TIME FOUL and will NOT be granted an opportunity to make up the missed attempt.

Appeals:

Appeals must follow the appeal process in the 2016 Rulebook - *Rule 3.5*. 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 by the head coach must be made to the appropriate referee within 30 minutes after the results have been posted. If after the first appeal to the referee, the head coach still feels the rule has been misapplied or misinterpreted, the head coach can protest, in writing, on the designated form, to the jury of appeals, immediately.

RUNNING EVENT INFORMATION:

If a competitor is participating in a field event and running event held at the same time, the competitor must check-in with the clerk before the beginning of both events. Competitors may then report directly to the starting line where they will seek out a Clerk for final check-in and instruction. The events start will NOT be delayed for any competitor who reports late.

Competitors will be escorted to the starting line by the clerk, and placed in their proper lanes.

Competitors, at the end of each race, are to stay in their lanes until they are dismissed.

The 800 meter run will be staggered for one (1) turn and the competitors may break for the pole as they enter the straightaway at the end of the first turn. Markers will identify the break line.

The distance races, 1600 and 3200, will use alleys for the first corner (100 m). Alley 1 will use the waterfall start for lanes 1-8 with approximately 2/3 of the contestants. Alley 2 will use a waterfall start for lanes 5-8 on the one turn stagger for approximately 1/3 of the contestants. For the 3200 alley 1 will hold the top 10 contestants with position determined by lot and alley 2 will hold the remaining contestants with position determined by lot. For the 1600 alley 1 will hold the 7-16 qualifiers with positions determined by lot and alley 2 will hold the 1-6 qualifiers with positions determined by lot. A three meter walk up line will be utilized.

The three-turn-stagger will be used for the 800m relay. All competitors in the 800-meter relay must stay in their lanes except the last runner who may cut in after receiving the baton, provided that there is room to cut in.

The three-turn-stagger will be used for the 1600 meter relay. The first competitors must stay in their lanes the entire 400 meters. The second competitors must stay in their lanes until they have completed the first turn or 100 meters. Markers will designate the spot where the competitors may break for the pole.



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Relay team members may place up to two marks, approved by meet management, on the track. All markers **MUST BE PLACED** in the competitor's lane. Batons will be furnished and used by all relay teams

FIELD EVENT INFORMATION:

No extra practice will be allowed in unused event areas before or after an event. Competitors who violate may be disqualified from the event or the remainder of the meet.

Field event competition in preliminaries (shot put, discus, javelin, long jump and triple jump) will be held in two flights of eight (8) competitors. The nine (9) best marks and all ties for the last qualifying spot will move into the finals. During the preliminary competition each competitor will have three (3) trials. Competitors will have three (3) more trials in the finals. The competitors will compete in reverse order for the finals.

In all field events competitors have one minute to begin their attempts at a trial or pass. Competitors must announce their intention to pass when called "up." *After one minute an unsuccessful attempt is charged.*

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

All field event areas will be open for warm-up approximately 60 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 one additional warm-up. Prior to the start of the next flight and finals, competitors will be allowed two additional warm-ups.

If competitors check out for another event, they must check out with the head judge and tell the judge which event they are leaving for. The excuse time established for the meet will be 15 minutes for the discus, javelin and shot put and 10 minutes for the high jump, horizontal jumps and pole vault. Competitors must notify the head event judge when they return. In some cases, successive trials in both the preliminaries and finals may be allowed if competitors identify the need to the head official before an attempt.

When room is available, a competitor who needs to be excused from an event may change flights, per approval of the Field Event Referee. The request must be made *prior to the start of warm-up*. A competitor, who 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 competitor to be excused and make the disruption of the competition as insignificant as possible, the excused competitor 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 competitors. This competitor **MUST** check-in with the Clerks in the Clerking area prior to the beginning of the field event for which he/she wishes to be excused.

All ties in the finals in throwing events and horizontal jumps will be broken by the second best trial and so on. If there is a tie for the final qualifying spot to the state meet for the jumping events, a jump-off will take place at the end of the event.



Throwing Events:

All throwing implements must be certified by Implement official.

Implements must be inspected at the certification area, one hour prior to competition. The Implement Official will weigh, measure, and inspect surfaces and/or grips of all implements. Only legal implements, as inspected by the implement inspector, shall be allowed in warm-ups and competition. (*Rule 3-19-2, 6-2-17*)

Shots certified for competition will be placed in a pool and may be thrown by any competitor. Discus and javelins certified for competition will not be shared without permission from the school to which it belongs. All implements will remain at the venue until competition is completed.

Implements will be marked, collected and delivered to the event area. Only certified implements will be allowed. 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.

Implement Inspection will take place North of the stadium in near the Jumping venues during the following times: Implement inspection times are from 2:15 p.m. to 4:00 p.m. Friday. 3:30 starting events will have priority. Implement inspection times on Saturday times are 9:00 a.m. to 11:00 a.m.

High Jump / Pole Vault:

Fifteen (15) minutes before the event starts the head official will call all competitors together to explain the procedures and rules of the event. In the high jump and pole vault, the first five competitors, as determined by the games committee, constitute a flight. As a competitor 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).

The NFHS rule about passing shall apply. If competitors have passed all three consecutive heights for the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed three consecutive heights in the pole vault, there will be two (2) minutes per competitor entering, to warm-up without the cross bar in place.

Two marks are allowed on the approach apron for the high jump. Please note: All marks must be approved by the high jump official. CHALK IS NOT ALLOWED.

Two marks are allowed outside of the runway for the pole vault. Please note: All marks must be approved by the pole vault official. CHALK IS NOT ALLOWED.

When a competitor returns from competing on the track, the competitor 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. All marks will be at the nearest inch with no $\frac{1}{4}$ or $\frac{1}{2}$ inch marks, until the last competitor remains. In the high jump, the cross bar will be raised in 2" intervals until only half of the competitors remain. Thereafter, the bar will be moved up in 1" intervals, until one competitor remains. In the pole vault, the cross bar will be raised in 6" intervals until only half of the competitors remain. Thereafter, the cross bar will be raised in 3" intervals, until one competitor remains.

Pole vault poles will be inspected and certified at the pole vault venue by the Head Officials. Competitors will also be weighed-in during 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. The pole may be picked



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up after the event is 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.

Ties must be broken by a jump off if they occur for first place and/or the last entry to the state meet at the end of the event.

There will be a designated area for coaches near the pole vault. Coaches are reminded that they must stay in the flagged off area during the warm-up and only one coach per school is allowed during competition. Competitors may come over to the coaches' area and talk with their coach. Coaches may not spot for their competitors. Schools who qualify a pole vault competitor will receive a coaches pass that will permit them in the flagged off area. This pass is designated for the pole vault coach during the pole vault event only. Any misuse of this pass may result in the removal from the event and the facility.

Long Jump /Triple Jump:

The triple jump area will be located on the South East pit and the long jump area will be located on the South West pit. Athletes must remain inside the fence and stay on the inside of the track if a turn race is currently being run.

Two marks are allowed outside of the runway. Please note: All marks must be approved by the long jump/triple jump official. CHALK IS NOT ALLOWED.

Javelin Throw/ Discus Throw / Shot Put:

The shot put and discus is located to the South East of the stadium. The throwing sector for the shot and discus will be 34.92 degrees.

Javelin Throw:

The javelin will be thrown from a grass runway into grass at. The javelin area is located inside the stadium.

Two marks are allowed. Please note: All marks and their position must be approved by the javelin official. CHALK IS NOT ALLOWED.

General Qualifying Information and Advancement:

General Information 1A:

The West Central District III - 1A track and field championships will qualify three (3) entries from each event to the state meet. These qualifiers will be determined as follows:

Timed finals Friday or Saturday will be determined by selecting the top three (3) from each event. These 8 seeded entries will compete for the three (3) entries to State. The finals from both days will determine team points. In the 800M; 1600M; and 3200M advancement will be the top three (3) fastest times. In field events it will be the top three (3) finishers.

Because this meet is scored and team places are awarded, all eight (8) participants in the final will be scored according to their place of finish. The top three (3) competitors/relays will qualify for the state meet with the first (1st) alternate being the fastest non-qualifier, the second (2nd) alternate being the next fastest non-qualifier.

General Information 2A:

The West Central District III - 2A track and field championships will qualify six (6) entries from each event to the state meet. These qualifiers will be determined as follows:

From the 2 preliminary heats on Friday, the 8 finalists for Saturday will be determined by selecting the top 3 from each heat plus the next 2 fastest times. If there are 3 preliminary heats the 8 finalist will be determined by selecting the top 2 from each heat and the next 2 fastest times. These 8 finalists will compete for the 6 entries to State. The finals on Saturday will determine team points. In the 800M; 1600M; and 3200M advancement will be the top six (6) fastest times. In field events it will be the top six (6) finishers.



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Because this meet is scored and team places are awarded, all eight (8) participants in the final will be scored according to their place of finish. The top six (6) competitors/relays will qualify for the state meet with the first (1st) alternate being the fastest non-qualifier, the second (2nd) alternate being the next fastest non-qualifier.

WCD 2016 Minimum Track Tim/Field Distance Standards

The minimum standards can be found at www.wcd3.org. Click "Athletics", Click "Spring", Click either boys "Track and Field" or girls "Track and Field." This minimum standard must be met at the sub district final race.

WIAA 2016 Minimum Track Time/Field Distance Standards

The minimum standards can be found at www.wiaa.com. Click "Athletics," Click "Spring Sports," Click "Track and Field" Click "2016 Qualifying Standards."

Timing: Races will be timed using Gold Medal Timing LLC. FATsystem.

http://www.sheltoninvite.com/SI/Gold_Medal_Timing_LLC.htm

Blocks:

Starting blocks will be provided for competitors to use. Athletes 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. Meet officials will not be responsible for any blocks other than the ones provided by 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.

Awards:

Awards will be presented to competitors following their event. Pins will be given for 1st – 3rd place and ribbons will be given for 4th – 8th place for all 1A-2A events. Pins and ribbons will be place in the school's packet and may be picked up at the coach's information desk at the conclusion of the meet.

Admission Prices:

Adults & students without ASB \$8

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.

Results:

Event results will be posted as soon as they are printed. Final results will be available on both athletic.net and the WCD website.

Trainers:

Certified athletic trainers and staff will be on hand during the meet.

Medical Information:

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 competitor to use



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the prescription is presented to the meet director/referee prior to the beginning of the meet. This documentation can be turned into the meet director, at the coaches meeting on Thursday, May 19.

Wheelchair Competitors:

All wheelchair competitors must meet the rules established by the WIAA and individual school districts. All wheelchair competitors must qualify to the state meet through the district meet. The wheelchair competitor must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. The qualifying standards are listed in appendix A.

Competitors Qualifications:

To qualify to the district meet, the student must be a regular member of the school they represent in order to participate in an 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 that meet.

Please leave no items of value in your car, i.e. Wallets, purses, cameras, radios, etc.



WEST CENTRAL DISTRICT III OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



ATTENTION COACHES AND POLE VAULTERS

WIAA WEIGHT CERTIFICATION FORM

National Federation rules require that all pole vaulters use a properly identified and rated pole.

Specifically **Rule 7-5-3** states:

The competitor's weight shall be at or below the manufacture's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating that maximum top hand-hold position with the position being determined by the manufacturer.

At WIAA State meets, poles will be checked by meet officials to make sure they are properly marked and identified. Those poles not identified properly will not be used. Furthermore, all vaulters and coaches must certify that the vaulter's weight is at or below the manufacturer's pole rating. Meet management is authorized to weigh vaulters if deemed necessary to determine that their weight is at or below the manufacturer's pole rating.

Certification

I certify that the pole(s) that I am using is (are) properly marked and identified and that my body weight is at or below the manufacturer's pole rating. I further understand that any pole that is not properly marked and identified that it will not be used. I also understand that if my body weight is above the manufacturer's pole rating, I will not be allowed to continue until such time I am using a properly rated pole.

School _____

Signature of Track Coach

Please Print Name

Signature of Vaulter

Please Print Name

Weight of Pole Vaulter _____

Date _____

OFFICIAL MEET VERIFICATION

Verified Weight of Pole Vaulter: _____ Date: _____

Signature: _____



APPENDIX A

WIAA Wheelchair Standards

EVENT	BOYS	GIRLS
100-meter dash	0:40	0:45
200-meter dash	1:25	1:35
400-meter dash	3:00	3:15
800-meter dash	6:00	6:30
1600-meter dash	10:00	11:00
3200- meter dash	15:50	20:00
Shot put	6'0"	4'0"
Discus	15'0"	8'0"
Javelin	15'0"	8'0"

If a competitor fails to meet the required standard in an event, he/she shall not be awarded a place or any points in the event. NOTE: Track standards do not apply to cinder tracks.

BUS Drop off and parking area





WEST CENTRAL DISTRICT III OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



PASS LIST FORM

SIGN-IN*

School _____ Event _____ Date of event _____

(Print)

(Sign-in Signature)

Superintendent _____

Principal _____

Athletic Dir. _____

Coach _____

Coach _____

Coach _____

Coach _____

Coach _____

Coach _____

Coach _____

Coach _____

Coach _____

Trainer _____

School Press (1) _____

School Photographer (1) _____

Video Operator (1) _____

***Picture Identification and sign-in required before admittance.**

Send this Pass List Form by **Tuesday, May 19th** to the following Event Manager **Dwayne Johnson**

E-mail coachdjohnson@live.com



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2016 NFHS Rule 4 -

ART. 1 . . . *The competitor's uniform shall be issued by the school, worn as intended by the manufacturer...*

One of the issues is female athletes roll the waistband down, this is a violation of the rule as they are not wearing the uniform as the manufacturer intended.

Many athletes from the same team are wearing uniform shorts of various brands and styles, mainly compression style shorts worn as uniform bottom, not as an undergarment. This brings into question whether the uniforms being worn are issued by the school.

4.1.b.8

Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.



Above are pictures of the front and back of the same Under Armour shirt. You can see there is one logo on the front and two logos on the back, if these logos are visible when wearing the uniform top, it is a violation.

4.2.c.5



A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.



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This is a picture of compression style shorts that are being worn as uniform shorts, not undergarments. There is a manufacturer's logo on the lower leg, and the writing on the waistband, which is also a logo for the manufacturer. This is a violation as there is more than one logo, and the one on the waistband is larger than the 2 ¼ inches that is allowed. These shorts may be worn as undergarments so long as the waistband logo is not visible.



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 official's 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!



West Central District 1A/2A 2016 TRACK & FIELD CHAMPIONSHIPS



WEST CENTRAL DISTRICT III OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



2016 TRACK & FIELD CHAMPIONSHIPS 1A – 2A																																																																																																																													
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