



West Central District III WA 2019 TRACK & FIELD CHAMPIONSHIPS– 1A – 2A

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 17 and May 18, 2019.

Administrators: Supervisory Pass List Please complete the Pass List attached.

Track and Field Coaches:

The following information needs your immediate attention:

OFFICIAL RELAY TEAM FORM (IMPORTANT INFORMATION):

State Qualifying Meet Managers: Upon receipt of the sub-district/league meet files, you will want to print off a meet program for your relays to ensure you have a record of all incoming seed times from the sub-district meets. Provide the relay entry information to your State Qualifying meet coaches. Once the relay entry deadline (you have established) has passed, download the meet relay entries (which should be the only data entered on athletic.net for the State Qualifying meet) and import these entries into your meet HyTek file. Utilizing the meet program of the relay qualifiers from the sub-district/league meet, quickly confirm no errors on the importing of the relay entries from the athletic.net file. This process is much quicker and smoother than hand entering/selecting all the relay names for each team.

Coach Instructions: All coaches are instructed to enter their relay team participants and sub district/league seed time on athletic.net for their state qualifying meet. Athletes should be entered in the order they are intended to run and alternates listed as #5 and #6. No handwritten relay forms will be accepted. Final adjustments will be allowed under the direction of the state qualifying meet manager until the set time established in the meet syllabus. Once the meet begins (first official event of the meet – which may be a field event), relay team names are FINAL and CANNOT be changed. Relay participants will be uploaded to the State Meet Manager.

Enclosed is general information regarding the event, as well as the event schedule and 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 17 2:30 P.M. – 8:00 P.M. 2A Day 1A / 2A Championships

Saturday, May 18 11:00 A.M. – 5:30 P.M. 1A / 2A Finals

Supervisory Passes:

Please send the WPA / SPSL / Olympic League School pass list to Dwayne Johnson

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 Meeting: In the portable Located in the South End of the Stadium. 2:30

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

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



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(One (1) boys' and one (1) girl's from 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 15. 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:

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/Qualifying meet.
- If a contestant or relay team is disqualified from the District/Regional/Qualifying 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/Qualifying meet are confirmed, a contestant must compete in all those events for which he/she has qualified at the District/Regional/Qualifying meet. Each District is responsible for establishing a confirmation deadline for entries to the District meet.
- Once a contestant has qualified for an event, participation is required in that event at the Qualifying and State Championship meet. If the contestant does not compete in all of the events for which he/she has qualified at the Qualifying or State meet, 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 meet and subsequent entries in events and shall forfeit all individual and team points earned in any and all events. This penalty will not be enforced if the failure to compete is due to a medical problem as certified by meet medical staff. There are to be no substitutions after the official start of the meet.
- In case a qualified contestant cannot participate in the next higher meet (Sub-district/League to District/Regional/Qualifying, 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/Qualifying 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



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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.

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.

Participants' Limitations - 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 qualifying meet and ending with the State finals. The relay counts as an event for those who run.

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. Coaches are instructed to use Athletic.net to submit Relay Team participants to the Qualifying Meet Manager. The same six runners will be the only members allowed to compete at the State meet once the form is submitted to your Qualifying Meet Manager. If any of the submitted runners becomes ineligible, the roster must remain the same. If the relay entries are not turned in by the start of the qualifying meet, the team will not be allowed to participate.

Registration of Athletes – All schools must register their track and field qualifiers for the qualifying meets on the athletic.net website using their school's WIAA four-letter code (found on the WIAA Track and Field page at www.wiaa.com). All official qualifiers to the state meet will be automatically uploaded to the state meet roster registration from the qualifying meet report.

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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 team 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 protest area to consult with the Referee/Jury of Appeals if there is a question concerning a ruling in an event.

For additional site-specific information, visit the Track & Field page on the WIAA website at www.wiaa.com/track and click on either of the links under "Site Specific Information" on the left menu.

Passes - Each school with one (1) or more entries to the State Meet is entitled to the following passes:

1. One pass per qualified participant in the form of a competition number.
2. Two (2) coaches' passes.
3. If a school has three (3) to nine (9) participants, three (3) coaches' passes will be issued. A school with ten (10) or more participants will be issued four (4) coaches' passes.
4. One (1) student manager pass will be issued.

Admission - Athletes will be admitted to the facility when they show their competitor Uniform. Coaches will be admitted by showing a coaches/supervisor bracelet or their Washington State Coaches Association membership card and photo identification.

Check-In and Entry Materials - Check-in will take place at the State meet sites on Thursday afternoon or evening, and Friday morning. **State Meet Managers will establish practice times if facilities are available.**

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 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.

General Rules Information - All National Federation Rules will govern the running of the track and field meets except as noted in the 2019 Track and Field "Bound for State" regulations.

Official Start: Official Start of the State meet begins with the first scheduled event on the first day of meet.

Seeding Rules: Running Events

1. **1600 and 3200 meter run:** Alleys will be used for these events. The top six seeded competitors based on time only will fill alleys in lanes 5-8 (random position placement) with a one-turn stagger, and the remaining 2/3 will utilize the waterfall start in lanes 1-4 (random position placement). A 3-meter walk up line will be utilized. The breakdowns based on total number of competitors are as follows:

- 13, 14 & 15 – Top five in alleys in lanes 5-8; remaining competitors in waterfall start in lanes 1-4.
- 16, 17 & 18 – Top six in alleys in lanes 5-8; remaining competitors in waterfall start in lanes 1-4.
- 19, 20 & 21 – Top seven in alleys in lanes 5-8; remaining competitors in waterfall start in lanes 1-4.
- 22, 23 & 24 – Top eight in alleys in lanes 5-8; remaining competitors in waterfall start in lanes 1-4.

2. **800 meter run:** Competitors will be placed in heats via serpentine seeding in preliminary heats by time only and randomized in lanes 4/5, 3/6, 7/8, 2/1. However, two heats will still be run if there are 18 or 19 competitors, or three if 25, 26 or 27 (the maximum accepted into the meet) advance. There will be a maximum of nine (9) in a heat, with the heat(s) with the most competitors going last; the lowest-seeded competitor(s) will be listed as #9 on the heat sheets and share lane 1 and utilize the Olympic curve. Competitors will be placed in lanes by time only and randomized in lanes 4/5, 3/6, 7/8, 2/1. For races with between 20-23 competitors, lane 1 will be left open, and, if necessary, lane 8. The top two finishers of each heat plus the next fastest times will fill a field of eight in the finals, randomized in pairs 4/5, 3/6, 7/8, 2/1 by time only.

3. **100, 200, 400, 110/100 hurdles, 300 hurdles, 4X100 Relay, 4X400 Relay:** The preliminary heats will be filled from the seeding criteria via "serpentine" as follows: (a) With 16 qualifiers, heat 1 will contain #'s 1, 4, 5, 8, 9, 12, 13, 16 and heat 2 will contain #'s 2, 3, 6, 7, 10, 11, 14, 15. (b) If there are additional qualifiers (17-24), 3 heats will be run. For example, with 24 competitors heat 1 will contain #'s 1, 6, 7, 12, 13, 18, 19, 24 – heat 2 will contain #'s 2, 5, 8, 11, 14, 17, 20, 23 – and heat 3 will contain #'s 3, 4, 9, 10, 15, 16, 21, 22. Once the heats are established, competitors will be placed in lanes by time only and randomized in lanes 4/5, 3/6, 2/7, 1/8. Regardless of the number of heats, the top finisher of each heat plus the next fastest times will fill a field of eight in the finals, randomized in pairs 4/5, 3/6, 2/7, 1/8 by time only.



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4. **4X200 relay:** The heats for the 4X200 relay will be filled as is done with the other relays. Lane assessments will be set utilizing an inside out placement from lane 1 to lane 8 with the top qualifier in lane 1 the next in lane 2 etc.

Seeding Rules: Field Events

General: The official qualifying marks will be submitted to the state meet manager for seeding purposes. For the horizontal jumps and the shot put, marks will be to the lesser $\frac{1}{4}$ inch. For the remaining throws marks, will be to the lesser inch. For the high jump and pole vault marks will be in inches without fractions. That is, the bar is to be set at 6'2" not 6'2 $\frac{1}{4}$ " The only exception to this is when the final jumper or vaulter chooses the bar height. When all Qualifying marks are in, the qualifying athletes and relay teams will be ranked from best to worst. For qualifiers with identical marks those positions will be assigned randomly. The place at the qualifying meet will not be considered when ranking.

1. **High Jump and Pole Vault:** The qualifying athletes, including extra qualifiers will be placed in a single flight in reverse order from the seeding process.

2. **Long Jump, Triple Jump, Shot Put, Discus Throw, and Javelin Throw:** The qualifiers, including extra qualifiers, will be placed in 2 flights. The first flight will be the bottom half of the athletes from the seeding process in reverse order. The second flight will include top half of the athletes from the seeding process in reverse order. If the number of qualifiers is odd the second flight will have the extra qualifier. In the event of extra qualifiers, the top 9 athletes and any ties after the preliminaries will compete in the finals in reverse order from their preliminary marks.

State Meet Rules and Procedures

General Rules Information - All National Federation Rules will govern the running of the track and field meets except as noted in the 2019 Track and Field "Bound for State" regulations. Any questions concerning meet infractions may be brought to the meet referee or coach's liaisons by the **head coach** of the team.

Protest/Appeals Procedures- Appeals must follow the appeal process in the current NFHS Track and Field Rules Book. 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.

Jury of Appeals - 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.

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. An eight (8) entry tournament will receive four (4) medals per event. A sixteen (16) entry tournament will receive eight (8) medals per event. All **team** awards will take place at the end of the meet.

Awards – will be presented to athletes following their event. Once each event final is complete, the award winners will be escorted to the awards area for the presentation. After the final results have been determined, athletes will be introduced and given their awards on the awards stand in front of the main grandstand.

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. Backup systems or hand timers will be utilized instead. If a malfunction occurs during a preliminary heat, backup systems or hand times will be used for all heats to determine advancement and seeding to the finals. State Meet Managers are authorized to use official pictures of the finish to assist meet officials in making final decisions. This would include videotaping. These pictures are to be used by and are available to meet officials only.



Blocks - Starting blocks will be provided for competitors to use.



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Spikes - ¼" pyramid spikes are recommended. Spikes longer than ¼" are not allowed. Pin spikes (also called needle spikes) of any length are not allowed. Spikes will be checked at the event areas.

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. 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, please review uniforms, relay-team uniforms, non-identical uniforms, and removal of part of the team uniform in the NFHS Rules and Case Books. 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.

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 and starters. Hip numbers will be used for all running events and will be worn on the hip facing the FAT camera. Handkerchiefs and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).

Records - Only records established in the preliminaries or finals at the State meet shall count as State 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 entire meet.

Cell Phones/Walkie Talkies/Video Camera- The use of electronic communication devices are permitted during meets in unrestricted areas and coaches' boxes. Electronic communication devices, unofficial video, and video screen replays may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

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 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.

1. Clerk of the Course - Entries must be checked in with the Clerk of the Course prior to an event. There will be three notifications and/or calls for all events. All events notifications will be distinguished by gender and classification. All contestants must report to the Clerk of the Course when called 25 minutes prior to the start of the event by the official announcer. **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.

2. If a competitor 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.

3. Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes or position.

4. Runners may not report to the starting line without having checked in with the clerk.

5. For races finishing in assigned lanes, runners at the end of each race are to stay in their lanes until they are dismissed.

6. The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.

7. 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 (cones) at the end of the first turn.



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8. 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.

9. 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 crossed the break line (cones) at the end of the first turn.

10. Relay team members may place up to two marks on the track. **No chalk is to be used.** Markers, such as tape, tennis balls, and others, must be removed following the events. 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, 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.** Athletes who violate may be disqualified from the event or the remainder of the meet.

2. During the preliminary competition each athlete will have three (3) trials. Athletes will have three (3) more trials in the finals.

3. 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.

4. **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.

5. **All field event areas will be open for warm-up 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 two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

6. **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.

7. **Excused time/check out procedures must be followed by participants.** 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 attempts 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. **All implements will remain at the venue until competition is completed.**

Discus/Shot Implements must be inspected at the certification area, one hour prior to competition. The host site will also furnish certified discuses and shots, if needed. Shot 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



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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 will be taken within the competition area for these events under the direction of the head official.

Javelin Implements must be inspected at the certification area, one hour prior to competition. 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 to mark runway.**

High Jump / Pole Vault The NFHS rule about passing shall apply.

Two check marks are allowed on the approach apron for the high jump. These check marks must be removed at the completion of the event. **No chalk is to be used.** No marks may be placed in the area where athletes plant to take off.

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 in another event, the athlete will enter the competition at the height in progress. The bar will not be raised during the excused time. 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 four (4) or fewer 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 four (4) or fewer 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.

Long Jump /Triple Jump Two check marks are allowed outside of the runway. These check marks must be removed at the completion of the event. **No chalk is to be used to mark the runway.**

General Qualifying Information and Advancement:

General Information 1A:

The West Central District III - 1A track and field championships will qualify two (2) entries from each event to the 2019 state meet. These qualifiers will be determined as follows:

Timed finals Friday or Saturday will be determined by selecting the top two (2) from each event. These 8 seeded entries will compete for the two (2) entries to State. The finals from both days will determine team points. In the 800M; 1600M; and 3200M advancement will be the top two (2) fastest times. In field events it will be the top two (2) 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 two (2) 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.

Timed Finals Seeding Rules – 2A

West Central District III Track & Field Meet May 17 & 18, 2019 Bremerton Stadium

6 entries qualify from WCDIII to WIAA State

For the 2A schools the 16 entries will be determined by the sub district meets with 5 coming from the 2A Olympic League, and 11 from the 2A SPSL Mountain and Sound Leagues.



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- Lane Running Events
- There will be 2 heats of 8. All seeding will be done by time with no preference given to any incoming league or school.
- The 800-meter run will follow this same seeding standard – seeding by time with evenly balanced heats with the following lane preference 5-4-6-3-7-8-2-1 for each heat.
- For the 4x200 relay, the fastest time in each heat will be in lane 1, next fastest time in lane 2 and so on with the slowest time in lane 8.
- For each lane running event there will be only 1 race contested. It will be run as a timed final with [6] fastest finishers qualifying for the state meet.

- Distance Events
- 1. The distance races, 1600 and 3200, will use alleys for the first corner (100 m)
- 2. 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.
- 3. 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.
- 4. 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. We will use a 3m walk up line.

- Field Events (Long Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw)
- 1. In these events, athletes will be seeded in reverse order of their official sub district qualifying mark. There will be 2 flights of 8. If there are additional qualifiers they will be added to the flights maintaining as much balance as possible with no flight being larger than allowed by the NFHS rulebook.
- 2. The top 9 athletes from preliminaries will compete in finals. Reverse order will be used for seeding finals. The athlete's best official preliminary mark shall be used for seeding. 9th place ties will advance to finals.

- Field Events (High Jump and Pole Vault)
- 1. All contestants plus any additional qualifiers will be in one flight in reverse order by their qualifying mark.
- 2. Contestants with the same qualifying mark will compete in the order they were entered into the computer.
- 3. If there is a tie for the last qualifying mark to the state meet, this will be resolved at the WCD Meet.

Updated 190204 WCD III Ex. Board

WCD 2019 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 2019 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 "2019 Qualifying Standards."

Timing: Races will be timed using Gold Medal Timing LLC. FAT system.

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.



West Central District III WA 2019 TRACK & FIELD CHAMPIONSHIPS– 1A – 2A

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 placed 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. **Live Results site will be:** www.sheltoninvite.com/lr/2019517/

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 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.

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 WA 2019 TRACK & FIELD CHAMPIONSHIPS-- 1A – 2A

WCD III Entries

4A @ Sumner	May 16-18 SPSL = 6 / NPSL = 10 (16 total entries) + GSL = 3 (19 Total)
3A @ Sumner	May 17-18 SSC = 6 / PCL = 6 = 12 + GSL = 4 (16 total entries)
2A @ Bremerton	May 17-18 Olympic = 5 / SPSL = 11 (16 total entries)
1A @ Bremerton	May 17-18 Olympic Boys = 2 / Nisqually 4 (+ next fastest 2 time/distance (8 total)
1A @ Bremerton	May 17-18 Olympic Girls = 2 / Nisqually 5 (+ next fastest 1 time/distance (8 total)
1B @ St. Martins	May 15 Dist. 1-2-3 = (16 total entries) #6 boys / #7 girls advance to state 2019

WIAA entries to State 2019

4A WCD to State = 7 entries to state 2019 | 8 entries to state 2020
3A WCD to State = 5 entries to state 2019 | 6 entries to state 2020
2A WCD to State = 6 entries to state 2019 | 5 entries to state 2020
1A WCD to State = 2 entries to state 2019 | 2 boys / 3 girls' entries to state 2020
1B WCD to State = 6 Boys / 7 girls' entries to state 2019 | 6B/7G entries to state 2020 (Tri-District meet)



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 14th** to the following Event Manager **Dwayne Johnson**

E-mail coachdjohson@live.com



West Central District 1A/2A 2019 TRACK & FIELD CHAMPIONSHIPS



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!



West Central District 1A/2A 2019 TRACK & FIELD CHAMPIONSHIPS

Friday		May 17, 2019 (2A)
3:30	2A	Boys Long Jump
3:30	2A	Boys Javelin
4:30	2A	Girls Shot Put
4:30	2A	Boys High Jump
4:30	2A	Girls Triple Jump
4:30	2A	Boys Discus Throw
4:30	2A	Girls Pole Vault
Friday		May 17, 2019 (1A)
2:30	1A	Boys Pole Vault
3:30	1A	Boys Discus Throw
3:30	1A	Girls High Jump
3:30	1A	Boys Triple Jump
3:30	1A	Girls Shot Put
5:00	1A	Girls Long Jump
5:00	1A	Boys Javelin Throw
Running Events (Timed Finals)		
3:20	1A	Girls 4X200R (Final)
3:25	2A	Girls 4x200 Relay (2 Heats)
3:35	1A	Boys 1600M (Final)
3:50	2A	Boys 1600M (Final)
4:00	1A	Boys 110 HH (Final)
4:10	2A	Boys 110M HH (2 Heats)
4:20	1A	Girls 100M HH (Final)
4:25	2A	Girls 100M HH (2 Heats)
4:35	1A	Boys 100M Dash (Final)
4:40	2A	Boys 100M Dash (2 Heats)
4:50	1A	Girls 100M Dash (Final)
4:55	2A	Girls 100M Dash (2 Heats)
5:05	1A	Girls 1600M Run
5:15	2A	Girls 1600M Run
5:25	1A	Boys 4x100 Relay (Final)
5:30	2A	Boys 4X100 Relay (2 Heats)
5:35	1A	Girls 4x100 Relay (Final)
5:40	2A	Girls 4X100 Relay (2 Heats)
5:50	1A	Boys 400M Dash (Final)
5:55	2A	Boys 400M Dash (2 Heats)
6:05	1A	Girls 400M Dash (Final)
6:10	2A	Girls 400M Dash (2 Heats)
updated 5/30/18		
updated 4/25/19		

Saturday May 18, 2019 (2A)	
10:00	2A Boys Triple Jump
9:00	2A Boys Pole Vault
10:00	2A Girls Discus Throw
10:00	2A Girls Long Jump
11:30	2A Girls High Jump
11:30	2A Boys Shot Put
11:45	2A Girls Javelin Throw
Saturday May 18, 2019 (1A)	
10:00	1A Boys Shot Put
10:00	1A Girls Javelin Throw
10:00	1A Boys High Jump
11:45	1A Boys Long Jump
11:45	1A Girls Triple Jump
11:45	1A Girls Discus Throw
12:00	1A Girls Pole Vault
Running Events (Timed Finals)	
11:15	1A Girls 3200M (Final)
11:30	2A Girls 3200M (Final)
12:00	1A Boys 300M Hurdles
12:05	2A Boys 300M Hurdles (2 Heats)
12:10	1A Girls 300M Hurdles
12:15	2A Girls 300M Hurdles (2 Heats)
12:30	1A Boys 800M Run
12:35	2A Boys 800M Run (2 Heats)
1:00	1A Girls 800M Run
1:05	2A Girls 800M Run (2 Heats)
1:15	1A Boys 200M Dash
1:20	2A Boys 200M Dash (2 Heats)
1:30	1A Girls 200M Dash
1:35	2A Girls 200M Dash (2 Heats)
1:45	2A Boys 3200M Run
2:15	1A Boys 3200M Run
2:30	2A Girls 4X400 Relay (2 Heats)
	2A Girls Team Awards
2:45	2A Boys 4X400 Relay (2 Heats)
	2A Boys Team Awards
3:00	1A Girls 4X400 Relay
	1A Girl Team Awards
3:10	1A Boys 4X400 Relay
	1A Boys Team Awards