

2024 2A District 1 Track & Field Championships BULLETIN

Dates & Location

Lakewood High School
17023 11th Ave NE
Arlington, WA 98223

Wednesday, May 15th, Prelims and Finals
Friday, May 17th, Finals

Schools

Anacortes
Burlington-Edison
Lynden
Squalicum

Archbishop Murphy
Cedarcrest
Sedro-Woolley

Bellingham
Lakewood
Sehome

Meet Management

1. Meet Managers
Jeff Sowards jsowards@lwsd.wednet.edu
Phone: 360-652-4505 Cell: 206-819-4907
Monica Rooney mrooney@lwsd.wednet.edu
Phone: 360-652-4505 Cell: 425-210-4290
2. Assistant Manager
Amy Hendry, Lakewood Athletic Director, ahendry@lwsd.wednet.edu
Phone: 360-652-4505 Cell: 360-224-0542
3. Meet Referee
Assistant Referees
Jen Leita
Nic Costana, Chris Frye
4. Starter
Assistant Starter
Gordon Bozarth
Tom Leumann
5. **Games Committee**
**Paul Turner (Archbishop Murphy), Erin Fraser (Squalicum),
Sue Wright (Burlington-Edison)**
6. **Jury of Appeals**
**Paul Turner (Archbishop Murphy), Erin Fraser (Squalicum),
Sue Wright (Burlington-Edison)**

Coaches Meeting

1. Each day of competition, there will be a coaches' meeting promptly at 3:15pm at the finish line.
2. The Wednesday coaches' meeting is the last time to add an alternate to Wednesday field events, and all Wednesday running events.
3. The Friday coaches' meeting is the last time to add an alternate to Friday field events, and the boys and girls 3200m.
4. There will be a final coaches meeting following the last event on Friday. Full meet results will be posted online by the time of this meeting.

State Meet Qualification

1. The top **two (2)** boys and **two (2)** girls in each individual event and the top **two (2)** relay teams will qualify for the State Meet.
2. In addition, the allocations stated above, contestants who meet or exceed the state minimum standard may qualify to participate in the State Meet.

Qualification procedure

1. In all individual laned events up to 400m, Heat winners plus next 4 fastest times in each sub district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for districts as at large berths.
2. In the 800m, the top 2 in each heat plus the next 2 fastest times from each sub-district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for district at large berths.
3. In the 1600 and 3200, the top 6 finishers from each sub-district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for districts as at large berths.
4. In all field events, the top 6 finishers from each sub-district qualify for Districts. In addition, the next 4 best marks from either sub-district qualify for districts as at large berths. If there is a tie for the last spot, the extra individuals will be added to the District field.
5. In the relays, winners of each sub-districts race plus the next 6 best from either sub-district qualify for Districts.
6. Any athlete who finishes outside the allotted number of entries at their sub-district meet will qualify to the district meet if they meet the district standards (see attached standards). The standard is based upon the fourth-place average for the previous four years at the District Championships.
7. All relay entries need to be entered on athletic.net by **Monday, May 13, 2024, at 6pm. This should be done in the order of which they intend to run and include *four* alternates. The submitted list cannot be changed after the start of the qualifying meet and will carry through to the State meet.** Only those who actually run (in the prelims or finals) will have been considered to have competed in the event.

Entry process

1. At the end of each Sub-district meet, coaches will hold an initial scratch meeting.
2. On Saturday, May 11th, the meet director from each sub-district meet will submit an initial list of non-scratched entries and an exported backup file to Jeff Sowards at jsowards@lwsd.wednet.edu.
3. All coaches are to report scratches by 7pm Monday, May 13th to Jeff Sowards via email jsowards@lwsd.wednet.edu . All scratches after this time will scratch all of an athlete's events.
4. After the 7pm Monday deadline, the entries and *four* alternates from each sub-district for each individual event will be confirmed.

5. According to State Regulations, once the entries to the District meet are confirmed, a contestant must compete in all those events for which the contestant is entered.
6. A preliminary meet program, with flight and heat sheets, will be emailed to participating coaches and athletic directors on Tuesday May 14th by noon.

Meet Procedure

1. National Federation Rules will govern the meet, unless superseded by State Rules & the “Bound for State” regulations. Problems that arise during the meet will be handled by the Meet Referee. An appeal **to the Meet Referee** regarding misapplication of the rules must be submitted within 30 minutes of the results being **posted**. The appeal must be written and presented by the head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Jury of Appeals. The decision of the Jury of Appeals will be final.
2. Calls for the running events will be over the PA system. “1st Call” will be 15 min. before the start of the event, “Final Call” will be 5 min. before. By the “Final Call” participants should be in the Marshaling Area.
3. The Marshaling area will be in a tent close to the finish line.
4. NFHS rules will be followed concerning the competitor’s uniforms. In the Marshaling Area, every attempt will be made to check athletes so that violations are prevented beforehand. In field events the event judge will check. However, the athlete and the coaches are ultimately responsible.
5. Contestants will remain in their lane by the solid row of blue triangles upon completion of their race until they are released by the finish line officials.
6. Only 1/4” or less spikes are allowed on the track and runways.
7. Athletes may warm up in the flagged area on the infield. Devices such as bungees, belts, chutes, etc will not be allowed in the warmup area.
8. State regulations concerning relay markers will be followed.
9. All coaches, managers and non-competitors must remain in designated viewing areas. Coaches may only be in the infield if requested to do so by meet management.
10. The finishing area is only for officials. Please advise athletes to keep behind the roped off area.

SEEDING PROCEDURES

1. Distances used to seed the District field events will be determined using either the prelim or final mark from the sub-district meet, whichever is better.
2. ***Running events will be seeded by time only using the sub-district performance.***
3. Heat assignments will be based upon times from previous weeks qualifying meets using HY-TEK Meet Management Software. WIAA Bound for State Regulations will be used for

seeding of all events. Additional heats will be run if 17 or more athletes qualify for a preliminary race due to ties. ***Record of the 1000th of a second should be used to break this tie if from separate sub-district meets. If the tie remains, additional heats will be run.***

4. The State Meet Conversion Formula will be used in the event hand-held times were used.
5. In case members of a qualified relay team, or individual, cannot participate in the next higher meet (Sub-district to District, 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.

Relay Zones

1. Athlete “go marks” will be consistent with State Regulations and Bound State guidelines.
2. It will be necessary for coaches to assist in judging relay zones. Assignments will be made at the pre-meet coaches meeting. Plan to have at least two qualified coaches for each zone.
3. ***The relay zones are as follows:***
 - 4 x 100m: All zones - Small yellow to Big yellow.***
 - 4 x 200m: 1st & 3rd zones – Small black to Big black.***
 - 4 x 200m: 2nd zone - Small blue to Big blue.***
 - 4 x 400m: 1st zone – Big blue to Big blue.***
 - 4x 400m: 2nd & 3rd zones – Big blue to Big blue.***

Throws and Horizontal Jumps

1. Participants will check in with the field event official. The official will do their best to check uniforms at check in.
2. Prelims and finals will be contested on the same day. The finals will start within 10 minutes of the announcement of the finalists.
3. The competitors will be placed into flights of eight based on marks at the Sub-District qualifying meets.
4. Each competitor will be given three attempts in the prelims.
5. The nine competitors with the best marks will advance to the finals where they will be allowed three additional attempts. The final competitors will compete in reverse order with the best prelim mark competing last.
6. The javelin will be thrown from a rubberized runway.
7. Athletes in the triple jump will be allowed to choose from any available toe board but must identify that board to judge prior to each attempt.
8. Anytime an athlete leaves their field event, they must check out with the official for that event. The official will record the time and let the athlete know the exact time to the minute. The athlete has exactly 15 minutes to report back into their field event official. If they check back in after 15 minutes, their next attempt will be scratched. If they are competing in a running event that runs behind schedule, they will be allowed 5 minutes from the conclusion of their race to report back into their field event, or their next attempt will be scratched.

9. Weight implement check-in will start at 3:00pm in the **west end of breezeway of the stadium** If an implement passes the check-in and is officially marked, then athletes may use their own implements. Official shots, discuses and javelins will be provided.

High Jump and Pole Vault

1. The competitors will be placed in reverse order based on marks at the Sub-District qualifying meets.
2. Participants will check in with the field event official.
3. Weigh-in for vaulters will occur at 3:00pm at the ticket booth building. Only those that are cleared by meet management will be allowed to compete. Each school will submit the State Pole Vault Verification form at this time. Forms can be accessed through the coach's [MyWIAA](#) site.
4. Starting heights will be one height below that of the lowest qualifier.
5. High Jump - The bar will rise 2" until four or fewer competitors are remaining and rise 1" thereafter.
6. Pole Vault - The bar will rise 6" four or fewer of the competitors are remaining and rise 3" thereafter.
7. Opening height adjustments may be made in raising of the bar in regard to the state qualifying standard.
8. Pole vault coaches may use the north hillside with spectators for access to their athletes. All other coaches should remain behind the fences, and off of the track/infield unless called by meet management.

Field information

1. Athletes, coaches, managers, and parents are to stay outside the competition areas except to warm up or assist an injured athlete.
2. To observe the pole vault competition, spectators and coaches can walk through the visitors stands to hillside north of the pole vault runway and behind the flagging. There will be a gate on the east end of the visitor's stands to access to this area.
3. Coaches please remind athletes to leave the field of competition after completing an event.
4. No food on the track or infield surface. No drinks other than water on the track or infield surface.

Team Seating

1. Team tents can be set up **on any grass area within the stadium complex**

Medical Note

1. A note from a doctor may be presented to excuse an athlete from specific events. The note must be specific as to what the athlete can or cannot do.
2. The note must be presented to the meet manager as soon as possible after the time it is received by the athlete/coach.

Equipment

1. A Finishlynx timing system will be used. A second Finishlynx timing system will be used as a backup. Races should not have to be recalled other than for false starts.
2. The host school will provide starting blocks. You may bring your own if you wish.

Scoring & Awards

1. Eight places will be scored in each event. 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
2. The top eight places in each event will receive awards. The event winner will be given a medal. Places 1 through 8 will receive ribbons.
3. Awards will be handed out directly after the event results have been finalized. Please have your athletes ready to report to the awards area when their event is called.
4. A team trophy will be awarded to the top boys' and girls' teams.

Ties

1. Ties in the field events will be broken according to the rules in the National Federation Rule Book.
2. If a tie in the high jump and/or pole vault still exists after applying the National Federation tie breaking rules and the tie involves the last qualifying spot to State, every attempt will be made to complete the jump-off procedure **BEFORE** continuing the competition to determine first place. If a tie occurs for first place, the tie breaking procedures will be used to break the tie and determine the District champion.
3. If a tie should exist between two or more competitors in a track event and it involves a spot to the State meet, a run-off between the tied competitors will take place at the end of the meet. If a tie should exist between two or more competitors in a laned event other than 800m, a run-off between the tied competitors will take place at the end of the first day or the beginning of the second day. If a tie should exist between two or more competitors in the 800m, then two athletes will be placed in lane one. A coin flip will be used to determine placement.
4. If the tie does not involve a spot to the State meet, a coin flip will be used to determine which **awards** the competitors receive.

Records

1. Records shall be recognized for each individual when two or more tie at a record height or distance in the field events.
2. In running events, only the winner will be credited with a new record even though first and second place finishers may record the same time.

Admission

1. Athletes in uniforms will be admitted for free.
2. A pass list is attached for other authorized personnel. Please submit pass list to Jeff Sowards by Tuesday, May 16th.
3. **Admission will be charged for both days. Ticket prices per day: Adults \$7.00; Students w/ASB, Children/Senior Citizens/Military \$5.00.**

4. Spectators with District 1 Lifetime and District 1 Event passes will be admitted free. **Regular District One Supervisory Passes are NOT valid for post-season admission.**
5. Members of the working press and press photographers who are covering the meet will be admitted free. They must be affiliated with a recognized newspaper and show credentials at the gate to be admitted. NWCAthletics.com is the official photographer for this meet. Private vendors will have to pay admission to be admitted.
6. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer admitted free of charge. They must take their pictures from the stands and **must be on the pass list.**

Transportation

1. Due to potential conflict at the end of the Lakewood school day, please do not arrive at Lakewood before 2:45pm.

2024 2A District 1 Track & Field Championships APPEAL FORM

An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written and presented by the head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Jury of Appeals. (NFHS TF Rules 3-4, 3-5)

Event: _____ Time of infraction _____ NFHS Rule # _____

State the infraction _____

School: _____ Coach's Signature: _____

Referee's initials: _____

Time of receipt: _____

Referee's decision:

2024 2A District 1 Track & Field Championships

TIME SCHEDULE

Wednesday, May 15th

FIELD EVENT PRELIMS & FINALS

4:00 Boys Shot Put
4:00 Girls Javelin
4:00 Boys Long Jump
4:00 Boys Pole Vault
4:00 Girls High Jump
5:45 Girls Triple Jump
5:45 Boys Javelin
5:45 Girls Shot Put

RUNNING PRELIMS & FINALS

5:00 Girls 4x200m
5:15 Boys 110m HH
5:30 Girls 100m Hurdles
5:40 Boys 100m Dash
5:50 Girls 100m Dash
6:00 Boys 1600m–Final
6:10 Girls 1600m–Final
6:25 Boys 400m Dash
6:35 Girls 400m Dash
6:45 Boys 300m Hurdles
6:50 Girls 300m Hurdles
7:00 Boys 800m Run
7:10 Girls 800m Run
7:20 Boys 200m Dash
7:30 Girls 200m Dash

Friday, May 17th

FIELD EVENT PRELIMS & FINALS

4:00 Girls Long Jump
4:00 Girls Pole Vault
4:00 Boys High Jump
4:00 Girls Discus
5:45 Boys Triple Jump
5:45 Boys Discus

RUNNING FINALS

5:00 Boys 110m HH
5:10 Girls 100m Hurdles
5:20 Boys 100m Dash
5:25 Girls 100m Dash
5:45 Boys 4x100m
5:55 Girls 4x100m
6:05 Boys 400m Dash
6:10 Girls 400m Dash
6:20 Boys 300m Hurdles
6:30 Girls 300m Hurdles
6:40 Boys 800m Run
6:50 Girls 800m Run
7:00 Boys 200m Dash
7:05 Girls 200m Dash
7:15 Boys 3200m
7:30 Girls 3200m
7:50 Boys 4x400m
8:00 Girls 4x400m
*****8:10 Boys 2k Steeplechase**
*****8:20 Girls 2k Steeplechase**

*****Exhibition, non-scored event.**

2024 2A District 1 Track & Field Championships Qualifying Standards

	BOYS	GIRLS
100m	11.24	12.94
200m	22.87	26.63
400m	51.48	61.44
800m	1:58.16	2:23.50
1600m	4:26.71	5:18.02
3200m	9:33.29	11:45.98
110H/100H	16.44	16.51
300H	42.32	48.01
Shot Put	46'' 3.75''	31' 9.25''
Discus	134' 11''	106' 0''
Javelin	152' 5 ''	106' 6''
High Jump	6' 0''	4' 9''
Pole Vault	11' 11''	9' 3''
Long Jump	20' 3.25''	15' 9.75''
Triple Jump	40' 6''	33' 7.5''

**** Any athlete who meets or exceeds the above marks at one of the Sub-District meets will qualify for the District meet. These marks are determined by the average of the 4th place mark from the previous four years with District meet data (2018, 2019, 2022, 2023).**

2024 2A District 1 Track & Field Championships RECORDS

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
100m	Jacob Andrews	Sehome	10.55	2022
200m	Jacob Andrews	Sehome	21.05	2023
400m	Jacob Andrews	Sehome	48.75	2022
800m	Mason McHenry	Sehome	1:52.66	2008
1600m	Zach Munson	Sehome	4:14.90	2023
3200m	Patrick Gibson	Squalicum	9:05.78	2013
110m HH	Andre Korbmacher	Squalicum	13.55w	2023
300m H	Nick Saupe	Sehome	38.81	2013
4x100m	Relay Team	Sehome	42.66	2023
4x400m	Relay Team	Squalicum	3:20.63	2013
Shot Put	Steven Ayers	Sehome	61' 0"	2007
Discus	Jakob Chamberlin	Bellingham	188' 0"	2016
Javelin	Brandon Bach	Mountlake Terrace	196' 1"	2018
High Jump	Tim Marks	Granite Falls	6' 10"	1997
Pole Vault	Nathan Dunford	Mount Baker	15' 0"	2012
Long Jump	Troy Petz	Lynden	23' .5"	2023
Triple Jump	Brandon Swartout	Lynden	46' 5"	2017

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
100m	Wurrie Njadoe	Shorecrest	12.08	2016
200m	Wurrie Njadoe	Shorecrest	24.81	2016
400m	Cherish Morrison	Blaine	56.88	2010
800m	Becca Friday	Bellingham	2:12.98	2009
1600m	Brigette Takeuchi	Liberty	4:56.33	2017
3200m	Jessica Frydenlund	Anacortes	10:43.34	2023
100m H	Sarah Schireman	Archbishop Murphy	14.62	2009
300m H	Amber Nash	Lakewood	43.84c	2004
4x100m	Relay Team	Sehome	48.72	2013
4x200m	Relay Team	Sehome	1:42.88	2012
4x400m	Relay Team	Sehome	3:58.70	2012
Shot Put	Gina Flint	Squalicum	48' 2.5"	2013
Discus	Gina Flint	Squalicum	168' 0"	2013
Javelin	Paige Shimkus	Lakewood	143' 1"	2018
High Jump	Jori Hall	Sehome	5' 4.25"	2009
Pole Vault	Madi Krussow	Squalicum	13' 1"	2014
Long Jump	Zoe Moller	Sehome	19' 1"	2011
Triple Jump	Zoe Moller	Sehome	37' 3"	2011

**2A State Track and Field Championships
2023 Qualifying Standards (as posted by WIAA)**

	BOYS	GIRLS
100m	11.21	12.64
200m	22.65	26.26
400m	50.74	59.61
800m	1:57.69	2:21.92
1600m	4:21.47	5:08.71
3200m	9:26.93	11:20.48
110H/100H	15.51	15.98
300H	40.83	47.26
400m Relay	43.89	50.9
800m Relay		1:47.48
1600m Relay	3:28.66	4:09.24
Shot Put	49' 10.25"	35' 8.75"
Discus	146' 1'	111' 7"
Javelin	161' 8"	117' 10"
Long Jump	20' 10.25"	16' 8"
Triple Jump	42' 5.25"	34' 7.25"
High Jump	6' 02"	5' 00"
Pole Vault	13' 2"	10' 1"

** Any athlete or relay team who finishes outside the top three at the District meet will qualify to the state meet if they meet the state standards. **

Wheelchair State Standards

	<i>BOYS</i>	<i>GIRLS</i>
<i>100m</i>	<i>40.00</i>	<i>45.00</i>
<i>400m</i>	<i>2:10.00</i>	<i>2:30.00</i>
<i>800m</i>	<i>4:10.00</i>	<i>4:40.00</i>
<i>1600m</i>	<i>8:10.00</i>	<i>8:50.00</i>
<i>Shot Put</i>	<i>6' 0"</i>	<i>4' 0"</i>
<i>Discus</i>	<i>15' 0"</i>	<i>8' 0"</i>
<i>Javelin</i>	<i>15' 0"</i>	<i>8' 0"</i>

Ambulatory State Standards

<i>100m</i>	<i>25.00</i>	<i>30.00</i>
<i>200m</i>	<i>50.00</i>	<i>1:00.00</i>
<i>400m</i>	<i>1:45.00</i>	<i>2:00.00</i>
<i>Shot Put</i>	<i>8' 0"</i>	<i>6' 0"</i>
<i>Discus</i>	<i>25' 0"</i>	<i>19' 0"</i>
<i>Javelin</i>	<i>22' 0"</i>	<i>16' 0"</i>

2024 2A District 1 Track & Field Championships GUIDELINES

The following items have been discussed with my athletes.

- A. The competitor's uniform shall be issued by the school and worn as intended. Visible undergarments must adhere to NFHS rules.
- B. In relay races, relay members wearing visible undergarments must comply with NFHS rules.
- C. Unsportsmanlike behavior will result in disqualification from the meet. Use of profanity will disqualify a participant.
- D. No electronic devices will be allowed on the area of competition.
- E. Athletes not currently in process of warming up for an event or warming down from an event will not be in the infield area.
- F. Removing any part of the team uniform, excluding shoes, while in the area of competition shall lead to a warning and if repeated, to disqualification.

School _____

Coach _____

****This form will be collected at the coaches' meeting on Wednesday,
May 15, 2024.****

**2024 2A District 1 Track & Field Championships
PASS LIST**

School _____

(Print)

(Sign-in Signature)

Head Coach _____

Head Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Athletic Director _____

Principal _____

Assist. Principal _____

Superintendent _____

School Board _____

School Board _____

School Board _____

School Press _____

School Photographer _____

Please email this form to [Jeff Sowards](#) before noon on Tuesday, May 14, 2024