

NW District One 1B Districts & 2B Bi-Districts

Track & Field Championships

Saturday, May 11, 2024

HOSTED BY: Coupeville High School

MEET LOCATION: Coupeville High School, Mickey Clark Stadium

NW 1B schools: Cedar Park Christian, Fellowship Christian, Grace Academy, Lopez, Lummi, Mt Vernon Christian, Providence Classical Christian, Shoreline Christian, Orcas Island, Concrete

NW 2B schools: District 1: Coupeville, Friday Harbor, La Conner **District 2:** NW Christian

Concessions: Open

District Apparel: will be sold on site by Rush Team Apparel

Admission: CASH OR GoFAN will be accepted on site, tickets may be purchased via GoFan digital ticketing. Here is the link to GoFan:

Coaches Information:

1. **MEET LOCATION:** Mickey Clark Stadium, 6 S. Main Street, Coupeville 98239 (behind Elementary School).
2. **Parking:**
 - a. Buses/shuttles/vans must park at the baseball field parking lot located on Terry Road. Coaches and athletes **only** will enter through the back entrance (by the baseball field).
 - b. Spectators are to enter through the main entrance and park at the elementary school parking lot.
3. 1B Meet Scoring: 10 – 8 – 6 – 4 – 3 - 2 – 1 2B Meet Scoring: 5 – 3 – 2 – 1 Relays: 5 – 3
4. **Bi/Tri District Qualification Standards:**
 - a. **1B Qualification Standards to Tri-District Meet @ Franklin Pierce HS, May 16**
 - i. Top 6 boys
 - ii. Top 4 girls + next best 4 marks among the 4 Districts.
 - b. **2B Qualification Standards to State Meet in Yakima (Eisenhower HS): May 23-25**
 - i. Top 2 plus alternate

Meet Timeline

- 10:00 AM Team Arrivals
 - 10:30 AM Coaches, Field Workers, Timers Meeting, and Implement Weigh-in (located at red shed by the discus pit)
 - 11:00 AM FIELD EVENTS START
 - 11:30 AM RUNNING EVENTS START
- 8 Coaches must enter athletes on athletic.net by **THURSDAY, MAY 9 @ 6:00 PM.**
 - a. 1B Entries:
 - i. 16 top times/marks will be the entry limit per event. Determined by: doubling entries to Quad District (6 x 2) + an additional 4 entries= 16.
 1. **Based on season marks entered into athletic.net (must be FAT timed/scored)**

- b. **2B Entries:**
 - i. Top 2 for each District 1 school, top entry from District 2 (NW Christian).
 - ii. Next best times/distances will be determined (using athletic.net)
 - 1. **Based on season marks entered into athletic.net (must be FAT timed/scored)**
 - c. Please select the correct classification when registering your athletes: 1B or 2B.
 - d. An athlete must have a season mark in an event in order to be entered into the event. **No overrides, unofficial or hand held results will be accepted.**
- 9 **Scratches:**
- a. **If an athlete is scratched from one event, they must scratch from all events already completed and/or any additional events, unless they have a doctor's note. If an athlete misses an event, that counts as a scratch.**
- 10 The track is All-Weather. The running approaches for long, triple, and high jump are rubberized. Pads for the shot put and discus are cement. The javelin runway is rubberized.
- 11 Field Events will be run in flights, 3 attempts in prelims, 3 additional attempts in finals.
- a. 1B- 8 to finals, 2B- 8 to finals
- 12 Opening heights in the high jump and pole vault will be one height lower than the lowest entry mark of the competitors.
- 13 This meet will be using a Fully Automated Timing System.
- 14 Please be aware of all rules pertaining to athletes. Athletes must compete in school issued/approved uniforms. **Relay members must have matching/similar uniforms.**
- 15 No electronics in competition areas.
- 16 A Games Committee comprised of the following individuals will resolve disputes that arise during the meet: Peter Voorhees, Shannon Plummer,

FIELD EVENTS - Starting 11:00 am

3 Attempts in Prelims/ 3 Additional Attempts in Finals

1B- Top 8 to Finals

2B- Top 8 to Finals

Round 1- 11:00 AM

Girls - 1B Triple Jump followed by 2B

Boys - 2B Long Jump followed by 1B

Boys - 1B & 2B High Jump

Girls - 1B & 2B Pole Vault

Girls - 2B Javelin followed by 1B

Boys - 1B Shot Put followed by 2B

Boys - 2B Discus followed by 1B

Round 2 at Conclusion of Round 1

Girls - 1B Long Jump followed by 2B

Boys - 2B Triple Jump followed by 1B

Girls - 1B & 2B High Jump

Boys - 1B & 2B Pole Vault

Boys - 1B Javelin followed by 2B

Girls - 1B Discus followed by 2B

Girls - 2B Shot Put followed by 1B

TRACK EVENTS - Starting at 11:30 am

A rolling schedule will be used for all events

1st Call: 10 minutes before the start of the event.

- Track athletes report to Starting Line, Field athletes check in at Event

2nd Call: 6 minutes before start of event

3rd and Final Call: 3 minutes before start of event

11:00 Field Events Begin

2B Heats will run first followed by 1B Heats

11:30 Girls 4 x 200 Meter Relay - Combined 1B & 2B

Girls 3200 Meter Run - Combined 1B & 2B

Boys 110 High Hurdles

Girls 100 High Hurdles

Boys 100 Meter Dash

Girls 100 Meter Dash

Boys 1600 Meter Run - Combined 1B & 2B

Girls 1600 Meter Run - Combined 1B & 2B

Boys 4 x 100 Meter Relay - Combined 1B & 2B

Girls 4 x 100 Meter Relay - Combined 1B & 2B

Boys 400 Meter Dash

Girls 400 Meter Dash

Boys 300 Meter Intermediate Hurdles

Girls 300 Meter Intermediate Hurdles

Boys 800 Meter Run – Combined 1B & 2B (depending on number of athletes)

Girls 800 Meter Run - Combined 1B & 2B (depending on number of athletes)

Boys 200 Meter Dash

Girls 200 Meter Dash

Boys 3200 Meter Run - Combined 1B & 2B

Girls 4 x 400 Meter Relay - Combined 1B & 2B

Boys 4 x 400 Meter Relay - Combined 1B & 2B

****ALL COACHES & ATHLETES are to avoid being on the infield, except for those athletes warming up or participating in a scheduled event at that time**

EXCHANGE JUDGES

1st ZONE

2nd ZONE

3rd ZONE

4x 100m relay

LC

Lopez

Grace Academy

4 x 200m Relay

Cedar Park Christian

Friday Harbor

Cedar Park Christian

4 x 400m Relay

Coupeville

WORKER LIST

- Long Jump Official & Helper: Friday Harbor / CV
- Triple Jump Official & Helpers: Shoreline Christian / CV
- Shot Put Official & Helpers: Cedar Park Christian / CV
- Discus Official & Helpers: La Conner / CV
- Javelin Official & Helpers: Fellowship Christian / CV
- High Jump Official & Helper: Grace Academy / CV
- Pole Vault Official & Helpers: Mt. Vernon Christian / Doug McVey

- Hurdle Crew Chief & Helpers: CVs/All teams

Timing System: Dwayne Johnson
 Finish Line Recorder: Erin Straub
 Scoring/Booth Workers: Tamara Oakes, Christi Messner, Barbi Ford, & Aimee Bishop
 Meet Director: Willie Smith
 Clerk of Course: Neil Rixe & Amber Wyman
 Announcer: Christie Messner
 Starter: Jerry Helm

2B State Qualifying Standards

EVENT	GIRLS	BOYS
100 M	13.26	11.82
200 M	27.15	23.48
400 M	1:02:73	52.75
800 M	2:29:18	2:03:88
1600 M	5:33:15	4:35:79
3200 M	12:32:32	10:19:59
100H/110 H	17.33	17.16
300 H	48.71	42.64
4 X 100 M RELAY	52.95	45.90
4 X 200 M RELAY	1:53:16	N/A
4 X 400 M RELAY	4:21:38	3:35:85
LONG JUMP	16'01.75"	20'01.25"
TRIPLE JUMP	33'05.75"	40'03.50"
HIGH JUMP	4'11"	5'11"
POLE VAULT	8'06"	12'00"
SHOT PUT	34'05.00"	44'05.00"
DISCUS THROW	107'10"	137'02"
JAVELIN THROW	111'05"	155'07"