

**2024 WESCO 3A NORTH
TRACK & FIELD CHAMPIONSHIPS
MAY 8 & 10, 2024
Arlington High School**

Date/Time

Date: Wednesday, May 8, 2024
Time: 4:00 pm - Field Events; 4:30pm – Running Events

Date: Friday, May 10, 2024
Time: 5:30 pm - Field Events; 6:00 pm - Running Events

Meet Management

Meet Director	Tom Roys
Referee	Mark Perry
Starter	Greg Erickson
Starter	Tom Wilfong
Starter/Marshall	Rocky Verbeck

Jury of Appeals: Judd Hunter ARL, Michael Randall STAN, Eric Smith CAS, Meet Referee, Meet Director

Participating Schools

Arlington	Cascade	Everett	Marysville-Getchell
Marysville-Pilchuck	Snohomish	Stanwood	

Admission

Adults/Students	\$7.00
Students w/ASB	\$5.00
Sr. Citizens and Children (12 and under)	\$5.00

Passes

NW District 1 Supervisory and Event Supervisory Passes will be accepted.
WIAA and NW District Lifetime passes will also be accepted.

Entries

Coaches will need to register athletes using Athletic.net **no later than Sunday, May 5th ~ 10:00am deadline**. Register for the Athletic.net WESCO 3A South PRELIMS. (*The WESCO 3A South FINALS is only listed as a source to upload finals.*)

Additions and scratches will take place at the seed meeting. The seed meeting is at **6:00 p.m. on Monday, May 6th VIA Zoom**. A link will be sent out by Monday morning May 6.

Individuals may be withdrawn up **until 12:30pm on Tuesday, May 8th**. Meet Manager will then contact first alternate. If you have a change prior to Tuesday, after Monday's meeting please e-mail Tom Roys at tom.roys@asd16.org

MEET ENTRIES AND QUALIFYING PROCEDURE

A. Laned Races

1. Each School will be permitted one entry per event plus additional qualifiers to fill 24 spots.
2. Additional entries are based upon season performance and qualifying standards. Qualifying standards will take precedent over season standards. If there are ties for final positions all qualifiers will be entered.
3. Participants will be seeded in the running events in three heats based upon their best time this season.
4. When there are two heats the top 3 in each heat and the net two fastest times qualify for the finals. When there are three heats, the top 2 in each heat and the next 2 fastest times qualify for finals. When there are 4 heats, the heat winners and the next 4 fastest times qualify for the finals
5. Should there be a malfunction with the timing system ***National Federation preliminary advancement procedures will be followed.***

B. Non-Laned Races

1. No Qualifying races will be held for the 1600m and the 3200m races.
2. Each school will be permitted to enter one participant plus additional qualifiers up to 24 based on qualifying standard and season performance.

C. Field Events

1. One entry per event.
2. Event can be filled with up to 24 based upon qualifying standard and season performance.
3. Preliminaries and finals will be held on the same day.
4. The format will be 3+3 with 9 advancing to the finals.

D. Relays

1. One team per school will be permitted. Relay names shall be entered via athletic.net.

E. Ties

Laned Races: In case of a tie for third place in a prelim heat, the final determination on qualifying will be handled as follows:

- 1.) If the time is faster than the third-place times in other heats, both runners will qualify for the finals.
- 2.) If the time is slower than the third-place times of the two other heats, a run-off will be required to determine the alternate.
- 3.) If the tie qualifies for the second fastest third-place time, a run-off will be required with the winner qualifying for the finals and the loser being the alternate.

Field Events:

- 1.) If a tie in the high jump and/or pole vault exists after applying the National Federation tie breaking rules and the tie involves the last spot to State, a jump-off will occur. Because the rules in High Jump and Pole Vault do not allow for the bar to be lowered once the event begins (NFHS 6-8 Art. 9), a jump off would only occur to break a tie for first place.
- 2.) If there are other ties by any number of competitors for scoring places, the points for the tied places shall be added together and divided by the number of competitors who are involved in the tie (NFH 6-3 Art. 4).
- 3.) Ties in other field events will follow NFHS rules by using the next best performance mark to break the tie.

FIELD EVENT PROCEDURES

A. Shot Put, Discus, Triple Jump, and Javelin

1. Competitors will be given 3 trials in the prelims with the top 9 qualifying for the finals and receiving 3 more trials. Finals will occur in reverse order of the best preliminary marks.
2. Prelims will run in flights. Each member of a flight will be allowed one trial in turn until all 3 preliminary trials have been completed. A competitor may choose to attempt one or more trials during her/his turn in rotation.
3. **All implements are required to be weighed-in.** Weigh-ins will be conducted between 2:45 – 3:15pm on Wednesday; and 4:45-5:15pm on Friday.
4. Field event start times may be adjusted by meet management.

B. High Jump and Pole Vault

1. Boys High Jump will start 5'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.
2. Girls High Jump will start at 4'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.
3. Boys Pole Vault will start at 8'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.
4. Girls Pole Vault will start 6'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.
5. **Pole Vault certification forms** should be complete and hand delivered to meet management at the pre-meet coaches meeting on the day of competition. All vault poles must be properly marked and properly taped.
6. Prior to competition, **vaulters should prepare to be weighed** to verify they are using a properly rated pole.

TRACK EVENT PROCEDURES

- A. 1600m and 3200m runs will start from a double alley waterfall start. (Double Alley/Break at 100)
- B. 800m run will be staggered for one turn. The competitor may break for the inside lane as they pass the break line marked by cones at the end of the first turn.
- C. 400m will be run in lanes.
- D. 300m hurdles and 200m will be run on the curve.
- E. 800m relay and 1600m relay will run a three-turn stagger.
- F. Competitors are to REMAIN IN THEIR LANES until released by finish line personnel.
- G. A Finish Lynx timing system will be used to time running events

DRESSING ROOMS

Locker rooms will not be available. Participants should come dressed for competition. Please do not leave valuables unattended.

GENERAL INFORMATION

1. **Coaches and participants must sit in the stands or remain in the designated viewing areas during the meet.** Only those athletes actively participating or warming up will be allowed in the infield.
2. Starting blocks will be furnished. Competitors may use their own.
3. No spikes longer than 1/4 inch will be permitted in any event.
4. Calls for each event will be made over the public address system. First, second, and last calls will be announced. Athletes should report to the clerk of the course no later than third/last call.
5. The ten-minute rule will be enforced for all field events.
6. No food or drink is permitted on track surface or field other than water.

COACHES MEETING

The pre-event meeting will take place approximately 45 minutes before the first scheduled event.

SCORING

Places	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual	10	8	6	5	4	3	2	1

Relays 10 8 6 4 3 2 1

Ribbons will be awarded to the top eight placers.

Participants should proceed to the awards area upon announcement of the award ceremony.

EXCHANGE ZONE JUDGES

Meet management will make every effort to provide officials to judge exchange zones. In the event extra judges are needed, coaches from non-participating schools may be asked to assist.

ADDITIONAL INFORMATION

1. The order of field events will mirror that of the District/BI-District Meet with the girls' pole vault held Wednesday and the boys vault on Friday, unless weather causes a postponement.
2. Lane assignments for finals will be determined by placement in preliminary heats. Seeding will be assigned by preferred lanes.
3. For all laned races and individual events, 400 meters and under, the prime lane order will be; 4-5-3-6-2-7-1-8. The 800-relay prime lane order will be 1-2-3-4-5-6-7-8. The 1600 relay prime lane order will be 2-3-4-5-6-7-1-8.
4. The 1600 and 3200 meters will start in alleys. Athletes will be ranked in order by time with the top 1/3 of the entered field (rounded up) in the outside alley (lanes 5-8) and the remaining athletes in the inside alley (lanes 1-8). Athletes in each alley will be lined up in order by time with the top seed on the outside and lowest seed on the inside. The outside alley can have a maximum of 8 athletes on the line. The inside alley can have a maximum of 12 athletes on the line with additional runners stacked behind.
5. After the meet has started, If a laned race finalist withdraws from the final, that lane will remain unfilled.

POINTS OF CLARIFICATION

1. **Scratches:** Any scratches or withdrawals must be made with the meet manager **NO LATER THAN 12:30pm** Tuesday, prior to Wednesday's meet. The Meet manager will notify the next eligible alternate of his/her opportunity to compete. The coach of the entering alternate must immediately confirm entry with the meet manager. Scratches or withdrawals after this deadline must have a doctor's certificate. An individual scratched after this deadline without a doctor's certificate **will be withdrawn from all other events in which they have qualified**. Any disputed situations will be presented to the jury of appeals.
2. **Relay Substitutions:** A maximum eight (8) members may be listed for each relay team. Relay names must be entered into athletic.net. Of those eight, any four may participate. Only those who actually run (in the prelims or finals) will be considered to have competed in this event. Names of relay members need to be submitted to ANET for record keeping purposes only.

ADVANCEMENT TO 3A DISTRICT MEET

District meet will be using a timed final format. The last heat in laned races (including 800 and relays) will be the fastest heat.

Laned races and Relays:

The District meet will be filled to 16 with 5 north, 5 south, 2 NWC and next four best marks. The heats will run from slowest to fastest.

Heat one = qualifiers 16-9. Heat two = qualifiers 8-1. Places will be awarded by time, irrespective of heat.

Field events and 1600/3200:

16 total entries advance to District meet. Top 5 North, Top 5 South, Top 2 NWC and next four best marks.

- Times/distances used to seed the District Meet will be determined using either the prelim or final heat mark, whichever mark is better.
- Any athlete disqualified from a Conference/Sub-District Prelim/Final event will not advance to the district meet in that event.
- Any relay disqualifications will result in non-advancement.
- Additional heats will be run if 17 or more athletes qualify due to ties.
- Heat assignments will be based upon times at the previous week's Conference (WESCO) or Sub District (Northwest Conf) Meet and seeded using Hy-Tek Meet Manager Software.
- The NFHS/State meet conversion formula will be used in the event hand-held times were used.

RELAYS:

16 total entries advance to District meet. Top 5 North, Top 5 South, Top 2 NWC and next four best marks. Heat assignments will be based upon times at the previous week's Conference (WESCO) or Sub District (Northwest Conference) Meet and seeded using Hy-Tek Meet Manager Software.

**WESCO 3A NORTH CHAMPIONSHIP MEET
SCHEDULE
ARLINGTON HIGH SCHOOL**

Wednesday May 8, 2024

3:00pm Coaches Meeting

Field Events

4:00pm Boys High Jump
Girls Discus
Boys Shot Put
Girls Javelin
Boys Long Jump
Girls Long Jump
Girls Pole Vault

Running Events

4:30pm Girls 4x200m Relay Final
4:40pm Boys 110m High Hurdles Prelims
4:50pm Girls 100m High Hurdles Prelim
5:00pm Boys 100m Dash Prelims
5:10pm Girls 100m Dash Prelims
5:20pm Boys 1600m Run Final
5:30pm Girls 1600m Run Final
5:40pm Boys 400m Dash Prelims
5:50pm Girls 400m Dash Prelims
6:00pm Boys 300m Low Hurdles Prelims
6:10pm Girls 300m Low Hurdles Prelims
6:20pm Boys 800m Run Prelims
6:30pm Girls 800m Run Prelims
6:40pm Boys 200m Dash Prelims
6:50pm Girls 200m Dash Prelims

Friday May 10, 2024

4:45pm Coaches Meeting

Field Events

5:30pm Girls Shot Put
Boys Javelin
Girls High Jump
Boys Discus
Boys Triple Jump
Girls Triple Jump
Boys Pole Vault

Running Events

6:00pm Boys 110m High Hurdles Final
6:05pm Girls 100m High Hurdles Final
6:10pm Boys 100m Dash Final
6:15pm Girls 100m Dash Final
6:20pm - Awards Break -
6:30pm Boys 4x100m Relay Final
6:40pm Girls 4x100m Relay Final
6:50pm Boys 400m Dash Final
6:55pm Girls 400m Dash Final
7:05pm Boys 300m Low Hurdles Final
7:15pm Girls 300m Low Hurdles Final
7:20pm Boys 800m Run Final
7:25pm Girls 800m Run Final
7:35pm Boys 200m Dash Final
7:40pm Girls 200m Dash Final
7:45pm Boys 3200m Run Final
8:00pm Girls 3200m Run Final
8:15pm Boys' 4x400m Relay Final
8:25pm Girls' 4x400m Relay Final

NOTES:

- 1) Start times will not be altered to accommodate individuals under any circumstances. This schedule will be maintained throughout the meet. Some delays may be necessary to maintain the time schedule.
- 2) If girls' pole vault is cancelled on Wednesday, it will be rescheduled at **4:00pm** on Friday and upon its completion, will be followed by the boys' pole vault.
- 3) Standard NFHS Scoring: 10-8-6-5-4-3-2-1 for all events, including relays.



POLE VAULTER WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS – Member schools are required to process the **Pole-Vaulter Weight Verification Form** listing each student participating in the pole vault event. This form must be on file in the athletic director's office prior to a pole vaulter's first interscholastic competition.

School _____

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

Date _____ **Signature of Principal** _____

Date _____ **Signature of Athletic Director** _____

Date _____ **Signature of Coach** _____

NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

Rule 7-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in a 3/4" contrasting color, located within or above the top hand-hold position; a one-inch circular band indicating the maximum top-hand-hold position.

The location of the band indicating the top safe hand-hold position shall be determined by the manufacturer.

It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.

SPECIAL NOTE: It is no longer permissible for a coach to "re-mark" a top hand hold band. ONLY the initial manufacturer's marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.

Rule 7-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his /her weight during warm-up or competition.

PENALTY: Disqualification from the event. Rule 7-5-29h: It shall count as an unsuccessful trial when the vaulter grips the pole above the top-hand-hold band.

Review all of Rule 7-5-7 through 14 and Rule 7-5-19 through 22, relative to adopted rules and dimensions for landing pad, plant box, hard and unyielding surfaces and the placement of the standards/uprights.

Track Appeal Official Form

Appeals regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written with the NFHS rule number infringed and presented by a head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Games Committee.

Event: _____

NFHS Rule # _____

State the infraction: _____

School: _____ Coaches Signature _____