

**2024 WESCO 4A
TRACK & FIELD CHAMPIONSHIPS
MAY 8 & 10, 2024
Snohomish Veterans Stadium
(Hosted by Glacier Peak)**

Date: Wednesday, May 8, 2024
Time: 5:00 pm - Field Events; 6:00 pm – Running Events

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

Meet Management

Meet Manager	Rory Rosenbach 360-348-5686
Referee	Bruce Carrick
Starter	Craig Smith
Starter/Marshall	Loren Childers

Jury of Appeals: Dave McFadden MA, Eric Hruschka JA, David Weed GP, Meet manger, Meet Referee

Participating Schools

Glacier Peak Jackson Kamiak Lake Stevens Mariner

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 4A Championships Day 1. (*The WESCO 4A Championships Day 2 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 p.m. on Monday, May 6th at Glacier Peak High School in room 702A. Please park by the Tennis courts and enter through the bank of doors at the end of the building on the 1st floor.**

MEET ENTRIES AND QUALIFYING PROCEDURE

NOTE: WESCO 4A meet will be using a timed final format.

1. Each School will be permitted one entry per event and we will fill up to 16 spots.
2. Entries are based upon season performance. If there are ties for final positions all qualifiers will be entered.

A. Laned Races

1. Participants will be seeded in the running events in two heats based upon their best time this season. 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.
2. Should there be a malfunction with the timing system **National Federation preliminary advancement procedures will be followed.**

B. Non-Laned Races

1. One heat will be held for the 1600m and the 3200m races.

C. Field Events

1. The format will be 3+3 with 9 advancing to the finals.

D. Relays

1. One team per school will be permitted.

Relay Entry – We require relay names to be submitted via athletic.net.

E. Ties

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

- 1.) If the tie qualifies for the advancement to Bi-districts, a run-off will be required with the winner qualifying.

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), any jump-off would take place at the conclusion of the event for that classification and/or gender.
- 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.

SEED MEETING

6:00 p.m. Monday, May 6th at Glacier Peak High School in room 702A.

Clerical additions and scratches will take place at the seed meeting.

Individuals may be withdrawn up until 12:30pm on Tuesday, May 7. The Meet Manager will then contact the alternate(s). If you have a change prior to Tuesday deadline, please e-mail all coaches and meet manager with the scratch.

FIELD EVENT PROCEDURES

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

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 3:45 – 4:45pm.
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 the 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 waterfall start. (2 sections/Break after 100M)
- 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. 100m, 200m 400m, 400m relay and hurdle races will be run in lanes.
- D. 800m relay and 1600m relay will run a three-turn stagger.
- E. Competitors are to REMAIN IN THEIR LANES until released by finish line personnel.
- F. A FAT 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	2			

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. Every effort will be made that the order of field events will mirror that of the bi-district meet.
2. 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.

POINTS OF CLARIFICATION

1. **Scratches:** Any scratches or withdrawals must be made with the meet manager **NO LATER THAN 12:30pm** Tuesday, prior to the 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 Games Committee.
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 THE 4A WES/KING Bi DISTRICT MEET

The top six (6) KINGCO, top four (4) WESCO and the next best six (6) performance marks from the previous weeks qualifying meets will advance to the 4A Bi District meet. Should an athlete or athletes elect not to advance in an event, the next eligible athlete(s) will advance in their place.

Bi District meet will be a timed final, with two heats in laned races. The second heat will be the faster heat.

All schools are allowed one entry provided they competed in the previous weeks qualifying meet. Heat assignments will be based upon times at the previous week's Conference (WESCO, KINGCO) Meet and seeded using Hy-Tek Meet Manager Software

The State Meet conversion formula will be used in the event hand-held times are used.

Any athlete disqualified from the Conference/sub-district prelim/final will not advance to the Bi District meet.

4A WESCO CONFERENCE MEET SCHEDULE

Wednesday May 8, 2024

4:15pm Coaches Meeting

Field Events

5:00 Girls-Pole Vault
5:00 Girls-Javelin
5:00 Boys and Girls-Long Jump
5:30 Boys-High Jump
5:30 Boys-Shot
5:30 Girls-Discus

Running Events

5:55pm **National Anthem**
6:00pm Girls 4x200
6:15pm Boys 110m High Hurdles
6:25pm Girls 100m Int. Hurdles
6:35pm Boys 100m Dash
6:45pm Girls 100m Dash
6:55pm Boys 1600m Run
7:05pm Girls 1600m Run
7:15pm Boys 400m Dash
7:25pm Girls 400m Dash

Friday May 10, 2024

4:45pm Coaches Meeting

Field Events

5:30 Boys-Pole Vault
5:30 Boys -Javelin
5:30 Boys and Girls-Triple Jump
6:00 Girls-High Jump
6:00 Girls-Shot
6:00 Boys-Discus

Running Events

6:25pm **National Anthem**
6:30pm Boys 4x100
6:40pm Girls 4x100
6:50pm Boys 800m Run
7:00pm Girls 800m Run
7:10pm Boys 300m Hurdles
7:20pm Girls 300m Hurdles
7:30pm Boys 200m Dash
7:40pm Girls 200m Dash
7:50pm Boys 3200m Run
8:05pm Girls 3200m Run
8:20pm Boys 4x400m Relay
8:35pm Girls 4x400m Relay

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) All races are time finals, with the faster seeded heat running second.
- 4) Standard NFHS Scoring: 10-8-6-5-4-3-2-1 for all individual events and 10-8-6-4-2 for 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: _____ Coach's Signature _____