

2024 3A NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

May 8 & 10, 2024

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale WA 98248

Date/Time

Day 1: **Date:** Wednesday, May 8, 2024

Time: 3:30PM - Field Events and 4:00 PM Track Events (**2:45 PM – Coaches meeting**)

Day 2: **Date:** Friday, May 10, 2024

Time: 3:30PM - Field Events and 4:00 PM Track Events (**2:45 PM – Coaches meeting**)

Streaming: Running events will be live streamed at TBA (click on to watch)

Meet Management

Meet Manager	Don Pringle (don.pringle@ferndalesd.org)
Starters	Ted Genger, Ben Goodwin
Clerk of the Course	Nick Carlson
Referee (Running Events)	Eric Tripp
Referee (Field Events)	Grant Driver

Jury of Appeals

Eric Tripp, Don Pringle (FHS), Jay Turner (OHHS), Kodiak Landis (MVHS)

Admission

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

Passes

NW District 1 Event Administrator's Pass will be accepted
WSSAA Member Digital Pass (with photo id) will be accepted
Washington State Coaches Association Pass (with photo id) will be accepted
NW District 1 Lifetime Pass will be accepted
WA Officials Association Observation Pass will be accepted
WIAA Seeding Committee Member pass will be accepted

Participating Schools:

Ferndale Mt. Vernon Oak Harbor

ENTRIES:

All entries submitted to Meet Manager via athletic.net by Sunday, May 5 at 10:00AM

Any scratches or adds need to be made with the meet manager NO LATER THAN 6:00PM MONDAY, May 6. The meet manager will then notify the head coach of the next eligible participant of his/her opportunity to compete in the meet. Any scratches or withdrawals after this deadline must have a doctor's certificate; a person scratched after this deadline and without a doctor's certificate **will be withdrawn from all other events in which they have qualified.**

Initial Meet program will be emailed to Head Coaches Sunday evening.

Seeding Meeting: A seeding meeting (via Zoom) may be held Monday, May 6th, if the meet manager deems it necessary.

MEET ENTRIES AND QUALIFYING PROCEDURE

ADVANCEMENT TO 3A NWC CHAMPIONSHIP (SUB-DISTRICT) MEET

- Each school is allowed 5 entries per event and 1 relay.

Laned races and Relays: The 3A NWC Championship meet will be filled to 15 with 5 from each participating school. The heats will run from slowest to fastest. Heat one = qualifiers 15-9. Heat two = qualifiers 8-1. Places will be awarded by time, irrespective of heat.

Field events and 1600/3200:

15 total entries advance to the 3A NWC Championship meet with 5 from each participating school.

- Times/distances used to seed the 3A NWC Championship meet will be determined using an athlete's best time/mark achieved during the current season.
- Additional heats will be run if 18 or more athletes qualify due to ties.
- Heat assignments will be based upon determined using an athlete's best time/mark achieved during the current season
- The NFHS/State meet conversion formula will be used in the event hand-held times were used.

Relays: All schools are allowed one entry.

- A maximum eight members may be listed for each relay team. Of those eight, any four may participate. Only those who actually run will be considered to have competed in this event. All relay participants, including alternates, must be entered into athletic.net prior to the published meet registration deadline.

Tie Breaks:

- If a tie should exist between two or more competitors in a track event and it involves a spot to the District meet, a run-off between the tied competitors will take place at the end of the meet.
- 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 the District meet, 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.
- 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).

FIELD EVENT PROCEDURES

- **Field Event Check-out Times:** Coaches and athletes should show good sportsmanship by aiming to keep check-out times brief (less than 15 minutes whenever possible). Field Event Judges are to use their discretion, always allowing a reasonable amount of time for the excused athlete to return, understanding that it may take longer. Judges may ask coaches to seek out athletes if they have been checked-out for 15 minutes or more.

SHOT PUT, DISCUS, LONG JUMP, TRIPLE JUMP, AND JAVELIN

- Competitors will be given 3 trials in the prelims with the top 8 qualifying for the finals and receiving 3 more trials. Finals will occur in reverse order of the best preliminary marks.
- 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.

HIGH JUMP AND POLE VAULT

- The Boys' and Girls' High Jump will for will start one height lower than the lowest qualifier's best mark¹ and will progress by 2" increments until the field is cut in half, at which time increments may be 1" until one contestant remains
- The Boys' and Girls' Pole Vault will start one height lower than the lowest qualifier's best mark² and will progress by 6" increments until the field is cut in half, at which time increments may be 3" until one contestant remains. [NOTE: The starting height may need to be adjusted to the lowest bar height that can be accommodated by the host facility's equipment.]
- **Pole Vaulter Weight Verification Form** should be completed and hand delivered to the Meet Manager at the coaches meeting on the day of competition. All vault poles must be properly marked and properly taped.

TRACK EVENT PROCEDURES

- Straightaway Races: 100 meter dash, 110 and 100 meter hurdles.
- 300 Meter Hurdles: will start on the backstretch, using a one (1) turn staggered start.
- 200 Meter Dash: will be run around one (1) curve in lane all the way from a staggered start.
- 400 Meter Dash: will be run around two (2) curves in lane all the way from a staggered start.
- 800 Meter Run: will be run with a one (1) turn stagger; the contestants must run in lane until they enter the straightaway out of the first curve; cones will mark the break lines.
- 1600m run will start from an alley start. (2 sections/Break at 100)
- 3200m run will start from an alley start. (2 sections/Break at 100)
- 400 Meter Relay will be run all the way in the lanes from a staggered start; the start is at the beginning of the first curve.
- 800 Meter Relay: Rules with the 3-turn stagger will apply. See NFHS rules book.
- 1600 Meter Relay: Rules with the 3-turn stagger will apply. See NFHS rules book.
- Exchange Zones: 30 meters long zones with no acceleration zone for relays 800 meters and less.
- Cut to Pole: a runner must have a full running stride lead on the runner whose path he crosses. Failure to comply will result in disqualification.
- Finish: Contestants must remain in their lanes after the race to assist the judges and avoid errors. All races end at a common finish line at the end of the front straightaway.
- Starting Blocks: The Ferndale School District will provide starting blocks. Visiting teams may provide their own if they wish.

LOCKER ROOMS/COACHES MEETING

Locker rooms will not be available for athletes. Pre-meet coaches' meetings will occur near the finish line. Please do not leave valuables unattended.

SCORING

Places	1 st	2 nd	3 rd	4 th
Individual	5	3	2	1
Relays	5	3	0	

¹ The 2023 bulletin established starting height "at 4'10 for boys and 3'10 for girls"

² The 2023 bulletin established starting height "at 7' for boys and 6' for girls"

NWC 3A Track & Field Championships Bulletin

Updated: 4/24/2024

GENERAL INFORMATION

- Only 1/4" spikes are allowed. An athlete will NOT be allowed to compete if he/she has longer spikes.
- All spectators and coaches MUST remain in the stands, or behind designated flagged or fenced viewing areas.
- All athletes not entered in the event being run or about to be run MUST remain in the stands. Athletes may warm up inside the designated area on the stadium infield.
- Tape or tennis balls are to be used for checkmarks on the track's surface.
- PLEASE, NO SPIKES IN THE GRANDSTANDS.
- No food or beverages in the competition or warm-up areas. No sunflower seeds or gum. Water Only.
- Call for each event will be made over the P.A. system. A first, second, and last call will be given.
- You are asked to remain out of the press box at all times.
- Meet results will be uploaded to athletic.net following the end of the meet.

ADDITIONAL INFORMATION

1. Prime Lane Order:
 - For all laned races and individual events, 400 meters and under: 4-5-3-6-2-7-1-8.
 - The 800 meter open lane order will be 2-3-4-5-6-7-8-1.
 - 1600 meter relay: 2-3-1.
2. The 800 Relay prime lane order will be 1-2-3.
3. 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.
4. **Relay Exchange Zones** – Ferndale will provide judges for the exchange zones.
5. **Meet Schedule Note:** The meet will not run ahead of schedule to guarantee rest time for athletes between events.

ADVANCEMENT TO 3A DISTRICT 1 MEET

All events except relays:

- Top 5 South, Top 5 North, Top 2 NWC auto qualifies to the district meet.
- Districts will be filled to 16 with next four best marks.

Relays:

- All schools are allowed one entry.
- Relay members may change from the 3A NWC Championship meet to the District meet.
- All relays will qualify for the district meet unless they are disqualified for "non-performance related DQs" such as un-sportsman like conduct. (See District Meet Bulletin.)

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 _____

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 _____

Pole Vaulter Weight Verification Form



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 _____

Table with 3 columns: Name of Vaulter, Weight, Pole Rating. Rows 1-6.

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.

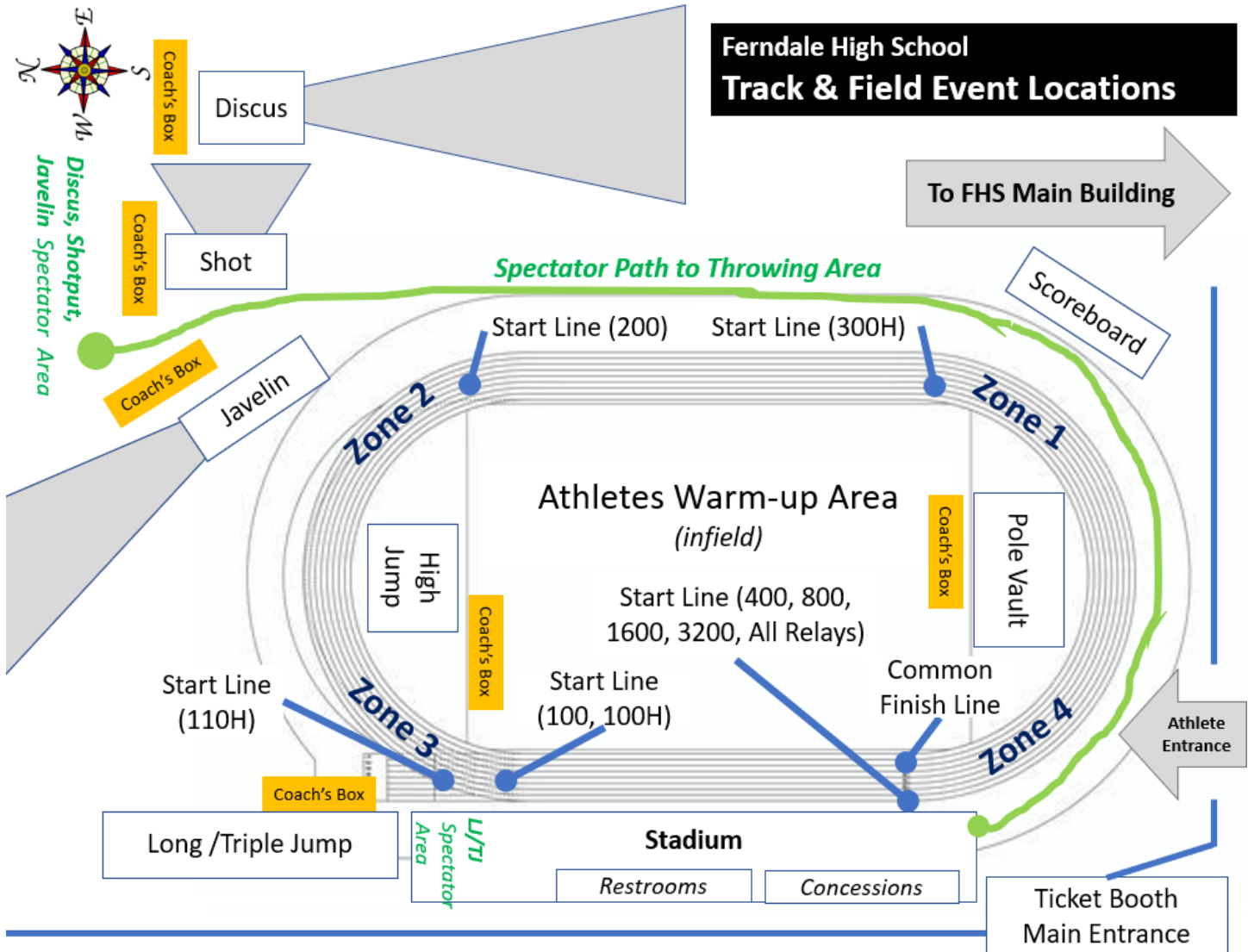
SPECIAL NOTE: It is no longer permissible for a coach to “re-mark” a top hand hold band. ONLY the initial manufacturer’s marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.

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.

Ferndale High School Track & Field Event Locations



Ferndale High School Track Exchange Zone Markings: The FHS Track has the updated 30m exchange zone markings.

4x200

- Exchange 1 (Zone 2): Green Triangles
- Exchange 2 (Zone 4): Green/Blue Triangles
- Exchange 3 (Zone 2): Green Triangles

4x100

- Exchanges 1-3 (Zones 1-3): Yellow Triangles

4x400

- Exchange 1 (Zone 4): Blue Triangles (staggered)
- Exchange 2-3 (Zone 4): Blue Triangles

2024 3A NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

3A SUB-DISTRICT TRACK SCHEDULE

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale, WA 98248

Wednesday May 8, 2024

Field Events

3:30 Girls-Pole Vault
Boys-Javelin
Boys-Long Jump
Girls-Long Jump
Boys-High Jump
Boys-Shot
Girls-Discus

Running Events

4:00 Girls 4x200 relay
4:15 Boys 110m High Hurdles
4:25 Girls 100m Int. Hurdles
4:35 Boys 100m Dash
4:45 Girls 100m Dash
4:55 Boys 1600m Run
5:05 Girls 1600m Run
5:15 Boys 400m Dash
5:25 Girls 400m Dash

Friday May 10, 2024

Field Events

3:30 Boys-Pole Vault
Girls-Javelin
Boys-Triple Jump
Girls-Triple Jump
Girls-High Jump
Girls-Shot
Boys-Discus

Running Events

4:00 Boys 4x100 relay
4:10 Girls 4x100 relay
4:20 Boys 800m Run
4:30 Girls 800m Run
4:40 Boys 300m Hurdles
4:50 Girls 300m Hurdles
5:00 Boys 200m Dash
5:10 Girls 200m Dash
5:20 Boys 3200m Run
5:35 Girls 3200m Run
5:50 Boys 4x400m Relay
6:05 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 Day 1, it will be rescheduled at 2:30pm on Day 2 and upon its completion, will be followed by the Boys pole vault.
- 3) All races are timed finals, with the faster seeded heat running second.
- 4) Each heat will have no fewer than three competitors.

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale, WA 98248

