**2024 Emerald Sound Conference Track & Field Championships**

**Dates & Location**

Granite Falls High School Thursday, May 9th

1401 100th ST NE Saturday, May 11th

Granite Falls, WA 98252

**Schools**

Bear Creek Bush Cedar Park Christian Eastside Prep Granite Falls King’s Northwest Seattle Academy South Whidbey Sultan Summit Sierra University Prep

**Meet Management**

1. Meet Manager/Referee Mark Neuman mneuman@gfalls.wednet.edu

School Phone: (360) 283-4361

Cell Phone: (360) 691-7647

2. Games Committee (Jury of Appeals/Umpires)

Mark Eager (South Whidbey),

Gavin Tucker (Seattle Academy)

Garron Smith (CPC)

**Coaches Meeting**

1. There will be a coaches meeting at 3:30 pm on Thursday and 9:30 am on Saturday on the field by the press box.
2. A participant may scratch from an event up to and during the Thursday May 9th

coaches meeting. Participant scratching after the Thursday meeting will be scratched from all events and will not be allowed to participate per WIAA Track and Field regulations.

1. The Thursday coaches meeting is the last time to add an alternate to any Thursday field event or running event.
2. The Saturday coaches meeting is the last time to add an alternate to any Saturday field event or running event.
3. There will be a final coaches meeting following the last event on Saturday.

**Bi-District Meet Qualification**

1. 9 girls and 9 boys from the Emerald Sound Conference (District 2) will qualify from each event, including relays, to the Bi-District Meet at Granite Falls High School on Thursday and Saturday, May 16th and 18th. 3 boys and 3 girls from the Northwest Conference (District 1) will also qualify.
2. Additional entries – In addition to the 3 automatic entries from District 1, and the 9 automatic entries District, the next 4 best times or distances from the two meets will fill the remaining spots. The Bi-District meet will have 16 entries in each event.

**Qualification procedure**

1. 24 Total qualifiers in each individual event will compete as taken off Athletic.net.
2. Each school will be allowed one entry in relays. All relay entries need to be entered on athletic.net by Tuesday, May 7th at 7 pm. Only those who actually run (in the prelims or finals) will have been considered to have competed in the event.
3. According to State Regulations, if a contestant or relay team is disqualified from the qualifying meet (in the prelims or finals), then that contestant or relay team will not advance to the Bi-District meet.

**Entry process**

1. Entries must be submitted by Tuesday, May 7th at 7 pm.
2. A meet program, with flight and heat sheets, will be emailed to participating coaches no later than Wednesday, May 8th by 2:00 pm.
3. After the 7 pm Tuesday deadline, the entries and two alternates for each individual event will be confirmed.
4. Scratches will be allowed up to the start of the Thursday meet without penalty of scratching other events.
5. Additions due to scratches for Saturday will be dealt with on Saturday.

**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. If an appeal produces a rerun, the rerun will involve the last qualifying athlete/relay, and the winner of the appeal. A relay rerun will consist of the 4 members that competed in the appealed race. 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 minutes before the start of the event, “2nd Call” will be 10 minutes before the start of the event, and “Final Call” will be 5 minutes before the start of the event. By the “Final Call” participants should be in the Marshaling Area.
3. The Marshaling area will be at the starting line of the event.
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. All track events are timed finals.
6. Only 1/4” or less spikes are allowed on track and runways.
7. Athletes may warm up in the area on the infield. Devices such as bungees, belts, chutes, etc. will not be allowed in the warmup area.
8. 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.
9. The finishing area is only for officials.

**Seeding Procedures**

* 1. Running events will be seeded by time only using Athletic.net times.
  2. There will be 3 heats in the laned events and relays (all individual events up through the 800m) and will compete fastest to slowest entry times.

Heat 1 = entry times 1-8

Heat 2 = entry times 9-16

Heat 3 = entry times 17-24

* 1. The meet manager has the right to alter the number of participants in a heat for competitive reasons.
  2. For the 1600 and 3200, seeding will be in two alleys with runners 1-8 in the outside alley, 9-24 in the inner alley, fastest outside to slowest inside.
  3. Any athlete or relay team disqualified from a qualifying meet Prelim/Final event will not advance to the Bi-District Meet in that event.
  4. The State Meet Conversion Formula will be used in the event hand-held times were used.

**Relay Team Members**

1. In case members of a qualified relay team cannot participate in the next higher meet, the coach of the indisposed contestants is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the coach of the next qualified relay team.
2. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.
3. All relay entries need to be entered on athletic.net by Tuesday, May 7th at 7 pm. 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.

4. If eight or fewer schools enter a relay team, then each team will be entered into a final heat based upon times established on Athletic.net.

**Relay Zones**

1. 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.

**Throws and Horizontal Jumps**

1. Prelims and finals will be contested on the same day. The finals will start within 10 minutes of the announcement of the finalists.
2. The competitors will be placed into flights of eight based on marks at the qualifying meets.
3. Each competitor will be given three attempts in the prelims.
4. 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.
5. The javelin will be thrown off a rubberized runway.
6. 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.
7. Any time 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. The athlete has exactly 15 minutes to report back in to 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 in to their field event, or their next attempt will be scratched.
8. Weight implements check-in will start at 3:00 pm on Thursday and 9:00 on Saturday in the shed by the throwing area. If an implement passes the check-in and is officially marked, then athletes may use their own implements.

**High Jump and Pole Vault**

1. The competitors will be placed in reverse order based on marks at the qualifying meets.
2. Participants will check in with the field event official.
3. High Jump – Starting heights will be 3’ 10” for girls and 4’ 10” for boys. The bar will rise 2” until four or fewer competitors are remaining and rise 1” thereafter.
4. Pole Vault - Starting heights will be 6’ for girls and 8’ for boys. The bar will rise 6” until four or fewer of the competitors are remaining and rise 3” thereafter.
5. Pole vault coaches can be on the field in the “coaches box”. All other event coaches must remain outside the fence.
6. If rain appears to be in the forecast, boys and girls pole vault may be held on the same day.

**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 watch from outside the fence on the north end of the stadium.
3. Coaches please remind athletes to return to the stands 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 around 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 very specific as to what the athlete can or can’t 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. Flash Timing system will be used. Races should not have to be recalled other than for false starts.
2. The host school will provide starting blocks. Athletes may have someone hold their blocks for them to eliminate blocks slipping. 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 individual event and top 4 in relays will receive ribbons.

1. 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 the Bi-District meet, 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 Conference champion.
3. If a tie should exist between two or more competitors in a track event and it involves a spot to the Bi-District 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.
4. If the tie does not involve a spot to the Bi-District 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.

**Protests**

1. Coaches may NOT protest
   * + 1. Any judgment decision pertaining to violations or alleged violations of the rules.
       2. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
       3. Whether a start is fair and legal.
2. Situations which are subject to protest/appeal include:
   1. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
   2. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
   3. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
   4. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

**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 Mark Neuman by Wednesday, May 8th.
3. Admission will be charged for both days. Adults $8.00;

Students w/ASB, Children & Senior Citizens – $6.00

1. Spectators with District 1 Lifetime and District 1 Event passes will be admitted free. Regular District One and Two Supervisory Passes are NOT valid for post-season admission.
2. 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 in order to be admitted. Private vendors will have to pay admission to be admitted.
3. 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.

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**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TIME SCHEDULE**

Thursday, May 9th Saturday, May 11th

**FIELD EVENT FINALS FIELD EVENT FINALS 4:00 Boys Long Jump (South) 10:00 Girls Long Jump (South)**

**4:00 Girls Triple Jump (North) 10:00 Boys Triple Jump (North)**

**4:00 Girls High Jump 10:00 Boys High Jump**

**4:00 Girls Pole Vault 10:00 Boys Pole Vault**

**4:00 Girls Discus 10:00 Boys Discus**

**4:00 Boys Javelin 10:00 Girls Javelin**

**5:30 Boys Shot Put 11:30 Girls Shot Put**

RUNNING TIMED FINALS RUNNING TIMED FINALS

**5:00 Boys 110m Hurdles 11:00 Girls 4x200m**

**5:15 Girls 100m Hurdles 11:15 Boys 800m Run**

**5:30 Boys 100m Dash 11:30 Girls 800m Run**

**5:45 Girls 100m Dash 11:45 Boys 300m Hurdles**

**6:00 Boys 1600m 12:00 Girls 300m Hurdles**

**6:15 Boys 4x100m 12:15 Boys 200m Dash**

**6:30 Girls 4x100m 12:30 Girls 200m Dash**

**6:45 Girls 1600m 12:45 Boys 3200m**

**7:00 Boys 400m Dash 1:05 Girls 3200m**

**7:15 Girls 400m Dash 1:30 Boys 4x400m**

**1:45 Girls 4x400m**

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**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 in the area of competition, including earbuds.

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.

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**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** [**Mark**](mailto:jsowards@lwsd.wednet.edu) **Neuman (**[**mneuman@gfalls.wednet.edu**](mailto:mneuman@gfalls.wednet.edu)**) before noon on Wednesday, May 8, 2024**