

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

Track & Field Championships

Saturday, May 17, 2025

HOSTED BY: Coupeville High School

MEET LOCATION: Coupeville High School, Mickey Clark Stadium

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

NW 2B schools: **District 1:** Coupeville, Friday Harbor, La Conner, Mount Vernon Christian, Orcas Island **District 2:** Summit Atlas

Concessions: Open

District Apparel: Will be sold on site

Admission: **CASH OR GoFAN** will be accepted on site, tickets may be purchased via GoFan digital ticketing. The link for GoFAN will be available through NW District 1.

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: 10-8-6-4-2-1 2B Meet Scoring: 10-8-6-4-2-1 Relays: 8-6-4-2
4. **Bi/Tri District Qualification Standards:**
 - a. **1B Qualification Standards to Quad-District Meet @ Franklin Pierce HS, May 22**
 - i. Top 4 boys
 - ii. Top 4 girls
 - b. **2B Qualification Standards to State Meet in Yakima (Eisenhower HS): May 29-31**
 - 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 15 @ 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 (4 x 2) + an additional 8 entries= 16.
 1. **Based on season marks entered into athletic.net (must be FAT timed/scored)**

- b. **2B Entries:**
 - i. Top 16 entries entered from District 1 and 2 teams via athletic.net
 - 1. **Based on season marks entered into athletic.net (must be FAT timed/scored)**
 - ii. **2B Coaches** will use a Seeding meeting (via Zoom) to correctly place athletes in events.
 - 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 remaining events. 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, Tim Boonstra, Bob Martin, and **1B rep**. The meet director will arbitrate.

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	4x 100m relay	4 x 200m Relay	4 x 400m Relay
1st ZONE	La Conner	Orcas Island	Coupeville
2nd ZONE	Lopez Island	Friday Harbor	
3rd ZONE	Grace Academy	Mount Vernon Christian	

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:	TBD
Meet Director:	Brad Sherman
Clerk of Course:	Neil Rixe & Amber Wyman
Announcer:	Christie Messner
Starter:	Jerry Helm

[NW 2B District Qualifying Standards](#)

2B State Qualifying Standards

EVENT	GIRLS	BOYS
100 M	13.26	11.82
200 M	27.10	23.45
400 M	1:02.96	52.80
800 M	2:30.79	2:03.23
1600 M	5:34.03	4:34.55
3200 M	12:32.39	10:20.74
100H/110 H	17.38	17.17
300 H	49.25	42.72

4 X 100 M RELAY	53.20	45.69
4 X 200 M RELAY	1:52.94	N/A
4 X 400 M RELAY	4:23.93	3:37.21
LONG JUMP	15'11.75"	19'11.50"
TRIPLE JUMP	33'04.00"	40'02.00"
HIGH JUMP	4'11"	5'10"
POLE VAULT	8'04"	11'10"
SHOT PUT	34'02.50"	44'05.00"
DISCUS THROW	109'05"	137'02"
JAVELIN THROW	110'03"	153'03"