

# 2025 METRO LEAGUE TRACK & FIELD CHAMPIONSHIPS



## Event Dates

Thursday, May 15, 2025 (Finals)  
Saturday, May 17, 2025 (Finals)

## Co-Meet Directors

Cathy Schick, Seattle Academy  
[cschick@seattleacademy.org](mailto:cschick@seattleacademy.org)

## Event Site

Southwest Athletic Complex (SWAC)  
27<sup>th</sup> SW and SW Thistle  
Seattle, WA 98126

Tara Davis, Seattle Public Schools  
[tadavis@seattleschools.org](mailto:tadavis@seattleschools.org)

Stephanie Perez, Seattle Public Schools  
[saperez@seattleschools.org](mailto:saperez@seattleschools.org)  
206-252-1790 (Office)

## Important Deadline Reminders:

### **Monday, May 12 - By NOON:**

- Coach must input eligible athletes into athletic.net for 6 PM seeding meeting at Nathan Hale (Library).

### **Tuesday, May 13 - By CLOSE OF BUSINESS [COB] (5 PM):**

- Coach must submit gate pass list to Cathy Schick - [cschick@seattleacademy.org](mailto:cschick@seattleacademy.org)

### **Wednesday, May 14 - By 3 PM:**

- Email scratches to Kenny: [ken123e@aol.com](mailto:ken123e@aol.com) and Cathy Schick: [cschick@seattleacademy.org](mailto:cschick@seattleacademy.org)
  - Coaches scratching athletes at this point should contact the school who has the alternate and notify them of the scratch as well.
- **Coaches' meeting on Thursday, 5/15 will serve as FINAL scratch deadline**
  - Following this deadline, any scratch will be a "scratch one – scratch all" unless there is a medical note authorizing something different. Medical notes must be submitted to Cathy Schick.

## **Important Notes for Coaches**

1. Coaches meeting will take place at **3 PM on Thursday and 9 AM on Saturday** in the home grandstands near the 100m starting line.
2. Any scratches for other than medical reasons after the seeding meeting on Monday, May 12 will remove that athlete from all remaining events.

Schools are reminded of WIAA Rule 22.2.5. In summation, by entering an event, schools are certifying their athlete intends to compete through the state meet.

- a. If an athlete has been disqualified from the meet because they are not competing through the state meet, points will be removed, if any, from any

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previous events the athlete has participated in and will be scratched from any events entered. The alternate will be placed into the event vacated.

3. Each school will be contacted prior to the meet regarding their volunteer assignments. In return, **schools will provide the names of their volunteers to the tournament manager as part of the pass list.** If assigned volunteers do not show up, coaches are expected to replace these volunteers.
  - a. Relay Exchange Zone Judges – Schools assigned as relay judges should be familiar with course markings of the exchange zone before the event to ensure accurate officiating.
4. Coaches and managers must remain in the stands, outside the track, or in designated field event viewing areas.
  - a. Coaches and spectators who wish to observe field events can only cross through the stadium field at the designated path.

Excerpt from 2025 WIAA Track and Field Standard Operating Procedures:

- In the running events, contestants who have not qualified to state on place must achieve the qualifying mark in the finals.
- In the field events, contestants who have not qualified to state on place can achieve the qualifying mark in both the preliminary trials or the final trials.

### Sportsmanship

Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the entire meet. (WIAA Track/Field Standard Operating Procedures [SOP])

### Meet Referee - Bob Springer

Responsibilities of the meet referees include:

- Supervision of all activities during the competition
- Responsible for conduct and supervision of all meet officials
- Responsible for receiving and acting on written protests, including consulting with Games Committee as needed
- Rule on race infractions and interpret meet rules in accordance with NFHS, WIAA, and meet syllabus

## Admission Policies

### For Spectators

#### *HomeTown Links*

Tickets will only be available digitally via HomeTown: there is NO walk-up ticket cash sales at this event

- Thursday, May 15:  
<https://events.hometownticketing.com/boxoffice/seattleschools/L2VtYmVkJ2V2ZW50LzczMg%3D%3D>
- Saturday, May 17:  
<https://events.hometownticketing.com/boxoffice/seattleschools/L2VtYmVkJ2V2ZW50LzczMQ%3D%3D>

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### Prices

Adults/students without ASB	\$ 10.75 *
Students (with ASB) + Children K-8	\$ 7.75 *
Senior Citizens (62+)	\$ 7.75 *
Pre-K (Ages 5 and under)	N/C *

\* Includes ESTIMATED service/convenience fees

### Seating

Fans have designated areas, including field events. Access to the in-field and coaching boxes are reserved for those with wristbands and not viewing areas for spectators.

### Expectations

Spectators are to comply with WIAA behavior and conduct as outlined in the [WIAA's Fan Expectation Guidelines](#). Meet management and event personnel have the authority to remove individuals for inappropriate behavior or comments. (NFHS 3-2) Derogatory cheers, slurs, and hateful comments relating to identity (race, ethnicity, gender expression, disability, religion) are not permitted. (WIAA Track/Field SOP)

### For Pass Gate Admissions

#### Athletes

Competing athletes will be admitted through the main gate area; their names will be checked off on the meet program. Athletes who did not advance into championship meet will be admitted via athletic.net roster.

Each school will have one (1) packet for pick-up which will include wristbands for participating athletes and alternates. Only 1 packet will be distributed to a school. Athletes must have their wristband on in order to access onto the infield.

#### School Coaches and Volunteers

Each participating school must submit a gate pass list to Cathy Schick (cschick@seattleacademy.org) by **Tuesday, May 13** [See **Pass List Form**]. Again, this must be done **prior** to arrival at pass gate to cover coaches, relay teams, and volunteers.

Part of the school's packet will include a limited number of coaches passes based on the number of participants for access into coaching boxes at designated area(s). Management will include wristbands for designated volunteers based on pass list – ie rakers, relay exchange zone support, etc. – for access.

#### Other

- WIAA pass board, Washington State Coaches Association membership and Metro League Lifetime passes are all valid for admission.

This event will not accept Faculty Credentials or Metro-issued coaches' basketball/football passes for entry.

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### Media

Press must show proper credentials and sign in. School photographers will be admitted without charge at the pass gate with League Identification pass. All photographers are limited to the stands or designated areas. They are not allowed on the in-field of the track.

### District Qualifiers

- 3A - This year, there will be 16 athletes seeded into the Sea-King meet. For allocations, the Metro League will receive 10 and Kingco will receive 6.
- 2A - This year, there will be 8 athletes seeded into the Sea-King meet. For allocations, the Metro League will receive 2 and Kingco will receive 3, with the top 3 filling the remaining spots.

### State Qualifiers and Automatic Qualifying Standards

No "pass throughs" are granted for any reason. Any athlete who qualifies for the State Championship must do so by earning the allocation in competition at the District Meet or by performing an automatic qualifying standard at the District Meet.

For 2025 -

- The 3A classification will have the top 6 qualifiers in each event and for both genders will advance to the WIAA State Championships
- The 2A classification will have the top 3 qualifiers in each event and for both genders will advance to the WIAA State Championships

### 2025 Qualifying Standards

Below are automatic qualifying standards by classification and gender. An athlete who performs this mark or better at the district qualifying meet can automatically advance to the WIAA State Championships.

2024	3A		Wheelchair		Ambulatory	
	Girls	Boys	Girls	Boys	Girls	Boys
100m	12.57	11.02	45.00	40.00	30.00	25.00
200m	26.11	22.46	N/A	N/A	1:00.00	50.00
400m	59.73	50.41	2:30.00	2:10.00	2:00.00	1:45.00
800m	2:16.54	1:56.27	4:40:00	4:10.00	N/A	N/A
1600m	5:03.18	4:15.95	8:50.00	8:10.00	N/A	N/A
3200m	10:56.64	9:19.09	N/A	N/A	N/A	N/A
100H/110H	15.60	15.11	N/A	N/A	N/A	N/A
300H	46.03	39.87	N/A	N/A	N/A	N/A
4x100m Relay	49.98	43.48	N/A	N/A	N/A	N/A
4x200m Relay	1:45.54	N/A	N/A	N/A	N/A	N/A
4x400m Relay	4:06.46	3:26.06	N/A	N/A	N/A	N/A
Long Jump	17'02.00"	21'07.75"	N/A	N/A	N/A	N/A
Triple Jump	35'08.75"	44'10.25"	N/A	N/A	N/A	N/A

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<b>High Jump</b>	5'02"	6'02"	N/A	N/A	N/A	N/A
<b>Pole Vault</b>	11'03"	13'10"	N/A	N/A	N/A	N/A
<b>Shot Put</b>	38'02.00"	50'06.75"	4'00"	6'00"	6'00"	8'00"
<b>Discus Throw</b>	116'01"	148'03"	8'00"	15'00"	19'00"	25'00"
<b>Javelin Throw</b>	121'02"	168'05"	8'00"	15'00"	16'00"	22'00"

For further details on these standards, visit the [full document](#) linked on the WIAA Track and Field site.

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## Awards

Medals – 1st through 3rd place

Trophies –1st place to top team in point standings; only 2 trophies awarded: Girls and Boys

A podium presentation will be awarded to the top 3 finishers directly following each event; athletes placing 4-8 will be announced

Medals will be available for pick-up for each school following the conclusion of that day's final events; any awards not claimed at the conclusion of Saturday's meet will be sent to the school directly.

## Meet Arrangements and Provisions

### 1. Eligibility

All participants must be eligible under WIAA rules and regulations.

### 2. Scoring

Both individual events and relays following the same scoring system:

Places	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Points	10	8	6	5	4	3	2	1

#### a. Ties

The number of tied competitors determines the number of scoring places to be added together, e.g., a tie by two competitors for second place means the scoring points for second and third places shall be added together and divided by two – third place shall remain vacant (NFHS 2-2.4).

### 3. Participant Limitation

An athlete shall not enter nor compete in more than four events (track and/or field). Any number of these may be relays.

### 4. FAT Timing System

A fully automatic timing (FAT) system will be used in all running events; timing system operators may recall races in the event of the FAT system malfunctions.

### 5. Starting System: This meet will be conducted via an electronic tonal device.

## Meet Procedures

### 1. Meet Referees

Any concerns that arise during the meet should be directed to a referee and not to that specific event's official.

### 2. Protest Procedures

The head coach first protests to the referee; their decision is appealable. A written appeal [See **Appeal/Protest Form**] shall be submitted by the coach with their signature to the meet manager within one-half hour after the results have been announced by the P.A. or made official. The Games Committee will serve as the Jury of Appeals. They will convene to review the protest; their decision will be final.

### 3. Seeding

**1600M/3200M Run**

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- a. Finals Only. Top eight will start in lanes 5-8; remaining competitors in alley in lanes 1-8

### Relays

- b. Finals Only. Each member school allocated one (1) team in meet. Heats will run from fast to slow. Seeding will follow normal procedure except that the 4x200 relay will have the fastest team in lane 1, the second fastest in lane 2, etc.

### 100M/200M/400M/800M/Hurdles

- c. Timed Finals
  - 2 heats - Seeding will follow normal procedure with the fastest seed time in lane 4, 2nd - lane 5, 3rd - lane 3, etc. Heats will run from fast to slow.

## 4. Electronic Devices and Video in Competition Areas: *NFHS 3-3.7 3-3.8 and WIAA Track/Field SOP*

Use of any electronic device, cell phone, or headphones by athletes is prohibited in the competition and warm up areas. A warning will be issued, repeat offenders risk disqualification from their next event. Use of electronic devices is limited to spectator areas only. Coaches may only show video to athletes from the designated spectator area ("coaching box") and it may not interfere with the progression and operation of the event. Coaches showing video to athletes in the competition area will receive a warning and then will be removed from the event for a second violation.

Excuse time will NOT be granted to an athlete so they may leave the competition area to view video. If an athlete misses their attempt by leaving the area to view video, they will receive a TIME FOUL and will NOT be granted an opportunity to make up the missed attempt. Electronic communication devices, unofficial video, and video screen replays may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

## 5. Running Events - Special Rules

- a. Relay runners must not mark track with spikes. Tape is acceptable but must be removed immediately after the race. Any runner scratching the track for take-off marks will be disqualified.
- b. Starting blocks will be provided. Individuals may use their own blocks only if approved by the Meet Director and there is no delay in starting the race while waiting for the blocks.
- c. A three-turn stagger will be used in the 4 x 200 relay and the 4 x 400 relays.  
Note: The 30-meter zone will be used for the 4x100 and 4x200 relays. The fourth runner in the 4x200 may cut in. In the 4x400 relay the second runner cuts in after the break line in the backstretch.

## 6. Field Events - Special Rules

- a. Each competitor is allowed three preliminary trial attempts in flights of 8 persons. In the finals, each qualifier is allowed three additional trials. 9 athletes will advance to finals.
- b. Contestants in field events will be permitted 1 minute to jump or throw after being notified by the official. Failure to comply will be recorded as a try. Times are adjusted in the vertical jumps based on the number of athletes left in the competition.
  - i. Pole Vault – This event will start at the height of the lowest qualifying entry with 6" rises to 13' and 3" rises thereafter. Competitors must have their coach's certification.

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(See **Pole Vaulter Weight Verification Form**). Pole vault certification forms must be provided to Cathy Schick (cschick@seattleacademy.org) prior to the start of the event.

- ii. High Jump - This event will start at the height of the lowest qualifying entry, with 2" rises to 6' for boys and 5' for girls and 1" rises thereafter.
- iii. Javelin - Each thrower will provide their own implement for the event. Only approved javelins will be used in the District Meet. Only rubber-tipped javelins will be allowed in any competition. No use of other competitor's javelin without permission.
- iv. Shot Put - Each competitor will provide their own implement for the event. The format will be a one-one-one throw sequence by flights. Warming up must be under the supervision of the event official.
- v. Discus - Each competitor will provide their own implement for the event. The format will be a one-one-one throw sequence by flights. Warm up must be under the supervision of the event official.
- c. Implement Inspection - All throwing implements must be certified by the Implement Official before warm-ups begin, regardless of the implement(s) are used for either warm-ups or competition.

**Implements inspection will be performed in a designated space, starting one hour prior to warm-ups.** Schools are encouraged to mark their implements in advance to reduce the check-in line (paint pen works best for shots, Sharpie is adequate for discus and javelins). Javelin throwers are encouraged to clean the dirt/mud off their javelin tips in advance.

The Implement Official will weigh, measure, and inspect surfaces and/or grips of all implements. Only legal implements, as determined by the Implement Inspector, shall be allowed in warm-ups and competition.

Certified implements will be marked and delivered to the throwing areas in time for warm-ups. Disqualified implements will be impounded and held in the inspection area; they may be picked up after the end of the competition.

Shots certified for competition will be placed in a pool and may be thrown by any competitor. Discus and javelins certified for competition will not be shared without permission from the school to which they belong. Only rubber-tipped javelins will be used. All implements will remain at the venue until competition is completed.

### 7. Breaking Ties (NFHS 6-4.2)

- a. A tie for the last qualifying spot to the state meet must be broken (*WIAA Track/Field SOP*)
- b. For places determined by distance:
  - i. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second-best performance is better than either the prelims or finals.
  - ii. If the tie remains after the above followed, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.



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### iii. For places determined by height:

1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
2. If the tie remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
3. Passed trials shall not count as misses.
4. If the tie remains after the above followed, and:
  - A. It concerns first place, the competitors tying shall make one more attempt at the height which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch (2 cm) in high jump and 3 inches (7 cm) in pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch (2 cm) in high jump and 3 inches (7 cm) in pole vault. Each competitor shall attempt one trial at each height until a winner is determined.
  - B. If the height which the tied competitors last jumped is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to being the jump-off.
  - C. The tie concerns any place other than first, the competitors shall be awarded the same place.

### 8. Athletes' Uniforms

- a. Contestants shall wear only the legal uniforms issued by the school (*NFHS 4-3*)
- b. The referee shall "prior to the meet... address [via a coaches' meeting] the following with all head coaches... [confirming] that all of the team's competitors are properly equipped (uniform and equipment) in compliance with these rules" (*NFHS 3-4.8b*). A school shall inquire/resolve any uniform questions prior to the meet.
- c. All jerseys are required to be tucked into an athlete's shorts to facilitate automatic timing, which will be enforced by both the clerks and starters. Hip numbers will be issued for all running events.

### 9. Excused Time Procedures:

The Games Committee has established the excused time is 20 minutes.

- a. Upon check-in, an athlete must notify the event judge if they are entered in another event
- b. Changing order is only for accommodating those athletes participating in other events (not for bathroom, injury, etc.)
- c. While excused, athlete is exempt from being called up or time fouled, or having crossbar raised.
- d. When time to do so, an athlete must check out; Official records check out time.
- e. Excused competitors shall inform the head event judge upon their return.

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- f. When excused time expires, officials will mark all deferred jumps as passes.
- g. The athlete with the best qualifying mark in prelims has the right to take the last trial in the event (i.e. they may choose to wait until after any excused competitors have taken all their trials.)
- h. Head judge may use judgment in extending the time excused under special circumstances.

### Additional Meet Information

1. A certified athletic trainer will be provided through Seattle Children's Hospital. They are available onsite for medical personnel and emergency purposes.
  - a. Schools should bring their own water bottles for hydration
  - b. Only water should be brought onto the infield for hydration – IE no Gatorade
  - c. **When possible, athletes are encouraged to provide their own tape to the athletic trainer as supplies are limited**
2. The meet will have a designated marshal(s) who have been instructed to keep the facility clear of those not competing or officiating. Athletes/volunteers should have their wristbands visible.
3. The running warm-up area is in the middle of the football field. Athletes warming up should stay in the white lined area.
4. At all times, coaches and managers are to remain in the stands. It will not be necessary for team managers to be on the field at any time.
5. Athletes are to remain in the stands when not competing. Coaches, please remind student-athletes to return to the stands after completing an event to ensure enough warm-up space available for athletes.
6. Coaches, managers, and statisticians will not be allowed in the finish area. No times are to be given at the finish line; results are announced via display boards, live results, and P.A. system announcements.
  - a. Statisticians and others will not be permitted in the press box. Live results will be posted and official meet results will be posted on [athletic.net](https://athletic.net) at the conclusion of each meet day.
7. Only the referee can disqualify a contestant or relay team after complete details of the infraction have been brought to their attention except for starting infractions.

### Important Notes for Athletes

1. Student-athletes should arrive dressed for competition.
2. Each team is responsible for their own valuables.
3. Reminder that spikes are not to exceed 1/4" (3/16" preferred). Contestants using longer spikes will not be permitted to participate.
4. It is the student and their coach/family's responsibility to plan around school testing schedules, so these assessments do not impact their ability to participate in any event.

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### FIELD EVENT/RELAY ZONE ASSIGNMENTS

Meet management, in partnership with Pacific Northwest Track and Field Officials, secured as many officials as possible to oversee field events. The following schools are called upon to support a particular field event by providing 3-4 volunteer helpers to assist (raking/retrieval and measuring).

Note: While 1-2 students may support with raking/retrieval, there should be 1-2 adults assigned who are familiar with that assigned field event.

*Coaches may be called upon to assist with officiating if a school fails to bring volunteers.*

#### **THURSDAY**

**5/15/25**

G-Pole Vault	Bishop Blanchet
B-Long Jump	O'Dea (N. Pit)
G-Long Jump	Holy Names (S. Pit)
G-Discus	West Seattle
B-Shot	Nathan Hale
B-High Jump	Eastside Catholic

#### **SATURDAY**

**5/17/25**

B-Pole Vault	Bishop Blanchet
B-Triple Jump	Lakeside (N. Pit)
G-Triple Jump	Seattle Prep (S. Pit)
B-Discus	Ingraham
G-Shot	Roosevelt
G-High Jump	Seattle Academy

*If cancelled on Thursday, Girls PV rescheduled for Saturday at 8:30 AM followed by Boys PV*

Similarly, schools are asked to provide two (2) trained staff to oversee relay exchange zones for both relay events (boys followed by girls).

*Coaches may be called upon to assist with officiating if a school fails to bring volunteers.*

#### **THURSDAY**

**5/9/24**

Hurdles      Ballard

#### **SATURDAY**

**5/11/24**

4X200	Cleveland / O'Dea
4X100	Franklin / Eastside Catholic / Garfield
4X400	Rainier Beach
Hurdles	Ballard

**APPEAL / PROTEST FORM**

An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The protest must be written and presented by the head coach to the Meet Manager. The protest will then be forwarded to the Meet Referee to render a decision. The decision of the Referee may be appealed to the Games Committee.

**TO BE FILLED OUT BY HEAD COACH:**

Area of Concern (mark one):   ☐ Running Event    ☐ Field Event        Event: \_\_\_\_\_  
 NFHS Rule # \_\_\_\_\_ (Required)

State the infraction below:


School: \_\_\_\_\_      Head Coach’s Signature: \_\_\_\_\_

**TO BE FILLED OUT BY MEET REFEREE:**      Referee’s Signature: \_\_\_\_\_


**TO BE FILLED OUT BY GAMES COMMITTEE:** Committee Member’s Signature: \_\_\_\_\_


**PASS LIST**

School Name	
Head Coach	
Head Coach	
Contact Number	
Provide a cell phone number that can receive texts for emergencies and scratch updates (ie alternate status). Include name of coach(es).	
Assistant Coach	
Assistant Coach	
Assistant Coach	
Assistant Coach	
Assistant Coach	
<b>WRITE IN NAMES ONLY IF SCHEDULED TO PROVIDE:</b>	
Event Helper	
Event Helper	
Event Helper	
Event Helper	
Event Helper	
Event Helper	
Athletic Director	
Principal	
Asst. Principal	

## WIAA POLE VAULT CERTIFICATION FORM

In compliance with the National Federation of High Schools Track and Field Rule 7-5-3, this form is provided to verify pole vaulter's weights and pole ratings prior to warm-up and competition.

Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1:	Length:	Pole Rating Weight lbs.
Pole #2:	Length:	Pole Rating Weight lbs.
Pole #3:	Length:	Pole Rating Weight lbs.
Pole #4:	Length:	Pole Rating Weight lbs.
Pole #5:	Length:	Pole Rating Weight lbs.
Pole #6:	Length:	Pole Rating Weight lbs.
Pole #7:	Length:	Pole Rating Weight lbs.
Pole #8:	Length:	Pole Rating Weight lbs.
Athlete Signature:	Date:	

It is the responsibility for the coach to verify the competitor will use a legal pole rated at or above their weight.

Coach's Name (print):	
Coach's Signature:	Date:



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Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1:	Length:	Pole Rating Weight lbs.
Pole #2:	Length:	Pole Rating Weight lbs.
Pole #3:	Length:	Pole Rating Weight lbs.
Pole #4:	Length:	Pole Rating Weight lbs.
Pole #5:	Length:	Pole Rating Weight lbs.
Pole #6:	Length:	Pole Rating Weight lbs.
Pole #7:	Length:	Pole Rating Weight lbs.
Pole #8:	Length:	Pole Rating Weight lbs.
Athlete Signature:	Date:	

It is the responsibility for the coach to verify the competitor will use a legal pole rated at or above their weight.

Coach's Name (print):	
Coach's Signature:	Date:

2025 Metro Championship Meet Schedule						
<b>THURSDAY</b>				<b>SATURDAY</b>		
<b>2:00 PM</b>	<b>ALL</b>	Coaches Meeting		<b>9:00 AM</b>	<b>ALL</b>	Coaches Meeting
<b>Field Events:</b>				<b>Field Events:</b>		
<b>1:00 PM</b>	3A	G-PoleVault		<b>10:00 AM</b>	3A	B-Pole Vault
	3A	G-Long Jump (S. Pit)			2A	G-Triple Jump (N. Pit)
	2A	B-Long Jump (N. Pit)			3A	B-Triple Jump (S. Pit)
	3A	B-High Jump			3A	G-High Jump
	2A	G-Discus			2A	B-Discus
	3A	B-Shot			3A	G-Shot
<b>3:30 PM</b>	2A	G-PoleVault		<b>12:00 PM</b>	2A	B-Pole Vault
	2A	B-High Jump			2A	G-High Jump
	3A	G-Discus			3A	B-Discus
	2A	B-Shot			2A	G-Shot
	3A	B-Long Jump (S. Pit)			3A	G-Triple Jump (N. Pit)
	2A	G-Long Jump (N. Pit)			2A	B-Triple Jump (S. Pit)
<b>Track Events:</b>				<b>Track Events:</b>		
<b>3:00 PM</b>	2A	G-4X200		<b>10:30 AM</b>	2A, 3A	B-4X100
	3A	G-4X200		<b>11:00 AM</b>	2A, 3A	G-4X100
<b>3:20 PM</b>	2A	B-1600			<b>Awards Break</b>	
	2A	G-1600		<b>11:10 AM</b>	<b>Unified</b>	<b>4x1 Relay</b>
<b>3:40 PM</b>	<b>Unified</b>	<b>Medley Relay</b>		<b>11:20 AM</b>	2A	B-3200
<b>3:45 PM</b>	2A	B-110 HH			2A	G-3200
	3A	B-110 HH		<b>11:40 AM</b>	2A, 3A	B-300 IH
<b>4:05 PM</b>	2A	G-100 HH		<b>12:00 PM</b>	2A, 3A	G-300 LH
	3A	G-100 HH		<b>12:20 PM</b>	2A, 3A	B-800
<b>4:20 PM</b>	3A	B-1600		<b>12:40 PM</b>	2A, 3A	G-800
	3A	G-1600		<b>12:55 PM</b>	3A	B-3200
<b>4:50 PM</b>	<b>Amb</b>	<b>100</b>		<b>1:10 PM</b>	3A	G-3200
<b>4:35 PM</b>	2A	B-100		<b>Break</b>	<b>Amb</b>	<b>200</b>
	3A	B-100		<b>1:30 PM</b>	2A, 3A	B-200
<b>4:45 PM</b>	2A	G-100		<b>1:40 PM</b>	2A, 3A	G-200
	3A	G-100		<b>1:55 PM</b>	2A, 3A	B-4X400
<b>5:00 PM</b>	2A	B-400		<b>2:00 PM</b>	2A, 3A	G-4X400
	3A	B-400				
<b>5:15 PM</b>	2A	G-400				
	3A	G-400				
<b>5:25 PM</b>	<b>Amb</b>	<b>400</b>				



## Metro League Records

100 meters	10.36	Anthony Smith	Eastside Catholic	2021	11.61	Ngozi Musa	Holy Names	2014
200 meters	21.01	Tyler Floyd	Seattle Prep	2022	23.79	Iman Brown	Garfield	2017
400 meters	46.81	Michael Berry	Rainier Beach	2010	54.34	Tiffany Giles	Garfield	1998
800 meters	1:53.38	Kyle Blume	Bishop Blanchet	2010	2:09.28	Sophia Cantine	Lakeside	2016
1600 meters	4:07.73	Joe Hardy	Seattle Prep	2015	4:45.77	Jordan Oakes	Holy Names	2016
3200 meters	8:55.11	Joe Hardy	Seattle Prep	2015	10:19.52	Jordan Oakes	Holy Names	2015
110/100 H hurdles	13.86	Cedric Bowie	Rainier Beach	1987	13.88	Ginnie Powell	Rainier Beach	2001
300 I/L hurdles	36.57	Mark Phillips	Garfield	1986	42.12	Ginnie Powell	Rainier Beach	2000
4x100 m relay	41.34	Jay Lofton Jon Gary Clyde Duncan Mark Phillips	Garfield	1986	47.05	Cunningham Kim Phillips Kwajalein Clack Shirley Walker Esrenee Cunningham	Garfield	1983
4x200 m relay					1:39.12	Kim Phillips Kwajalein Clack Shirley Walker	Garfield	1983
4x400 m relay	3:20.37	Lavonte Jackson Bruce Shields Jaamon Echols Jose Serrano	Rainier Beach	2010	3:55.03	Paige Parker Katie Baxter Makena Wick Kate Jendrezak	Eastside Catholic	2019
shot put	63'1.5"	Russ Vincent Winston	Ballard	1973	51'4"	Lynette Mathews	Shorecrest Bishop	1971
discus	185'9"	Hallam-Eames	Nathan Hale	2015	135'7"	Summer Nash	Blanchet	2010
high jump	7'4.5"	Chase Walker	O'Dea	2011	5'8.75"	Iman Brown	Garfield	2017
	7'4.5"	Rick Noji	Franklin	1984				
pole vault	16'3"	Zack Shugart	Bishop Blanchet	2016	14'0"	Chloe Cunliffe	West Seattle	2019
long jump	24'10.25"	Peller Phillips	Garfield	1988	19'4.25"	Iman Brown	Garfield	2018
triple jump	48'1.5"	Elijah Jackson	Chief Sealth	2018	39'3.25"	Olivia Ward	Cleveland	2008