

2025 1A Bi - District 1 & 2 Track & Field Championships BULLETIN

Dates & Location

Granite Falls High School
1401 100th ST NE
Granite Falls, WA 98252

Thursday, May 22nd, Prelims and Finals
Saturday, May 24th, Finals

Schools

Bear Creek
Cedar Park Christian
King's
Mount Baker
South Whidbey
University Prep

Blaine
Eastside Prep
Lynden Christian
Nooksack Valley
Summit Sierra

Bush
Granite Falls
Meridian
Northwest
Tyee

Meet Management

1. Meet Manager Mark Neuman mneuman@gfalls.wednet.edu
School Phone: (360) 283-4361
Cell Phone: (360) 691-7647
2. Meet Referee Ben Benson
3. Games Committee (Jury of Appeals/Umpires)
Tyler Perry (Nooksack Valley), Mark Eager (South Whidbey),
Andy Gist (CPC)
Alternates – Rod Wilcox (King's), Jeff Schmidt (Mount Baker)

Coaches Meeting

1. There will be a coaches meeting at 3:00 pm on Thursday and 10:30 am on Saturday on the field by the press box.
2. The Thursday coaches meeting is the last time to add an alternate to Thursday field events, and all Thursday running events.
3. The Saturday coaches meeting is the last time to add an alternate to Saturday field events, and the boys and girls 3200m.
4. If necessary, there will be a final coaches meeting following the last event on Saturday.

State Meet Qualification

Current as of 5/13/2025

1. The top five (5) boys and top five (5) girls in each individual event and the top five (5) relay teams will qualify for the State Meet.
2. In addition to the allocations stated above, contestants who meet or exceed the state minimum standard may qualify to participate in the State Meet.

Qualification procedure

1. In all events, 13 of the 16 entries will be made up of automatic entries from the two districts represented: 4 from District 1 and 9 from District 2. The remaining 3 berths will be determined by the best times/marks from the previous week's qualifying meets.
2. Each school will be allowed one entry in relays. 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. On Saturday, May 17th, the meet director from each qualifying meet needs to submit an initial list of non-scratched entries and exported Hy-Tek file to Mark Neuman (mneuman@gfalls.wednet.edu). This may also be done through athletic.net.
2. All coaches are to report scratches by 7 pm Tuesday, May 20th to Mark Neuman via email. All scratches after this time will scratch all of an athlete's events.
3. After the 7 pm Tuesday deadline, the entries and two alternates for each individual event will be confirmed.
4. According to State Regulations, once the entries to the District meet are confirmed, a contestant must compete in all those events for which the contestant is entered.
5. A preliminary meet program, with flight and heat sheets, will be emailed to participating coaches no later than noon on Wednesday May 21st.

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. 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. Only 1/4” or less spikes are allowed on track and runways.
6. 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.
7. 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.
8. The finishing area is only for officials.

Seeding Procedures

1. Four (4) District 1, nine (9) District 2, plus the next three (3) best times/marks from the previous week’s qualifying meets.
2. Distances used to seed the Bi-District field events will be determined using either the prelim or final heat mark from the qualifying meet, whichever is better.
3. Running events will be seeded by time only using the qualifying meet performance.
4. For the 1600 and 3200, seeding will be in two alleys with runners 1-5 in the outside alley, 6-16 in the inner alley, fastest outside to slowest inside.

5. Any athlete or relay team disqualified from a qualifying meet Prelim/Final event will not advance to the Bi-District Meet in that event.
6. Heat assignments will be based upon times from previous weeks qualifying meets using HY-TEK Meet Management Software. WIAA Bound for State Regulations will be used for seeding of all events. Additional heats will be run if 17 or more athletes qualify for a preliminary race due to ties. Record of the 1000th of a second should be used to break this tie between if from separate qualifying meets. If the tie remains, additional heats will be run.
7. No direct advancement to finals unless there are 8 or less entries in an event.
8. 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 dropped relay team is responsible for notifying the 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 submitted to Mark Neuman by Tuesday, May 20, at 7 pm. This should be done in the order of which they intend to run and include two 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 at the previous week's qualifying meet.

Relay Zones

1. It will be necessary for coaches to assist in judging relay zones. Assignments will be given 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. Anytime 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 to the minute. 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 2:30 pm on Thursday and 10:00 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. Starting heights will be one height below that of the lowest qualifier.
4. High Jump - The bar will rise 2" until four or fewer competitors are remaining and rise 1" thereafter.
5. Pole Vault - The bar will rise 6" until four or fewer of the competitors are remaining and rise 3" thereafter.
6. Opening height adjustments may be made in raising of the bar in regard to the state qualifying standard.

7. Pole vault coaches can be on the field in the “coaches box”. All other event coaches must remain outside the fence.
8. 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. Finish Lynx 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.
3. 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 State, 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 Bi-District champion.
3. If a tie should exist between two or more competitors in a track event and it involves a spot to the State 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. If a tie should exist between two or more competitors in the 800m, then two athletes will be placed in lane one. A coin flip will be used to determine placement.
4. If the tie does not involve a spot to the State 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
 - a. Any judgment decision pertaining to violations or alleged violations of the rules.

- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
 - c. Whether a start is fair and legal.
2. Situations which are subject to protest/appeal include:
 - a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
 - b. 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.
 - c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
 - d. 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 a pass list to Mark Neuman by Wednesday, May 21st.
3. Admission will be charged each day via GOFAN. Adults \$8.00; Students w/ASB, Children & Senior Citizens – \$6.00
4. 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.
5. 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.
6. 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.
7. There will be a vendor onsite offering official merchandise for sale.

2025 1A Bi-District 1-2 Track & Field Championships 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:

2025 1A Bi-District 1 & 2 Track & Field Championships

TIME SCHEDULE

Thursday, May 22nd

FIELD EVENT PRELIMS & FINALS

3:30	Boys Long Jump (South)
3:30	Girls Triple Jump (North)
3:30	Girls High Jump
3:30	Girls Pole Vault
3:30	Girls Discus
3:30	Boys Javelin
5:30	Boys Shot Put

RUNNING PRELIMS & FINALS

4:30	Girls 4x200m
4:40	Boys 110m HH
4:50	Girls 100m Hurdles
5:00	Boys 100m Dash
5:10	Girls 100m Dash
5:20	Boys 1600m–Final
5:30	Girls 1600m–Final
5:40	Boys 4x100m
5:50	Girls 4x100m
6:00	Boys 400m Dash
6:10	Girls 400m Dash
6:20	Boys 300m Hurdles
6:30	Girls 300m Hurdles
6:40	Boys 800m Run
6:50	Girls 800m Run
7:00	Boys 200m Dash
7:10	Girls 200m Dash
7:20	Boys 4x400m
7:30	Girls 4x400m

Saturday, May 24th

FIELD EVENT PRELIMS & FINALS

11:00	Girls Long Jump (South)
11:00	Boys Triple Jump (North)
11:00	Boys High Jump
11:00	Boys Pole Vault
11:00	Boys Discus
11:00	Girls Javelin
1:00	Girls Shot Put

RUNNING FINALS

12:00	Girls 4x200m
12:10	Boys 110m HH
12:20	Girls 100m Hurdles
12:30	Boys 100m Dash
12:40	Girls 100m Dash
12:50	Boys 800m Run
1:00	Girls 800m Run
1:10	Boys 4x100m
1:20	Girls 4x100m
1:30	Boys 400m Dash
1:40	Girls 400m Dash
1:50	Boys 300m Hurdles
2:00	Girls 300m Hurdles
2:10	Boys 200m Dash
2:20	Girls 200m Dash
2:30	Boys 3200m
2:45	Girls 3200m
3:00	Boys 4x400m
3:10	Girls 4x400m

1A State Track and Field Championships 2025 Qualifying Standards

Event	Girls	Boys
100m	12.96	11.41
200m	26.54	22.86
400m	1:00.68	51.80
800m	2:23.17	2:00.24
1600m	5:15.85	4:28.84
3200m	11:32.05	9:52.57
100h/110h	16.52	16.25
300h	47.64	41.84
4x100 relay	51.27	44.77
4x200 relay	1:48.68	N/A
4x400 relay	4:13.97	3:32.44
Long Jump	16' 8.5"	21'
Triple Jump	34' 2.5"	41' 1.75"
High Jump	5' 0"	6' 0"
Pole Vault	9' 10"	12' 8"
Shot Put	36' 5"	48' 3.25"
Discus	111' 9"	140' 10"
Javelin	111' 4"	159' 7"

**** Any athlete or relay team who finishes outside the top five at the Bi - District meet will qualify to the state meet if they meet the state standards. ****

2025 1A Bi-District 1 & 2 Track & Field Championships 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.

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 Neuman (mneuman@gfalls.wednet.edu) before noon on Wednesday, May 21st.