

2026 3A NORTHWEST DISTRICT TRACK & FIELD CHAMPIONSHIPS MAY 20 & 22, 2026 Shoreline Stadium

Date/Time

Date: Wednesday, May 20, 2026
Time: 4:30pm - Field Events and 6:00pm - Running Events (**4:00 Coaches meeting**)

Date: Friday, May 22, 2026
Time: 5:00pm - Field Events; 6:30pm - Running Events (**4:30 Coaches meeting**)

Meet Management

Meet Manager	Don Dalziel; Director of Athletics Shoreline S.D.
Starter	Derek Norton
Starter	Lane Loland
Referee	Bob Hannah

Jury of Appeals

Miles Mason; Shorecrest
Jay Turner; Oak Harbor
Michael Randall; Stanwood

Admission

Adults/Students	\$9.00
Students w/ASB	\$6.00
Sr. Citizens and Children (12 and under)	\$6.00

Passes

NW District 1 Blue colored Event Supervisory Pass will be accepted.
WIAA and NW District Lifetime Passes will also be accepted.
Washington State Coaches Association Pass

Participating Schools

Edmonds-Woodway	Everett	Ferndale	Lynnwood	Marysville-Getchell
Meadowdale	Monroe	Mountlake Terrace	Mt. Vernon	Oak Harbor
Sedro-Woolley	Shorecrest	Shorewood	Snohomish	Stanwood

ENTRIES:

Qualifying meet managers (WESCO North & South, and NWC) should have qualifying meet results available on athletic.net no later than Saturday, May 16 @ 9:00am
WESCO and NWC Meet managers are to indicate which athletes are scratched and should not be considered if we get to them based off of the "next" best marks.

WESCO POST SEASON MEETING & DISTRICT SEEDING MEETING:

Monday, May 18th Shoreline Conference Center- Post season meeting 6:00pm. Seeding Meeting 6:30pm

Any scratches or withdrawals from the district meet must be made with the Meet Manager (Don Dalziel) **NO LATER THAN 12:30 PM TUESDAY, MAY 19TH**. The manager will notify 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must have a doctor's certificate; a person scratched after this deadline and without a doctor's certificate **will be withdrawn from all other events in which they have qualified.**

MEET ENTRIES AND QUALIFYING PROCEDURE

ADVANCEMENT TO 3A DISTRICT MEET

The District meet will be using a timed final format. The second heat in laned races (including 800 and relays) will be the fastest heat.

Laned races and Relays:

The district meet will be filled to 16 entries with 5 WESCO South, 4 WESCO North, 3 NWC and next four best marks. The heats will run from slowest to fastest.

Heat one = qualifiers 16-9. Heat two = qualifiers 8-1. Places will be awarded by time, irrespective of heat.

Field events and 1600/3200:

16 total entries advance to District meet. 5 WESCO South, 4 WESCO North, 3 NWC and next four best marks.

- Times/distances used to seed the District Meet will be determined using either the prelim or final heat mark, whichever mark is better.
- Any athlete disqualified from a Conference/Sub-District Prelim **OR** a Finals event will not advance to the district meet in that event.
- Any relay disqualifications will result in non-advancement.
- Additional heats will be run if 17 or more athletes qualify due to ties.
- Heat assignments will be based upon times at the previous week's Conference (WESCO) or Sub District (Northwest Conf) Meet and seeded using Athletic.net RUNMEET.
- The NFHS/State meet conversion formula will be used in the event hand-held times were used.

RELAYS:

A maximum of 15 total entries advance to District meet (6 WESCO south, 5 WESCO north, 4 NWC), one relay per school. Heat assignments will be based upon times at the previous week's Conference (WESCO) or Sub District (Northwest Conference) Meet and seeded using Athletic.net RUNMEET. As noted above, any relay disqualification from qualifying meet will result in non-advancement.

TIES:

- 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 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 State, 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 PROCEDURE

SHOT PUT, DISCUS, TRIPLE JUMP, AND JAVELIN

- Competitors will be given 3 trials in the prelims with the top 9 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.
- **All implements will be required to be weighed-in.** Weigh-ins will be conducted between 3:45pm and 4:45 pm.

HIGH JUMP AND POLE VAULT

- The Boys' and Girls' High Jump will start one height lower than the lowest league qualifier and will progress by 2" increments until the field is cut in half, at which time increments will be 1" until one contestant remains.
- The Boys' and Girls' Pole Vault will start one height lower than the lowest league qualifier and will progress by 6" increments until the field is cut in half, at which time increments will be 3" until one contestant remains.
- **Pole Vault certification forms** 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.
- Prior to competition, **vaulters should prepare to be weighed** to verify they are using a properly rated pole.

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 a double alley start. (2 sections/Break at 100)
- 3200m run will start from a double 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.

TRACK EVENT PROCEDURES CONTINUED

- 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 Shoreline School District will provide starting blocks. You may bring your own if you wish.

LOCKER ROOMS/COACHES MEETING

Locker rooms will not be available for athletes. Pre-meet coaches' meetings will occur in the Home Locker Room. Please do not leave valuables unattended.

SCORING

Places	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual	10	8	6	5	4	3	2	1
Relays	10	8	6	5	4	3	2	1

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 be off the infield and in designated viewing areas only. 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, including seed or gum or beverages allowed in the competition or warm-up areas. WATER only on the infield.
- Call for each event will be made over the P.A. system. A first, second, and last call will be given.
- Team camps are restricted to the grandstands, or in designated viewing areas behind flagging.
- One official banner per school will be allowed and must be located in the grandstand near the team camp.
- 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.

Awards

- The first eight (8) placers- individual and relay-will be presented with awards.
- Participants should proceed to the awards area immediately following their event. Field event awards will occur shortly after the completion of their event. Please listen to the P.A. for the announcement.

ADDITIONAL INFORMATION

Lane assignments for finals will be determined by sub qualifying meet results. Seeding will be assigned by preferred lanes.

For all laned races and individual events, 400 meters and under, the prime lane order will be; 4-5-3-6-2-7-1-8. The 800 and 800-relay prime lane order will be 1-2-3-4-5-6-7-8. The-1600 relay prime lane order will be 2-3-4-5-6-7-1-8.

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.

After the meet has started, If a laned race finalist withdraws from the final, that lane will remain unfilled.

POINTS OF CLARIFICATION

Relay Substitutions

A maximum eight members may be listed for each relay team. Of those eight, any four may participate. Only those who actually run (in the prelims or finals) will be considered to have competed in this event. Submittal of first and last name plus grade in school for each relay team member is required. An athlete who is entered in four (4) individual events may be listed on a relay team. The eight runners listed in Athletic.net will be the names sent on to the State meet. No changes will be allowed to that list once the meet begins.

Relay Entry Form – Relay names should be entered on athletic.net. Once the meet begins, no changes will be allowed.

Relay Exchange Zones – Coaches of teams not involved in relays MAY be asked to assist in judging exchange zones. If needed, assignments will be made at the pre-meet coaches meeting.

STATE

In 2026, the top four (4) boys and top four (4) girls in individual events and the top four (4) relay teams will qualify for the State Meet. In addition, any District final performance outside of the top four (4) that exceeds the State qualifying minimum standard will also advance to the State Meet.

3A District 1 Track and Field Championships

Shoreline Stadium

Wednesday May 20, 2026

Friday May 22, 2026

4:00pm Coaches Meeting

4:30pm Coaches Meeting

Field Events

4:30 Girls-Pole Vault
 5:00 Girls Ambulatory Javelin
 5:00 Boys Javelin
 5:00 Boys and Girls Long Jump
 5:30 Boys-High Jump
 5:30 Boys Ambulatory Shot
 5:30 Boys Shot
 5:30 Girls Ambulatory Discus
 5:30 Girls-Discus

Field Events

5:00 Boys-Pole Vault
 5:30 Boys Ambulatory Javelin
 5:30 Girls-Javelin
 5:30 Boys and Girls-Triple Jump
 6:00 Girls-High Jump
 6:00 Girls Ambulatory Shot
 6:00 Girls-Shot
 6:00 Boys Ambulatory Discus
 6:00 Boys Discus

Running Events

5:55pm **National Anthem**
 6:00pm Girls 4x200
 6:05pm Unified Coed Sprint Medley Relay
 6:15pm Boys 110m High Hurdles
 6:25pm Girls 100m Int. Hurdles
 6:35pm Boys 100m Dash
 6:45pm Girls 100m Dash
 6:50pm Boys & Girls Ambulatory/Unified 100m Dash
 6:55pm Boys 1600m Run
 7:05pm Girls 1600m Run
 7:15pm Boys 400m Dash
 7:25pm Girls 400m Dash
 7:30pm Boys Ambulatory 400m Dash

Running Events

6:25pm **National Anthem**
 6:30pm Boys 4x100
 6:40pm Girls 4x100
 6:45pm Unified Coed 4x100 Relay
 6:50pm Boys 800m Run
 7:00pm Girls 800m Run
 7:10pm Boys 300m Hurdles
 7:20pm Girls 300m Hurdles
 7:30pm Boys 200m Dash
 7:40pm Girls 200m Dash
 7:45pm Boys & Girls Ambulatory 200m Dash
 7:50pm Boys 3200m Run
 8:05pm Girls 3200m Run
 8:20pm Boys 4x400m Relay
 8:35pm 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 Wednesday, it will be rescheduled at **3:30pm** on Friday and upon its completion, will be followed by the Boys pole vault.
- 3) All races are time finals, with the faster seeded heat running second
- 4) Each heat will have no fewer than three competitors.
- 5) Standard NFHS Scoring: 10-8-6-5-4-3-2-1 for all events, including relays.

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

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 _____

	Name of Vaulter	Weight	Pole Rating
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
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.