

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

Track & Field Championships

Saturday, May 16, 2026

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.

- **\$9.00**
 - Adults
 - Students w/o ASB
- **\$6.00**
 - Seniors
 - Students with ASB
 - Elementary Student

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: 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 23**
 - i. Top 4 boys
 - ii. Top 4 girls
 - b. **2B Qualification Standards to State Meet in Yakima (Eisenhower HS): May 28-30**
 - 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 the 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 14 @ 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** will use a Seeding meeting to place athletes in events correctly.
 - c. Please select the correct classification when registering your athletes: 1B or 2B.
 - d. To be entered, an athlete must have a season mark in an 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: Shannon Plummer, Tim Boonstra, Bob Martin, and Nathan Morris. 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) in

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/Cedar Park Christian / CV
- Shot Put Official & Helpers: Orcas Island / 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: Willie Smith
Clerk of Course: Neil Rixe & Amber Wyman
Announcer: Christie Messner
Starter:

2B State Qualifying Standards

EVENT	GIRLS	BOYS
100 M	13.26	11.54
200 M	26.92	23.14
400 M	1:03.19	52.96
800 M	2:30.32	2:02:66
1600 M	5:34.03	4:33.88
3200 M	12:32.06	10:12.13
100H/110 H	17.31	17.17
300 H	49.98	42.52
4 X 100 M RELAY	53.02	45.55
4 X 200 M RELAY	1:52.91	N/A
4 X 400 M RELAY	4:25.84	3:37.87
LONG JUMP	15'11.75"	19'11.50"
TRIPLE JUMP	33'09.25"	40'07.75"
HIGH JUMP	5'0"	5'10"
POLE VAULT	8'04"	11'08"
SHOT PUT	34'05".00	45'00.00"
DISCUS THROW	109'05"	140'07"
JAVELIN THROW	109'08"	154'07"