

2026 3A NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

May 13 & 15, 2026

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale WA 98248

Date/Time

Day 1: **Date:** Wednesday, May 13, 2026
Time: 3:30PM - Field Events and 4:00 PM Track Events (**2:45 PM – Coaches meeting**)

Day 2: **Date:** Friday, May 15, 2026
Time: 3:30PM - Field Events and 4:00 PM Track Events (**2:45 PM – Coaches meeting**)

Streaming: Running events will be live streamed at <https://www.nfhsnetwork.com/schools/ferndale-high-school-ferndale-wa>

Meet Management

Meet Manager	Don Pringle (don.pringle@ferndalesd.org)
Head Starter	Ted Genger
Assistant Starter(s)	TBA
Clerk of the Course	Nick Carlson
Track Referee	Eric Tripp
Field Referee	Grant Driver
Finish Line	Don Pringle
FAT Timing System	Ilya Shportko, Tristan Toth
Meet Scoring	Peter Finstuen, Josh Burton
Implement Weigh-in	Terry Fentrop
Athletic Trainer	Colby Tegt (FHS Athletic Trainer)

Jury of Appeals

Eric Tripp (Meet Referee), Kodiak Landis (MVHS), Johnny Lee (SWHS), Don Pringle (FHS/Meet Director), Jay Turner (OHHS)

Admission

Adults/Students	\$7.00
Students w/ASB	\$5.00
Sr. Citizens and Children (12 and under)	\$5.00

Passes

NW District 1 Event Supervisory Pass will be accepted
WIAA and NW District Lifetime passes will also be accepted.

Participating Schools:

Ferndale Mt. Vernon Oak Harbor Sedro Woolley

MEET ENTRIES:

All meet entries submitted to Meet Manager via athletic.net by Saturday, May 9th at 7:00PM

MEET ENTRIES AND QUALIFYING PROCEDURE

ENTRIES:

- **Varsity Division:** Each school is allowed 2 guaranteed entries plus at-large entries. Each event will be filled to 16 with the next best times/marks from participating schools. Each school receives 1 relay entry per relay event.
- **Co-Ed Unified Division:** Each school is allowed 2 guaranteed entries plus at-large entries. Each event will be filled to 16 with the next best times/marks from participating schools. Each school is allowed 1 Mixed SMR 800m (100-100-200-400) relay and 1 Mixed 4x100m relay. All Unified events are scored in the Co-Ed Unified Division.
- **Ambulatory Division:** Each school is allowed 2 guaranteed entries plus at-large entries. Each event will be filled to 16 with the next best times/marks from participating schools in the Ambulatory events (100, 200, 400, Shot put, Discus, Javelin). Schools will be responsible to provide any equipment required for their athletes to participate in Ambulatory events. All Ambulatory events are scored in the Ambulatory Division.
- **Wheelchair Division:** Each school is allowed 2 guaranteed entries plus at-large entries. Each event will be filled to 16 with the next best times/marks from participating schools in the Wheelchair events (100, 200, 400, 800, 1600, Shot Put, Discus, Javelin). All Wheelchair events are scored in the Wheelchair Division.
- **NOTE:** To assist in seeding the meet, the top two times/marks entered per school will be considered the school's "guaranteed entries." To assist in filling out the at-large berths, it is recommended each school enter additional athletes 1) if the athlete is in the top 25 for the conference in that event and 2) only if the school intends for the athlete to compete in the event.

ENTRY DEADLINE: All entries submitted to Meet Manager via athletic.net by Saturday, May 9th at 7:00PM.

Timeline:

Entries Submitted to Meet Manager (M.M.) by Head Coaches (H.C.)	Initial Meet Program to H.C.	Scratches Submitted by H.C. to M.M.	Seeding Mtg. for H.C.	Final Meet Program to H.C.	Additional Scratches
Saturday May 9 @ 7PM	Saturday May 9 @ 9PM	Monday May 11 @ 7:00 PM	Monday May 11 @ 7PM via Zoom	Monday May 11 @ 9PM	See below

Initial Meet program will be emailed to Head Coaches by Saturday evening.

SEEDING MEETING: A seeding meeting (via Zoom) may be held at 7:00PM Monday, May 11th, if the meet manager deems it necessary.

SCRATCHES:

- **Prior to the Seeding Meeting/Initial Scratch Deadline:** Any scratches or adds need to be made with the meet manager, via email or at the Seeding Meeting, **NO LATER THAN 7:00PM MONDAY, May 11th**. The scratched athlete will be replaced by the athlete with the next best time/mark from the at-large pool unless the scratched athlete was one of the team's guaranteed entries. In that case, the scratched athlete will be replaced by an athlete from the same school and the vacancy created will be filled with the next athlete from the at-large pool.
- **After the Seeding Meeting:** Any scratches or withdrawals after the scratch deadline must have a doctor's certificate. A person scratched after this deadline and without a doctor's certificate **will be withdrawn from all events in which they have qualified or have not yet competed in.** Athletes scratched from the meet, after the seeding meeting, will be replaced according to the procedure outlined above.

NWC 3A Track & Field Championships (Sub-District) Meet Bulletin

Updated: 4/7/2026

- **Scratch One, Scratch All Rule:** Once qualified for a post-season event and after scratch deadline, an athlete that scratches one event will be scratched from all REMAINING EVENTS. If the athlete has already completed an event(s), they are eligible to advance in that event (S). This applies to all post-season (WESCO, District, State).

ADVANCEMENT TO 3A NWC CHAMPIONSHIP (SUB-DISTRICT) MEET

- Times/distances used to seed the 3A NWC Championship meet will be determined using an athlete's best time/mark achieved during the current season.

Track Events

- **Laned Races:** The 3A NWC Championship meet will be filled to 16 with **2 guaranteed entries** from each participating school plus the next 8 fastest athletes from the at-large pool. 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.
- Additional heats will be run if 17 or more athletes qualify due to ties.
- Heat assignments will be determined using an athlete's best time/mark achieved during the current season.
- The NFHS/State meet conversion formula will be used in the event hand-held times were used.
- **Relays:** All schools are allowed one entry.
 - A maximum eight members may be listed for each relay team. Of those eight, any four may participate. Only those who run will be considered to have competed in this event. All relay participants, including alternates, must be entered into athletic.net prior to the published meet registration deadline.

Field Events:

- 16 total entries advance to the 3A NWC Championship meet with **2 guaranteed entries** from each participating school plus the athletes with the next 8 best marks from the at-large pool.

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 conclusion of the event. 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 each event will be made over the P.A. system. "1st Call" will be given 15 minutes before the start of the event, with "Final Call" given approximately 5 minutes before. Participants should be in the Marshalling Area by "Final Call."
3. Contestants will remain in their lane upon the completion of their race until released by the finish line officials.
4. Only 1/4" spikes are allowed for all events, including field events. An athlete will NOT be allowed to compete if he/she has longer spikes.
5. All athletes not entered in the event being run or about to be run MUST remain in the stands. Athletes may warm up inside the designated area on the stadium infield.
6. 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.
7. The finish area is only for officials. All athletes are to stay behind the roped off area.
8. **Relay Exchange Zones** will be staffed by the host school. (It may be necessary for coaches to assist in judging relay zones. Assignments will be made at the Coaches Meeting. Plan to have at least two qualified coaches for each zone.)
9. **Tie Breaks at the 3A NWC Championship Meet:**

NWC 3A Track & Field Championships (Sub-District) Meet Bulletin

Updated: 4/7/2026

- If a tie should exist between two or more competitors in a track event and it involves a spot to the District 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 the District meet, 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 (NFHS 6-3 Art. 4).

GENERAL INFORMATION

- The meet will not run ahead of published schedule to guarantee rest time for athletes between events.
- Tape or tennis balls are to be used for checkmarks on the track's surface.
- PLEASE, NO SPIKES IN THE GRANDSTANDS.
- No food or beverages (except water) in the competition or warm-up areas.
- 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.
- Buses should arrive no earlier than 2:25 PM to avoid after school bus traffic. Please contact the FHS Athletic Director for directions if you need to arrive earlier.
- The pole vault pit will be open for boys to do run-throughs following the conclusion of the girls' competition on Day 1.

LOCKER ROOMS/COACHES MEETING

- Locker rooms will not be available for athletes.
- Each day of the competition a pre-meet coaches' meetings will occur near the finish line. See the official meet schedule for the time of the meeting.

SCORING (NFHS 2-1 A.2)

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

FIELD EVENT PROCEDURES

- **Field Event Check-out Times:** Coaches and athletes should show good sportsmanship by aiming to keep check-out times brief (less than 15 minutes whenever possible). Field Event Judges are to use their discretion, always allowing a reasonable amount of time for the excused athlete to return, understanding that it may take longer. Judges may ask coaches to seek out athletes if they have been checked-out for 15 minutes or more.

SHOT PUT, DISCUS, LONG JUMP, 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 2:30pm and 3:15 pm on Wednesday and Friday.

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Updated: 4/7/2026

HIGH JUMP AND POLE VAULT

- The Boys' and Girls' High Jump will start at one height below lowest qualifying height and will progress by 2" increments until the field is cut in half, at which time increments may be 1" until one contestant remains.
- The Boys' and Girls' Pole Vault will start at one height below lowest qualifying height) and will progress by 6" increments until the field is cut in half, at which time increments may be 3" until one contestant remains. [NOTE: The starting height may need to be adjusted to the lowest bar height that can be accommodated by the host facility's equipment.]
- **Pole Vaulter Weight Verification 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 (with the manufacturer's pole rating 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) and properly taped.
- Prior to competition, **vaulters should prepare to be weighed** to verify they are using a properly rated pole.
- If girls pole vault is cancelled on Day 1 of the NWC 3A Championship meet, it will be rescheduled to 2:30pm on Day 2 and upon its completion, will be followed by the boys pole vault.

TRACK EVENT PROCEDURES

CLERK OF THE COURSE

- Entries must check in with the Clerk of the Course prior to any event. All events will be called three times by the official announcer.

TRACK EVENT SPECIFIC PROCEDURES

- All races are **timed finals**, with the faster seeded heat running second.
- 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 an alley start. (2 sections/Break at 100)
- 3200m run will start from an 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.
- 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 host school will provide starting blocks. Visiting teams may provide their own if they wish.

ADDITIONAL INFORMATION

1. Prime Lane Order:
 - For all laned races and individual events, 400 meters and under: 4-5-3-6-2-7-1-8.
 - The 800 meter open lane order will be 1-2-3-4-5-6-7-8.
 - 1600 meter relay: 2-3-4-1.

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Updated: 4/7/2026

2. The 800 Relay prime lane order will be 1-2-3-4.
3. 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 6 athletes on the line. The inside alley can have a maximum of 12 athletes on the line with additional runners stacked behind.
4. After the meet has started, if a laned race finalist withdraws from the final, the lane will remain unfilled.

POINTS OF CLARIFICATION

- **Relay Substitutions:** A maximum of eight members may be listed for each relay team. Of those eight, any four may participate. Only those who run 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 District meet.
- **Relay Entry Form:** Relay names should be entered on athletic.net. Once the meet begins, no changes will be allowed.
- **Relay Exchange Zones:** Coaches may be asked to assist in judging exchange zones. If needed, assignments will be made at the pre-meet coaches meeting.

ADVANCEMENT TO 3A DISTRICT 1 MEET (2026)

(NOTE: Information provided in this document, related to advancement to the District meet, is superseded by the current season's 3A Northwest District 1 Track & Field Championships meet bulletin.)

- **Laned races:** The district meet will be filled to 16 with 5 WESCO South, 4 WESCO North, 3 NWC and next four best marks.
- **Relays:** A maximum of 15 total entries advance to the District meet (5 WESCO South, 4 WESCO North, 3 NWC). Heat assignments will be based upon times at the previous week's Conference (WESCO) or Sub District (NW Conference) Meet and seeded using athletic.net RUNMEET. As noted below, any relay disqualification from qualifying meet will result in non-advancement.
- **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 to the District meet.
- 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 (NWC) Meet and seeding using athletic.net RUNMEET.

STATE (2026)

- In 2026, the top four (4) boys and top four (4) girls in individual event 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.

Pole Vaulter Weight Verification Form



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 _____

Table with 3 columns: Name of Vaulter, Weight, Pole Rating. Rows 1-6.

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.

Sample Unified Registration Form

- Please see <https://www.mywaa.waa.com/track-field-resources/> for information about Unified Track.



Washington Interscholastic Activities Association
2025 Unified Relay Registration Form

Please Submit by April 1, 2025

MEMORANDUM: Track and Field Unified Relay Registration Form
TO: Athletic Director / Track & Field Coach
FROM: Justin Kesterson
SUBJECT: Unified Team Participation State Track & Field Championships

The WAA member schools and the state track & field meet management are excited to partner with the Special Olympics of WA to offer a Unified Track opportunity at the 2025 State Track & Field meets in Yakima and in Tacoma. It is important that these athletes have an opportunity to compete in interscholastic activities within our schools. To this end it is imperative that each school sending a team take the time to make sure that each athlete/partner pair is eligible under the WAA, Special Olympics of WA and school rules. All athletes are required to demonstrate compliance with those rules of eligibility in Article 18 of the WAA Handbook and any corresponding school rules and regulations. *Unified Sports® is an inclusive sports program that combines an approximately equal number of Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) on teams for training and competition.*

***Unified Athlete** is a student who must be identified by an agency or professional as having one of the following conditions: Intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction.

***Unified Partner** may be any student without intellectual and/or developmental disabilities.

EVENTS:

UNIFIED RELAYS: Relay teams are made up of 4 participants (2 boys & 2 girls) and **MUST** include two (2) Unified Athletes and two (2) Unified Partners. For the SMR, one (1) Unified Athlete must run one of the 100M legs of the relay. You may list up to 8 members on your relay enters – 4 participants and 4 alternates.

INDIVIDUAL PAIR EVENTS: Pairs in the 100M Dash and Shot Put maybe be boy/boy; girl/girl or boy/girl but must include one (1) Unified Athlete and one (1) Unified Partner. All pairs will compete together in the Co-Ed Unified Division.

School Name: _____ WAA Classification: _____ WAA District: _____

Name of Unified Athletes/Partners:

_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____
_____	Sex: _____	Grade: _____	A/P: _____

- | | |
|--|--|
| <input type="checkbox"/> Co-Ed 4x100 Meter Relay | <input type="checkbox"/> Co-Ed Sprint Medley Relay (100-100-200-400) |
| <input type="checkbox"/> Co-Ed 100 Meter Dash | <input type="checkbox"/> Co-Ed Shot Put |

Are any Accommodations Required: _____

*All Unified relay teams must qualify for the state meet through the qualifying meet procedure. **The Unified Partners must not have qualified to participate in the qualifying meet or state meet as an individual or as part of a relay other than as a member of the Unified relay team.***

Completed applications should be emailed or faxed to the WAA: Justin Kesterson | Assistant Executive Director WAA
 fax: (425) 687-9476 | email: ikesterson@waa.com

Sample Para-Athlete Authorization Form

- Please see <https://www.mywaa.waa.com/track-field-resources/> for information about Para-Athletes.



**Washington Interscholastic Activities Association
2025 Para-Athlete Competitor Authorization Form**

Please Submit by April 1, 2025

MEMORANDUM: Track and Field Para-Athlete Authorization Form
TO: Athletic Director / Track & Field Coach
FROM: Justin Kesterson
SUBJECT: Para-Athlete Division State Track & Field Championships

The WIAA member schools and the state track & field meet management are excited to offer a Para- Athlete division at the 2025 State Track & Field meets in Yakima and in Tacoma. It is important that these athletes have an opportunity to compete in interscholastic activities within our schools. To this end it is imperative that each school sending a competitor take the time to make sure that each athlete is eligible under both WIAA and school rules. All athletes are required to demonstrate compliance with those rules of eligibility in Article 18 of the WIAA Handbook and any corresponding school rules and regulations.

***A wheelchair athlete is anyone with a permanent physical disability. A statement of disability must be verified by a licensed physician and maintained on permanent file at the school.**

***An ambulatory athlete shall have a permanent orthopedic, neuromuscular, or other physical disability. The ambulatory division will include Visual Impairment, Cerebral Palsy, Dwarfism, Amputees, and similar physical disabilities. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.**

Name of Athlete: _____ Sex: _____ Grade: _____

School Name: _____ WIAA Classification: _____ WIAA District: _____

Each competitor is limited to four of the following events. Please indicate by checking the box of the events you will be entering at the district and state meets.

Wheelchair Division

- 100 Meter
- 400 Meter
- 800 Meter
- 1600 Meter
- Shot put
- Discus
- Javelin

Ambulatory Division

- 100 Meter
- 200 Meter
- 400 Meter
- Shot put
- Discus
- Javelin

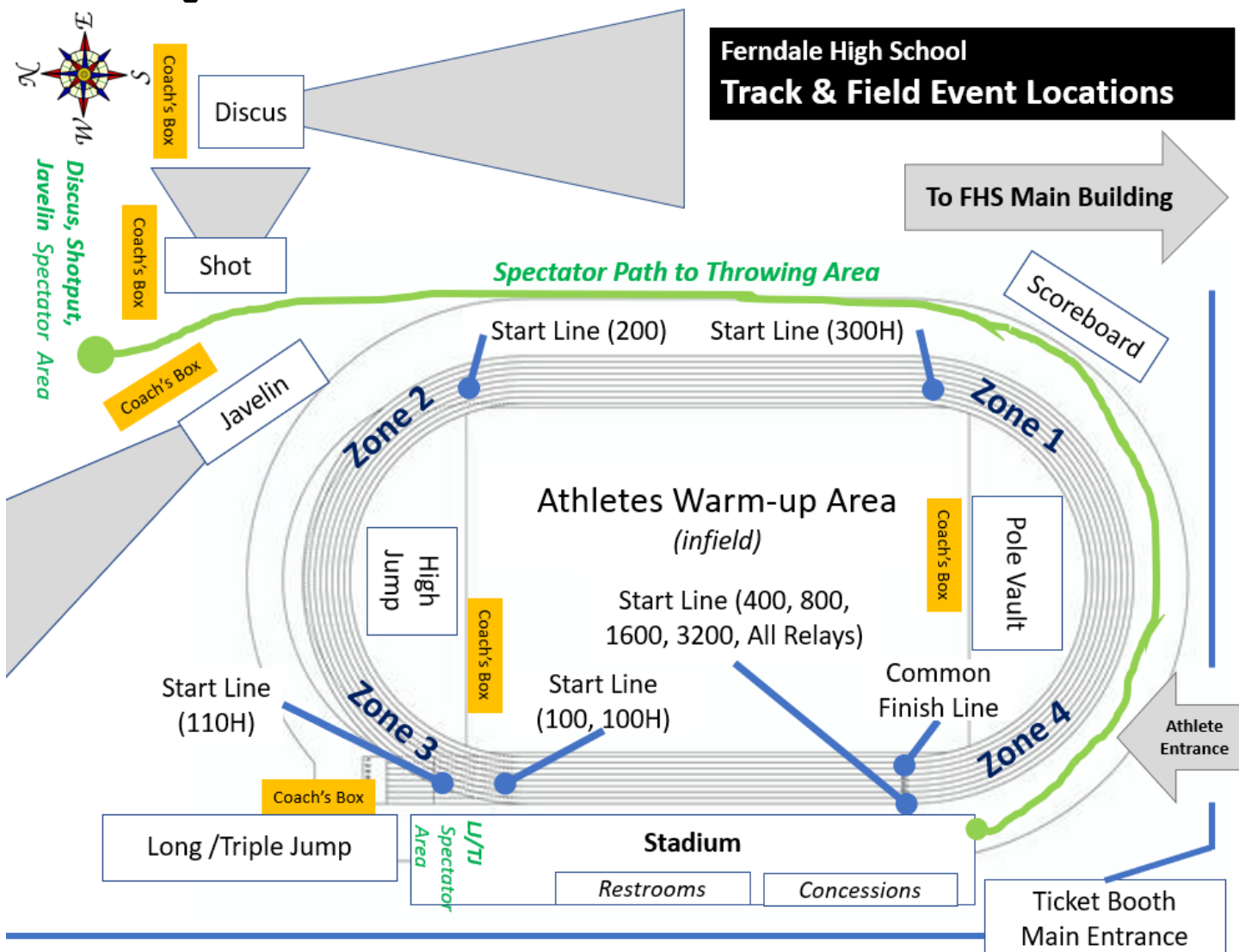
Ambulatory Division Impairment: _____

Accommodation Required: _____

*All para-athletes must qualify for the state meet through the qualifying meet procedure. **The para-athlete must meet or exceed the minimum standards established by the WIAA at the state qualifying meet.** The standards are listed on the 2025 Para-Athletes WIAA Track and Field State Guidelines found on the WIAA website.*

**Completed applications should be mailed or faxed to the WIAA: Justin Kesterson | Assistant Executive Director
WIAA 435 Main Avenue South, Renton, WA 98057 fax: (425) 687-9476 | email: jkesterson@waa.com**

Ferndale High School Track & Field Event Locations



Ferndale High School Track Exchange Zone Markings: The FHS Track has the updated 30m exchange zone markings.

4x200

- Exchange 1 (Zone 2): Green Triangles
- Exchange 2 (Zone 4): Green/Blue Triangles
- Exchange 3 (Zone 2): Green Triangles

4x100

- Exchanges 1-3 (Zones 1-3): Yellow Triangles

4x400

- Exchange 1 (Zone 4): Blue Triangles (staggered)
- Exchange 2-3 (Zone 4): Blue Triangles

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale, WA 98248



**2026 3A NORTHWEST CONFERENCE
TRACK & FIELD CHAMPIONSHIPS
3A SUB-DISTRICT TRACK SCHEDULE***

**Schedule may be adjusted depending on registration for Inclusive Track & Field Events.*

Ferndale High School Stadium

5830 Golden Eagle Drive, Ferndale, WA 98248

Wednesday May 13, 2026

2:30 PM – Implement Weigh-in

2:45 PM – Coaches meeting

Friday May 15, 2026

2:30 PM – Implement Weigh-in

2:45 PM – Coaches meeting

Field Events

Field Events

<p>3:30 Girls Pole Vault Boys Ambulatory Javelin Boys Wheelchair Javelin Boys Javelin Boys and Girls Long Jump Boys High Jump Unified Shot Put Boys Ambulatory Shot Put Boys Wheelchair Shot Put Boys Shot Put Girls Ambulatory Discus Girls Wheelchair Discus Girls Discus</p>	<p>3:30 Boys Pole Vault Girls Ambulatory Javelin Girls Wheelchair Javelin Girls Javelin Boys and Girls Triple Jump Girls High Jump Girls Ambulatory Shot Put Girls Wheelchair Shot Put Girls Shot Put Boys Ambulatory Discus Boys Wheelchair Discus Boys Discus</p>
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Running Events

Running Events

<p>3:55 National Anthem 4:00 Girls 4x200 relay 4:05 Unified Coed Sprint Medley Relay 4:15 Boys 110m High Hurdles 4:25 Girls 100m Int. Hurdles 4:35 Boys 100m Dash 4:45 Girls 100m Dash 4:50 Unified Coed 100m Dash 4:55 Boys & Girls Ambulatory 100m Dash 5:00 Boys 1600m Run 5:10 Girls 1600m Run 5:20 Boys 400m Dash 5:30 Girls 400m Dash 5:35 Unified Coed 4x100 Relay 5:40 Boys Ambulatory 400m Dash</p>	<p>3:55 National Anthem 4:00 Boys 4x100 relay 4:10 Girls 4x100 relay 4:20 Boys 800m Run 4:30 Girls 800m Run 4:40 Boys 300m Hurdles 4:50 Girls 300m Hurdles 5:00 Boys 200m Dash 5:10 Girls 200m Dash 5:15 Boys & Girls Ambulatory 200m Dash 5:20 Boys 3200m Run 5:35 Girls 3200m Run 5:50 Boys 4x400m Relay 6:00 Girls 4x400m Relay</p>
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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) Running Event schedule may be amended to accommodate additional Ambulatory or Wheelchair events, if needed.