

# 2026 4A BI-DISTRICT TRACK & FIELD CHAMPIONSHIPS

## May 20 & 22, 2026

Lake Stevens High School

### Day 1 & 2

Date: Wednesday May 20, 2026

Time: *Pole Vault 4:30 start* - 5:00pm - Field Events and 6:00pm - Running Events (**4:00pm coaches meeting**)

Date: Friday May 22, 2026

Time: *Pole vault 5pm start* -5:30pm - Field Events; 6:30pm - Running Events (**4:30 coaches meeting**)

### Meet Management

Meet Manager: Jason Pearson  
Clerk: Brady Dykgraaf  
Referees: Ed Haywood  
Starter/Marshall: Paul Fountain  
Starter: Josh Fountain  
Starter: Brady Dykgraaf

### Jury of Appeals

WESCO- Nick Page LKS	Kingco- TBD
WESCO- Spud Anderson KA	Kingco- TBD

### Admission & Passes

Adults/Students	\$9.00
Students w/ASB	\$7.00
Sr. Citizens and Children (12 and under)	\$7.00

NW District Blue colored Event Supervisory Pass will be accepted.

WIAA, NW District, SEA-KING, and KINGCO lifetime passes will also be accepted.

### Participating Schools

KINGCO: Bothell, Eastlake, Hazen, Issaquah, Jaunita, Lake Washington, Mt Si, Newport, North Creek, Redmond, Skyline, Woodinville

WESCO: Arlington, Glacier Peak, Jackson, Kamiak, Lake Stevens, Mariner,

## **ENTRIES:**

*Coaches please load qualified athletes & qualifying times/distances into Athletic.net - no later than Sunday, May 17 @ 4:00pm*

Qualifying meet managers (WESCO and KINGCO), email entries (please email the entire qualifying race file- as a backup) to Jason Pearson, [Jason\\_Pearson@lkstevens.wednet.edu](mailto:Jason_Pearson@lkstevens.wednet.edu) (no later than Sunday, May 17 @ 4:00pm)

WESCO Meet managers and KINGCO Meet managers are to indicate which kids are scratched.

## **WESCO POST SEASON MEETING & BI-DISTRICT SCRATCH MEETING:**

Monday, May 18<sup>th</sup> @ Shoreline School District Shoreline Room (North end of campus); 6:00pm  
(KINGCO Coaches do not need to attend)

Any scratches or withdrawals from the Bi-District meet must be made with the meet manager (Jason Pearson, [Jason\\_Pearson@lkstevens.wednet.edu](mailto:Jason_Pearson@lkstevens.wednet.edu)) **NO LATER THAN 2:00PM TUESDAY, MAY 19<sup>TH</sup>**. 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must have a doctor's certificate; a person scratched after this deadline and without a doctor's certificate **will be withdrawn from all other events in which they have qualified.**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**

- The top eight (8) KINGCO, top four (4) WESCO and the next best four (4) performance marks from the previous week's qualifying meets will advance to the 4A Bi District meet.
- Should an athlete or athletes elect not to advance in an event, the next eligible athlete(s) will advance in their place.
- Bi District meet will be a timed final, with two heats in laned races. The second heat will be the faster heat.
- All schools will be allowed one team for each relay, seeded by times from the previous week's qualifying meets. Unless the relay team was disqualified in the qualifying meet.
- The State Meet conversion formula will be used in the event hand-held times are used.
- Any athlete/relay disqualified from the conference/sub Bi-District meet will not advance.

ADD-INS are not allowed.

## **Ties**

If a tie should exist between two or more competitors in a track event and it involves a spot to the District finals or State meet, a run-off between the tied competitors will take place at the end of the meet. If the tie does not involve a spot to the State meet, a coin flip will be used to determine which medals/ribbons the competitors receive.

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, the jump-off will be completed **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 District champion.

## **FIELD EVENT PROCEDURE**

### **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 3:45-4:45 on Wednesday; 4:15-5:15 on Friday.

### **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 Wednesday. 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.

**1600 Meter Run:** Alley start; contestants will run four (4) laps; lap times will be given plus the number of laps remaining.

**3200 Meter Run:** Alley start; contestants will run eight (8) laps; lap times will be given plus the number of laps remaining.

**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 meter long zones 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 Lake Stevens High School will provide starting blocks. You may bring your own if you wish.

### **LOCKER ROOMS/COACHES MEETING**

Locker rooms will not be available for athletes. Coaches pre-meet coaches meeting will occur at LSHS East Locker Room of the stadium (Will be marked). (Times noted at top of bulletin) Please do not leave valuables unattended.

### **SCORING**

Places	First	Second	Third	Fourth	Fifth	Sixth	Seventh	Eighth
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 remain in the stands or designated viewing areas. 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 or beverages in the competition or warm-up areas. No sunflower seeds or gum.

Water Only- on the field or track area

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.

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 Live*** during the meet following the end of the meet.

## **AWARDS**

The first eight (8) places- individual and relay-will be presented with awards (Ribbons)

Participants should proceed to the awards area immediately following the 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 into athletic.net. An athlete who is entered in four (4) individual events may be listed on a relay team. The eight runners listed in athletic.net entry will be the names sent on to the State. No changes will be allowed to that list once the meet begins.

Relay Entry Form – It is required that relay names are to be submitted via athletic.net. Once the meet has started, changes may not be made to relay names in athletic.net.

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

**STATE**

***The top five (5) boys and top five (5) girls in the event and the top five (5) relay teams will qualify for the State Meet.*** In addition, any performance outside of the top five (5) that exceeds the State qualifying minimum standard will also advance to the State Meet.

**4A Bi-District Meet Schedule - Lake Stevens High School**

<b><i>Wednesday May 20, 2026</i></b>	<b><i>Friday May 22, 2026</i></b>
Coaches Meeting 4:00pm	Coaches Meeting 4:30pm
<b>Field Events</b>	<b>Field Events</b>
4:30pm Girls Pole Vault	5:00pm Boys Pole Vault

4:30 Unified Shot Put	5:30pm Boys Javelin/Ambulatory Javelin
5pm Girls Javelin/Ambulatory Javelin	5:30pm Boys & Girls Triple Jump
5pm Boys & Girls Long Jump	6pm Girls High Jump
5:30pm Boys High Jump	6pm Girls Shot Put/Ambulatory Shot
5:30pm Boys Shot Put/Ambulatory Shot	6pm Boys Discus/Ambulatory Discus
5:30pm Girls Discus/Ambulatory Discus	
<b>Running Events</b>	<b>Running Events</b>
6pm Girls 4x200 (800m)	6:30pm Boys 4x100 (400m)
6:10pm Mixed Unified SMR 800m	6:40pm Girls 4x100 (400m)
6:15pm Boys 110m High Hurdles	6:45pm Mixed Unified 4x100 (400m)
6:25pm Girls 100m Int Hurdles	6:50pm Boys 800m Run
6:35pm Boys 100m Dash	7pm Girls 800m Run
6:45pm Girls 100m Dash	7:10pm Boys 300m Hurdles
6:50pm Ambulatory 100m Dash	7:20pm Girls 300m Hurdles
6:55pm Boys 1600m Run	7:25pm Boys 200m Dash
7:05pm Girls 1600m Run	7:30pm Girls 200m Dash
7:15pm Boys 400m Dash	7:40pm Ambulatory 200m dash
7:25pm Girls 400m Dash	7:50pm Boys 3200m Run
7:35pm Ambulatory 400m Dash	8:05pm Girls 3200m Run
	8:20pm Boys 4x400m Relay (1600m)
	8:35pm Girls 4x400m Relay (1600m)

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 canceled on Wednesday, it will be rescheduled at 4:15pm 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. 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 infraction 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:

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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 \_\_\_\_\_

	<b>Name of Vaulter</b>	<b>Weight</b>	<b>Pole Rating</b>
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.**