



# WEST CENTRAL DISTRICT 3 / SOUTHWEST DISTRICT 4

# TRACK & FIELD

MAY 20 & 22, 2026

3A, 4A – French Field – Kent, WA

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*Meet Director*

Kent School District

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This packet contains site specific information related to the 3A/4A, WCD/SWD Bi-District Track and Field Qualifying Meet at [French Field Stadium on the campus of Kent Meridian High School](#). This document is a supplement to the [WIAA Track & Field Post Season SOP](#).

## FRENCH FIELD

1120 SE 253<sup>rd</sup> Street, Kent, WA 98030

## DIRECTIONS TO FRENCH FIELD

### Driving North or South on I-5: Take Exit 149, Kent-Des Moines Road

- Turn Left onto Kent – Des Moines Road/WA-516 E
- Continue 2.8 miles then keep Left Willis Street
- At the traffic circle, take the 2<sup>nd</sup> exit and stay on Willis Street
- Use the middle lane to turn Left onto Central Ave S.
- Turn Right onto E Titus Street
- Turn Right onto E Smith Street
- Continue onto WA-516 E/Campus Drive
- The stadium will be on your left – pull onto the Kent-Meridian High School campus

## PARKING/BUS PARKING

**Kent Meridian high school is out of session by 12:20 p.m. on Wednesday.** Buses may enter the campus through the Kent School District transportation lot near the back of the campus – entry off 104<sup>th</sup> Ave S – and drop athletes near the team check in by the stadium.

**Kent Meridian high school is NOT in Session on Friday, 5/22 – so you may access the campus anytime.**

**Bus parking is limited – please pass this information on to your bus driver:**

**Wednesday – NO BUS PARKING on Campus until after 12:45 p.m.**

**Friday – NO BUS PARKING on Campus until after 2:45 p.m.**

## STADIUM INFORMATION

Stadium gates will be open Wednesday and Friday at 1:00 PM.

## DIGITAL TICKETING

**Daily ticket costs:** All ticketing will be done through GoFan. Adults and Students w/o ASB \$9.00; Students w/ASB \$6.00; Military w/ID \$6.00; Children 5-12 \$5.00; Senior Citizens \$6.00; and Children birth-4 years are FREE with parent. **NO CASH SALES!**

## PASS LIST

Please email a copy of your FinalForms pass list to Chris Kunzelman ([chris.kunzelman@kent.k12.wa.us](mailto:chris.kunzelman@kent.k12.wa.us)) **NO LATER THAN Tuesday at 9:00 AM.** Anyone not listed on your team's pass list will be required to purchase a ticket through GoFan.

**Eligible Passes:** The only passes accepted are: West Central District (WCDIII) Executive Board, WCD III Eligibility Board, WCD III Lifetime passes, Southwest District Board and Washington State Coaches Association (WSCA) passes. Names of Superintendent & School Board Members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED. These include (league, school district, WIAA, and WOA).**

## DRONES/ "UAV" POLICY

The use of unmanned aerial vehicles (UABO, also known as drones, is prohibited for any purpose by any persons at NPSL tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

## COACHES INFORMATION

Coaches and contestants should enter the stadium at the Northeast Gate – near the back of the school campus close to the bus drop off area, prior to the coaches' meeting on day one of your classification's meet. Passes will be in the form of a wristband and will be in your packets. Passes will be distributed as followed:

Qualified contestants, listed in the program, **in uniform** will be allowed into the facility through the pass gate.

Six (6) wrist band passes for coaches (additional, separate color wrist bands, will be included in the packet for those head and jump/vault coaches of teams with qualified jumpers/vaulters)

One (1) wristband pass for managers.

## **COACHES MEETING**

Virtual Coaches Meeting - **Monday, May 18<sup>th</sup> at 7:00 p.m. via Zoom.**

*(ALL teams with qualified athletes must have a representative in attendance.)*

## **WARM-UP AREA**

Athletes will be allowed to warm up in the flagged off area on the infield. Only athletes warming up prior to an event or cooling down after an event are allowed in the warm-up area.

Only athletes competing in an event are allowed in the event competition areas. Warm-up is permitted on the track prior to the start of the running events. After the meet starts, the warm-up is restricted to the flagged-off area of the field. Athletes warming up on the field are not to congregate in the areas of the jumping events.

## **CLERKING AREA**

The clerking area will be located on the Southeast side of the stadium near the 100M start line. Athletes must check with the clerk at least 25 minutes before the published start time of their event. The clerk will display the official meet time and the time for specific running events to check in. It is the ultimate responsibility of the athletes to be aware of the progress of the meet and check in with the clerk at the appropriate time.

## **EVENT CALLS**

Call times will not be used for this meet. Athletes and coaches are responsible for keeping track of the time, and the published start times for each event.

## **THOSE NOT COMPETING**

If teams/coaches choose to sit in the stands as the competition is taking place, we ask that you please sit on the visitor side of the stadium or, South of the 50-yard line on the home side of the stadium.

## **TRACK/FIELD ACCESS**

**Coaches will not be allowed on the track or field during the meet.** Participants and officials only. The only exception is for coaches with passes to designated coaching boxes adjacent to the field events on the infield. **Team managers need to remain in the stands.**

**IMPORTANT: Coaches and athletes are warned that being out of the stands, running alongside competing athletes shouting instructions and encouragement is a violation of the pacing rule (NFHS 4-6-5) and will not be permitted. Competing athletes or relay teams will be disqualified if this violation occurs (NFHS Case book page 39 Situations F-J).**

## **ATHLETE ELECTRONICS**

**NO ATHLETE electronics will be allowed in the competition area (inside the fence around the track or in the athlete areas of the field events)** in compliance with WIAA Qualifying meet guidelines and NFHS Rule 3-2.

Only credentialed photographers and coaches will be allowed to photograph or video inside the competition area.

Athletes and coaches wishing to view competition videos during **ACTIVE** competition will be required to move to a designated coaching box or leave the competition area. **NO ATHLETE may delay the progression of the meet** by viewing video. Excuse time will NOT be granted to an athlete so they may leave the competition area to view video. If an athlete misses their attempt by leaving the area to view video, they will receive a TIME FOUL and will NOT be granted an opportunity to make up for the missed attempt.

## **UNSPORTING CONDUCT AND UNACCEPTABLE BEHAVIOR**

Failure to comply with NFHS rule 4-6-2 will result in disqualification from the event.

## **EXCUSE TIME FOR ANOTHER EVENT**

The excuse time established for the meet will be 15-minutes for all events, with the caveat that once all athletes present have completed their attempts for that height/flight/finals, any remaining excuse time is capped at 5 minutes. Example: At the end of a height, if athlete has 3 minutes excuse time remaining, the bar will be held for 3 minutes. If athlete has 9 minutes excuse time remaining, the bar will be held for 5 minutes.

There is no excuse time for injuries.

If an athlete is competing in a field event and running event at the same time, the athlete must check in with the running event clerk and event judge prior to the start of both events. When the competitors check out of the field event for another event, they must check out with the head judge and tell the judge which event they are leaving for. Competitors must notify the head event judge when they return.

### IMPLEMENT WEIGHT-IN/CERTIFICATION

The implement weigh-in and certification area will be in the tent near the baseball field closest to the throwing venue, and will be open at the following times:

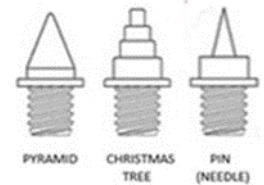
**Wednesday** – 12:00 PM – 4:15 P.M.

**Friday** – 12:00 PM – 4:15 P.M.

All implements will remain at the venue until the competition is completed.

### SPIKES / STARTING BLOCKS / BATONS / VENUE

**Spikes:** ¼” pyramid spikes are recommended. Maximum spike length is ¼”, except in Javelin and High Jump, where maximum spike length is 5/8”. Pin spikes (also called needle spikes) of any length are not allowed. Track spikes will be checked at the clerking tent. Field event spikes will be checked at the event areas.



**Starting Blocks:** Starting blocks in good working condition will be provided. NO personal or team starting blocks will be allowed, and no “block holders” will be allowed. Competing athletes must be able to set their blocks without assistance (with the exception of Ambulatory or Unified Competitors) or having another athlete “hold” them.

**Batons:** Relay batons will be provided by meet management for all relays competed.

**Venue:** French Field has an all-weather, 8-lane, metric track. Water only on the infield – no soda or any other sugar-based drinks will be allowed on the field.

### UNIFORM COMPLIANCE

**Uniform Rule (NFHS 4-3-1):** It is the individual competitor and relay teams’ responsibility to compete in the proper uniform. Failure to comply with the spirit and intent of this rule could cause a competitor or relay team to be disqualified from an event. **No competition will be allowed in sweats** or uniforms from other school sports.

Uniforms shall consist of tops & bottoms that are either school issued or school approved as a competition uniform, which may include school name, school nickname, and/or school logo.

A single manufacturer’s logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top. Bottoms may have one 2 ¼ square inch logo and may have manufacturer name/logo on the waist band.

Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation (under) garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

All relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all out garments worn as a uniform, that members are from the same team.

By NFHS rule 4-3-3, no athlete may remove their uniform in the competition area.

### PARTICIPATION LIMITATIONS

A contestant shall not enter nor compete in more than four (4) events. Any number of these may be relays.

A contestant must compete in every event in which he/she has qualified at the District / State meet. If a competitor exceeds participation limits the participant will be disqualified from the meet. All individual and team points earned in any event shall be forfeited. In the event that a contestant who has qualified refuses to compete, or in the judgment of the Meet Referee, failed to

make a reasonable effort in any track or field event, that contestant shall be disqualified.

Special requests due to injury, illness, religious observance or unforeseen events must be presented to and approved by the District prior to the affected event --- not presented to meet officials on the day of the meet.

An individual athlete MAY be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete MAY NOT COMPETE in more than four (4) events (individual and/or relays) TOTAL. Coaches - be reminded that the individual event competition limitation of four (4) events is both an NFHS and WIAA rule. An athlete listed on the relay form is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. FOR THE QUALIFYING MEET RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS – UP TO A MAXIMUM OF EIGHT (8).

**The definition of a relay team member is as follows:** four, five, six, seven, or eight members are listed and only those listed are eligible to run. Any four of those listed are eligible for each race starting with the preliminary heat of the Qualifying meet and ending with the State finals. The relay counts as an event for those who run.

### **SCRATCH POLICY**

Per WIAA 25.2.5, By entering participants in postseason competition, each Member School certifies that, barring injury, illness, religious observance or unforeseen events, the team or individuals representing the school will participate in every level of competition through the completion of the State Championship event. Once the qualifying meets are confirmed, a contestant must compete in all those events for which he/she has qualified. In the event an athlete needs to be scratched, the scratch will be imposed on all individuals and relay events (**scratch one = scratch all**) they are qualified in.

### **VIDEO SCREEN AND REPLAYS**

Per NFHS Track and Field rules, video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

### **MEDICAL INFORMATION AND TRAINERS**

Any athlete who requires a medical accommodation (medication patch, diabetic pump, joint brace, atomizer, etc.) during competition will need to have a medical documentation letter provided to the Meet Director, Chris Kunzelman, **prior to the start of competition on Wednesday**. Use of KT tape does not require medical documentation.

Certified athletic trainers and staff will be on hand during the meet by Olympic Sport and Spine. The training facility is located near the finish line.

### **ALLOCATIONS**

Allocations to the meet will be made in accordance with WIAA WCD3/SWD4 guidelines.

#### **League Allocations – Individuals/Relays:**

##### **3A – 16 Allocations**

North Puget Sound League - 7

Puget Sound League – 9

##### **4A – 19 Allocations**

South Puget Sound League - 10

North Puget Sound League – 6

Greater St. Helens League - 3

### **ADVANCEMENT**

**3A:** The **top 6 times from all running events and the top 6 marks from all field events** will advance to the WIAA State Track & Field Championship meet. All running events will be contested as a “timed final”. Any athlete who meets or exceeds the WIAA automatic qualifying standards ([WIAAAutoQualStandards2026](#)) during the District Qualifying meet will be allowed to compete at the WIAA State Track & Field Championship meet.

**4A:** The **top 8 times from all running events and the top 8 marks from all field events** will advance to the WIAA State Track & Field Championship meet. All running events will be contested as a “timed final”. Any athlete who meets or exceeds the WIAA automatic qualifying standards ([WIAAAutoQualStandards2026](#)) during the District Qualifying meet will be allowed to compete at the WIAA State Track & Field Championship meet.

#### **INCLUSIVE COMPETITION – Ambulatory/Wheelchair/Unified**

**NOTE:** For more information, please make sure to visit [Inclusive Division Resources](#) for more information.

#### **Ambulatory Throws:**

Ambulatory throws events are listed on the schedule. They will be conducted at the regular throwing venues. There will be one flight with four attempts. No finals. Competitors will utilize standard high school implements.

#### **Wheelchair Throws:**

Wheelchair throws events are listed on the schedule. Athletes will throw from the pit at the South-West end of the stadium onto the field turf. Each athlete takes 4 throws in succession. No finals. Competitors will utilize standard high school implements.

#### **Ambulatory/Wheelchair Track Events:**

Ambulatory and Wheelchair track events are listed on the schedule.

#### **Unified Track Events:**

Unified Athletes, those with intellectual disabilities and Unified Partners, those without intellectual disabilities will have the opportunity to participate in Co-Ed Unified 100M; and Unified Relays – 4 x 100MR and Sprint Medley Relay (100-100-200-400). In the 100M, a pair consisting of 1 athlete & 1 partner will each run the 100M and their individual times will be averaged to obtain their team time of record. Both members of the pair will receive the same time.

#### **Unified Throwing Events:**

Co-ed Unified Shot Put competitors will throw from the pit at the South-West end of the stadium onto the field turf. Each athlete/partner will take **4 throws**. No finals. The athlete & partner’s best throws will be averaged to obtain their team mark of record. Both members of the pair will receive the same mark. Competitors will utilize standard high school implements.