

**2026 WESCO 4A  
TRACK & FIELD CHAMPIONSHIPS  
MAY 13 & 15, 2026  
Arlington High School**

Date: Wednesday, May 13, 2026  
Time: 4:30pm - Field Events; 6:00 pm – Running Events

Date: Friday, May 15, 2026  
Time: 5:00pm - Field Events; 6:30 pm - Running Events

**Meet Management**

Meet Director	Tom Roys
Referee	Mike Edwards
Starter	Greg Erickson
Starter	Mark Perry

**Jury of Appeals:** Spud Anderson KA, Eric Smith CA, Judd Hunter ARL, Tom Roys, Mike Edwards

**Participating Schools**

Arlington	Cascade	Glacier Peak	Jackson
Kamiak	Lake Stevens	Mariner	

**Admission**

Adults/Students	\$8.00
Students w/ASB	\$5.00
Sr. Citizens and Children (12 and under)	\$5.00

**Passes**

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

**Entries**

Coaches will need to register athletes using Athletic.net **no later than Sunday, May 10<sup>th</sup> ~ 10:00am deadline.** Register for the Athletic.net WESCO 4A PRELIMS. (*The WESCO 4A FINALS is only listed as a source to upload finals.*)

Additions and scratches will take place at the seed meeting. The seed meeting is at **6:00 p.m. on Monday, May 11<sup>th</sup> VIA Zoom.** A link will be sent out by Monday morning May 11.

Individuals may be withdrawn up **until 12:30pm on Tuesday, May 12<sup>th</sup>.** Meet Manager will then contact the first alternate. If you have a change prior to Tuesday, after Monday’s meeting, please e-mail Judd Hunter at [judd.hunter@asd16.org](mailto:judd.hunter@asd16.org).

## REGISTRATION AND QUALIFYING PROCEDURE

Class 4A meet will be using a timed final format.

Each school will be permitted one entry per event and we will fill up to 24 spots.

Final entries are based upon season performance and qualifying standards. Qualifying standards will take precedent over season standards. If there are ties for final positions, all qualifiers will be entered.

3. Participants will be seeded in the running events in three heats based upon their best time this season

### A. Laned Races

1. Participants will be seeded in the running events in three heats based upon their best time this season. The heats will run from slowest to fastest. Heat one = qualifiers 24-17, Heat two = qualifiers 16-9, and Heat 3 = qualifiers 8-1. Places will be awarded by time, irrespective of heat.

2. Should there be a malfunction with the timing system, **National Federation preliminary advancement procedures will be followed.**

### B. Non-Laned Races

1. One heat will be held for the 1600m and the 3200m races.

### C. Field Events

1. The format will be 3+3 with 9 advancing to the finals.

### D. Relays

1. One team per school will be permitted.

**Relay Entry** – We require relay names to be submitted via athletic.net.

### E. Ties

Laned Races: In case of a tie for the last qualifying spot, the final determination on qualifying will be handled as follows:

- 1.) If the tie qualifies for the advancement to Bi-districts, a run-off will be required with the winner qualifying.

#### Field Events:

- 1.) 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 Bi-District, 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.
- 2.) 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).
- 3.) Ties in other field events will follow NFHS rules by using the next best performance mark to break the tie.

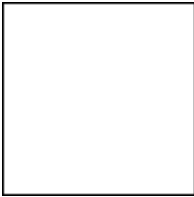
## FIELD EVENT PROCEDURES

### A. Shot Put, Discus, Javelin, Long Jump and Triple Jump

1. 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.
2. 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.
3. **All implements are required to be weighed-in.** Weigh-ins will be conducted between 3:45 – 4:45pm.
4. Field event start times may be adjusted by meet management.

### B. High Jump and Pole Vault

1. Boys High Jump will start 5'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.



High Jump will start at 4'0", progressing by 2" increments until 8 competitors remain, and then by 1" increments.  
 Pole Vault will start at 8'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.  
 Pole Vault will start 6'0", progressing by 6" increments until 8 competitors remain, and then by 3" increments.

5. **Pole Vault certification forms** should be completed and hand-delivered to meet management at the pre-meet coaches meeting on the day of the competition. All vault poles must be properly marked and properly taped.
6. Prior to competition, **vaulters should prepare to be weighed** to verify they are using a properly rated pole.

**TRACK EVENT PROCEDURES**

- A. 1600m and 3200m runs will start from a waterfall start. (2 sections/Break after 100M)
- B. 800m run will be staggered for one turn. The competitor may break for the inside lane as they pass the break line marked by cones at the end of the first turn.
- C. 100m, 200m 400m, 400m relay and hurdle races will be run in lanes.
- D. 800m relay and 1600m relay will run a three-turn stagger.
- E. Competitors are to REMAIN IN THEIR LANES until released by finish line personnel.
- F. A FAT timing system will be used to time running events

**DRESSING ROOMS**

Locker rooms will not be available. Participants should come dressed for competition. Please do not leave valuables unattended.

**GENERAL INFORMATION**

1. **Coaches and participants must sit in the stands or remain in the designated viewing areas during the meet.** Only those athletes actively participating or warming up will be allowed in the infield.
2. Starting blocks will be furnished. Competitors may use their own.
3. No spikes longer than 1/4 inch will be permitted in any event.
4. Calls for each event will be made over the public address system. First, second, and last calls will be announced. Athletes should report to the clerk of the course no later than third/last call.
5. The ten-minute rule will be enforced for all field events.
6. No food or drink is permitted on track surface or field other than water.

**COACHES MEETING**

The pre-event meeting will take place approximately 45 minutes before the first scheduled event.

**SCORING**

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

Ribbons will be awarded to the top eight placers.  
 Participants should proceed to the awards area upon announcement of the award ceremony.

**EXCHANGE ZONE JUDGES**

Meet management will make every effort to provide officials to judge exchange zones. In the event extra judges are needed, coaches from non-participating schools may be asked to assist.

**ADDITIONAL INFORMATION**

1. Every effort will be made to ensure that the order of field events will mirror that of the bi-district meet.

will be assigned by preferred lanes.

In relay races and individual events, 400 meters and under, the prime lane order will be 1-2-3-4-5-6-7-8. The 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.

For 400 meters 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 1-4). Athletes in each alley will be lined up in order by time, with the top seed on the outside and the 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.

#### **POINTS OF CLARIFICATION**

1. **Scratches:** Any scratches or withdrawals must be made with the meet manager **NO LATER THAN 12:30pm** Tuesday, prior to the meet. The Meet manager will notify the next eligible alternate of his/her opportunity to compete. The coach of the entering alternate must immediately confirm entry with the meet manager. Scratches or withdrawals after this deadline must have a doctor's certificate. An individual scratched after this deadline without a doctor's certificate **will be withdrawn from all other events in which they have qualified**. Any disputed situations will be presented to the Games Committee.
2. **Relay Substitutions:** A maximum eight (8) members may be listed for each relay team. Relay names must be entered into athletic.net. 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. Names of relay members need to be submitted to ANET for record keeping purposes only.

#### **ADVANCEMENT TO THE 4A WES/KING Bi DISTRICT MEET**

The top eight (8) KINGCO, top four (4) WESCO and the next best four (4) performance marks from the previous weeks' qualifying meets will advance to the 4A Bi District meet (including relays). 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.

The State Meet conversion formula will be used in the event hand-held times are used.

Any athlete disqualified from the Conference/sub-district prelim/final will not advance to the Bi District meet.

# WESCO CONFERENCE MEET SCHEDULE

Wednesday May 13, 2026

Friday May 15, 2026

4:00 Coaches Meeting

4:30 Coaches Meeting

## Field Events

4:25 National Anthem  
4:30 Girls-Pole Vault  
4:30 Unified Shot  
5:00 Boys-Javelin/Ambulatory Javelin  
5:00 Boys and Girls-Long Jump  
5:30 Boys-High Jump  
5:30 Boys-Shot/Ambulatory Shot  
5:30 Girls-Discus

## Field Events

4:55 National Anthem  
5:00 Boys-Pole Vault  
5:30 Girls- Javelin  
5:30 Boys and Girls Triple Jump  
6:00 Girls- High Jump  
6:00 Girls- Shot  
6:00 Boys- Discus/Ambulatory Discus

## Running Events

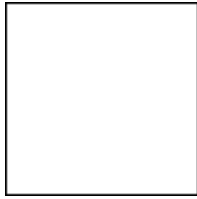
6:00 Girls 4X200  
6:05 Unified Sprint Medley Relay  
6:15 Boys 100 m High Hurdles  
6:25 Girls 100 m Int. Hurdles  
6:35 Boys 100m Dash  
6:45 Girls 100m Dash  
6:50 Ambulatory 100m Dash  
6:55 Unified 100m Dash  
7:00 Boys 1600m Run  
7:10 Girls 1600m Run  
7:20 Boys 400m Dash  
7:30 Girls 400m Dash  
7:40 Ambulatory 400m Dash

## Running Events

6:30 Boys 4X100m Relay  
6:40 Girls 4X100m Relay  
6:50 Unified 4X100m Relay  
7:00 Boys 800m Run  
7:10 Girls 800m Run  
7:20 Boys 300m Hurdles  
7:30 Girls 300m Hurdles  
7:40 Boys 200m Dash  
7:50 Girls 200m Dash  
8:00 Ambulatory 200m Dash  
8:05 Boys 3200m Run  
8:20 Girls 3200m Run  
8:35 Boys 4X400m Relay  
8:50 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) Standard NFHS Scoring: 10-8-6-5-4-3-2-1 for all individual events and 10-8-6-4-2 for relays.



**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.

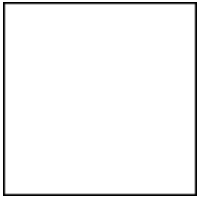
The location of the band indicating the top safe hand-hold position shall be determined by the manufacturer.

**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.**



## 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 \_\_\_\_\_