

2026 DISTRICT ONE 2A NORTH SUB DISTRICT TRACK MEET

Civic Stadium, Bellingham WA

Date: Wednesday, May 13th
Time: 4:30 pm -- Field Events / 5:00 pm -- Track Events

Date: Friday, May 15th
Time: 4:30 pm -- Field Events / 5:00 pm -- Track Events

Meet Director: Patrick Brown, Athletic Director, Squalicum High School
patrick.brown@bellingshamschools.org
360-303-0664

Timing System: Bellingham SD Staff-Flash Timing **Back -Up System:** TBD

Clerk of the Course: Jami Hoeger
Timer & Computer: BSD T&F Staff
Starter: Bryan Brown and TBD
Implement Weigh-in: TBD
Announcer: Patrick Brown
Games Committee: Erin Hoopes, Nic Castona and Patrick Brown
Track/Field Referee: Nic Castona
Finish Line: TBD
Judges: Jen Leita
Athletic Trainers: Maggie Hite, and Amya Cook
Admission Prices: Adults: \$7.00
Student's w/ASB, Children, Senior Citizens: \$5.00

Passes: District 1 Lifetime Pass District 1 Supervisory Pass
District 1 Event Pass NWC Lifetime Pass

Schools Attending: Bellingham Lynden
Sehome Squalicum

Seed Meeting: Monday, May 11th, 2026 at 7:00p.m. at Squalicum High School, Career Center
(Head Coaches Only)

Meet Procedures: With the exception of the special rules stated, the National Federation Track and Field Rule Book will govern this meet. Standards and procedures of the WIAA State Track and Field bulletin and guidelines will be used at this qualifying meet. Any problems that arise before or during the meet should be brought to the attention of the Games Committee.

Coaches Meeting

1. Each day of competition, there will be a coaches' meeting promptly at 4:00pm at the finish line.
2. The Wednesday coaches' meeting is the last time to add an alternate to Wednesday field events, and all Wednesday running events.
3. The Friday coaches' meeting is the last time to add an alternate to Friday field events, and the boys and girls 3200m.

Entrants

- a. All athletes entered into a running event, that has met the sub-district auto-qualifying standard for that event, will be accepted into the meet in that event.
- b. If after applying the criteria above we have not filled two heats (16 runners) for running events we will use the next best times to fill the available spaces. The same process will be used to create two full flights (16 competitors) for the field events.
- c. Prior to the seed meeting coaches must enter all potential sub-district competitors from their team into the sub-district meet using **athletic.net**.
- d. For field events athletes must meet the minimum standards below to participate. DO NOT enter athletes in field events unless they meet the minimum standards.

Subdistrict Minimums:

Boys Shot Put-25 feet
Girls Shot Put-20 feet
Boys Discus-60 feet
Girls Discus-50 feet
Boys Javelin-70 feet
Girls Javelin-45 feet
Boys Long Jump-14 feet

Girls Long Jump-11 feet
Boys Triple Jump-33 feet
Girls Triple Jump-25 feet
Boys High Jump-5 feet
Girls High Jump-4 feet
Boys Pole Vault-8 feet
Girls Pole Vault-6 feet

Laned Events

- a. Lane assignments will be based on time with heats evenly seeded.
- b. Athletes from the same school will be separated in heats if there is an individual in another heat with the exact same time to switch them with.
- c. 400m and shorter: If more than 16 athletes, a 3rd heat will be added.
- d. 800m: If 20 or less athletes, two heats will be run with additional runners stacked in each heat. If more than 21 athletes, a 3rd heat will be run.

Distance Events

The 1600m and 3200m will be started in alleys. The fastest six runners will be placed in the outside alley across lanes 5-8 with the fastest of the six being on the outside and the slowest of the six on the inside. Runners 7-16 will be lined up on the inside alley across lanes 1-8 with the fastest runner on the outside and the slowest on the inside. Additional qualifiers will be added to the inside alley with a maximum of 12 runners across the front and additional runners stacked behind.

Field Events

- a. Flighted Field Events: runners will be seeded in reverse order of entry mark, with the best marks competing last. If more than 16 athletes, the additional athletes will be added to the flights. If more than 20 competitors, a 3rd heat will be added.
- b. Pole Vault and High Jump – will compete in reverse order of entry mark. Additional qualifiers will be added to the field.

Ambulatory / Wheelchair Competitors

Any Ambulatory or Wheelchair events will follow the same meet schedule for all other events. In laned track events the Ambulatory or Wheelchair heat will precede other heats of the same track event. In field events, the Ambulatory or Wheelchair athlete will compete in the first flight of the event. Athlete will have the option of making all attempts consecutively or working into the standard rotation of the flight.

Scratches: All scratches must be called in or emailed (preferred) to **Patrick Brown** (patrick.brown@bellingshamschools.org) by **7:00pm on Tuesday, May 12th**. After 7:00pm Tuesday, there will only be one alternate per event. Any scratches or withdrawals after **Tuesday, May 12th** must present a doctor's certificate to Meet Director Patrick Brown. A person scratched after this deadline and without a doctor's certificate will be withdrawn from all other events in which they have qualified.

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

Qualification procedure to District Meet

1. In all individual laned events up to 400m, Heat winners plus next 4 fastest times in each sub district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for districts as at large berths. For Ties – see stipulation later in bulletin.
2. In the 800m, the top 2 in each heat plus the next 2 fastest times from each sub-district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for district at large berths. If there is a tie for the last spot, the extra individual will be stacked into one of the District Heats.
3. In the 1600 and 3200, the top 6 finishers from each sub-district qualify for Districts. In addition, the next 4 best times from either sub-district qualify for districts as at large berths. If there is a tie for the last spot, the extra individual will be added to the District field.
4. In all Field Events the top 6 finishers from each sub-district qualify for Districts. In addition, the next 4 best marks from either sub-district qualify for districts as at larger berths, if there is a tie for the last spot to the District Meet, the extra individuals will be added to the District field.
5. In the relays, winners of each sub-districts race plus the next 6 best from either sub-district qualify for Districts.
6. Any athlete who finishes outside the allotted number of entries at their sub-district meet will qualify to the district meet if they meet the district standards (see attached standards). The standard is based upon the fourth-place average for the previous four years at the District Championships.

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 results being **posted**. 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 the running events will be over the PA system. “1st Call” will be 15 min. before the start of the event, “Final Call” will be 5 min. before. By the “Final Call” participants should be in the Marshaling Area.
3. The Marshaling / Clerk of the Course, Jami Hoeger, will check track athletes in at the start line of their races.

4. NFHS rules will be followed concerning the competitor's uniforms. In the Marshaling Area, every attempt will be made to check athletes so that violations are prevented beforehand. In field events the event judge will check. However, the athlete and the coaches are ultimately responsible.
5. Contestants will remain in their lane by the solid row of blue triangles upon completion of their race until they are released by the finish line officials.
6. Only 1/4" or less spikes are allowed on the track and runways.
7. Athletes may warm up in the flagged area on the infield. Devices such as bungees, belts, chutes, etc. will not be allowed in the warmup area.
8. State regulations concerning relay markers will be followed.
9. 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.
10. The finishing area is only for officials. Please advise athletes to keep behind the roped off area.

Relay Zones

1. Athlete "go marks" will be consistent with State Regulations and Bound State guidelines.
2. It will be necessary for coaches to assist in judging relay zones. Assignments will be made at the pre-meet coaches meeting. Plan to have at least two qualified coaches for each zone.

Fields Events

Running Events will take precedence over field events. Anytime an athlete leaves their field event, they must check out with the official for that event. The official will record the time and let the athlete know the exact time to the minute. The athlete has exactly 15 minutes to report back into their field event official. Once their 15-minute checkout time has expired and they have not checked back in with the event official they will be reinserted back into the rotation for competition. If they are not present and their name is called the official will wait one minute and if no attempt is initiated that trial will be forfeited. If they are competing in a running event that runs behind schedule, they will be allowed 5 minutes from the conclusion of their race to report back into their field event. A high jumper/pole vaulter must jump at the height the bar is set when he/she arrives. Special Instructions for preliminaries and finals: Nine (9) competitors shall qualify for the finals in the shot put, discus, javelin, long jump and triple jumps. The order of competition in the finals shall be in reverse order of the best performance in the preliminaries.

Throws and Horizontal Jumps

1. Participants will check in with the field event official. The official will do their best to check uniforms at check in.
2. Prelims and finals will be contested on the same day. The finals will start within 10 minutes of the announcement of the finalists.
3. The competitors will be placed into flights of eight based on marks at the Sub-District qualifying meets.
4. Each competitor will be given three attempts in the prelims.

5. The nine competitors with the best marks will advance to the finals where they will be allowed three additional attempts. The final competitors will compete in reverse order with the best prelim mark competing last.
6. The javelin will be thrown from a rubberized runway.
7. Athletes in the triple jump will be allowed to choose from any available toe board but must identify that board to judge prior to each attempt.
8. Implement check-in will start at 3:00pm in the locker room beneath the scoreboard. If an implement passes the check-in and is officially marked, then athletes may use their own implements. Official shots, discuses and javelins will be provided.

High Jump and Pole Vault

1. The competitors will be placed in reverse order based on marks at the Sub-District qualifying meets.
2. Participants will check in with the field event official.
3. Weigh-in for vaulters will occur at 3:00pm at the ticket booth building. Only those that are cleared by meet management will be allowed to compete. Each school will submit the State Pole Vault Verification form at this time.
4. Starting heights will be one height below that of the lowest qualifier.
5. High Jump - The bar will rise 2" until four or fewer competitors are remaining and rise 1" thereafter.
6. Pole Vault - The bar will rise 6" four or fewer of the competitors are remaining and rise 3" thereafter.
7. Opening height adjustments may be made in raising of the bar in regard to the District qualifying standard.
8. Pole vault coaches in coaches' box must have passes visible. All other event coaches must remain outside the fence.

Field information

1. Athletes, coaches, managers, and parents are to stay outside the competition areas except to warm up or assist an injured athlete.
2. Coaches please remind athletes to return to the stands after completing an event.
3. No food on the track or infield surface. No drinks other than water on the track or infield surface.

Team Seating

1. Teams may sit in either grandstand. Team tents can be set up the grass hillside between the main grandstand and the start area for the 100m. **Please do not set-up tents on the grass hillside beyond the finish line.**

Medical Note

1. A note from a doctor may be presented to excuse an athlete from specific events. The note must be specific as to what the athlete can or cannot do.
2. The note must be presented to the meet manager as soon as possible after the time it is received by the athlete/coach.

Equipment

1. An automatic timing system will be used. A second automatic timing system will be used as a backup. Races should not have to be recalled other than for false starts.
2. The host school will provide starting blocks. You may bring your own if you wish.

Awards & Scoring

- a. This meet is a seeding meet for the upcoming district meet.
- b. There will not be individual or team awards

Ties

1. Ties in the throws and horizontal jumps will be broken according to the rules in the National Federation Rule Book.
2. Ties for individual places in the High Jump and Pole Vault will not be broken at the sub-district meet.
3. **Laned Events (except 800m):** If there is a tie for the last spot to the District competition, that tie will be broken with a run-off before the start of the District meet. This stipulation is due to the likelihood of scratches making any run-off run sooner likely irrelevant.

Admission

1. Athletes in uniforms will be admitted for free.
2. **Admission will be charged for both days. Ticket prices per day: Adults \$8.00; Students w/ASB, Children/Senior Citizens/Military \$6.00.**
3. Spectators with District 1 Lifetime and District 1 Event passes will be admitted free. **Regular District One Supervisory Passes are NOT valid for post-season admission.**
4. Members of the working press and press photographers who are covering the meet will be admitted free. They must be affiliated with a recognized newspaper and show credentials at the gate to be admitted. NWCAthletics.com is the official photographer for this meet. Private vendors will have to pay admission to be admitted.
5. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer admitted free of charge. They must take their pictures from the stands.

Transportation

1. Please ask bus drivers to park in the back of the Civic Stadium parking lot or along one of the side streets.

**2026 2A Sub District Track & Field Championships
TIME SCHEDULE**

Wednesday

FIELD EVENT FINALS 4:30pm

Girls Long Jump
Girls High Jump
Boys Triple Jump
Boys Shot Put
Girls Discus
Boys Pole Vault
Boys Javelin

RUNNING EVENT FINALS

5:00 Girls 4 x 200m
5:10 Boys 100m
5:20 Girls 100m
5:30 Boys 1600m
5:40 Girls 1600m
5:50 Boys 400m
6:00 Girls 400m
6:10 Boys 300H
6:20 Girls 300H

Friday

FIELD EVENT FINALS 4:30pm

Boys Long Jump
Boys High Jump
Girls Triple Jump
Girls Shot Put
Boys Discus
Girls Pole Vault
Girls Javelin

RUNNING EVENT FINALS

5:00 Boys 110H
5:10 Girls 100H
5:20 Boys 4 x 100m
5:25 Girls 4 x 100m
5:30 Boys 800m
5:40 Girls 800m
5:50 Boys 200m
6:00 Girls 200m
6:10 Boys 3200
6:25 Girls 3200
6:45 Boys 4 x 400m
6:55 Girls 4 x 400m

Track & Field 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 _____