

2026 DISTRICT ONE 2A SOUTH SUB DISTRICT TRACK MEET

Quil Ceda Stadium, Marysville WA 

Date: Wednesday, May 13, 2026
Time: 4:00 pm -- Field Events / 5:00 pm -- Track Events

Date: Friday, May 15, 2026
Time: 4:00 pm -- Field Events / 5:00 pm -- Track Events

Meet Director: Steve Jensen, Coach, Marysville Pilchuck HS
Email: skmjensen@aol.com

Timing System: Marysville SD Staff **Back –Up System:** TBD

Clerk of the Course: Dan Curry
Timer & Computer: Liz Doyle
Starter: Scott Stokes , Paul Dockendorf
Implement Weigh-in: Craig Iversen,
Announcer: Mariah Dalton
Games Committee/
Jury of Appeals Kris Jensen, Jeff Sowards , and Brad Templeton
Track/Field Referee: Tom Luehmann
Finish Line: Tammy Caldwell
Judges: TBD
Athletic Trainers: Summit Rehab
Admission Prices: Adults: \$9.00
Student’s w/ASB, Children, Senior Citizens: \$6.00

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

Schools Attending: Marysville Pilchuck Archbishop Anacortes
Lakewood Burlington – Edison

Seed Meeting: **Monday, May 11th, 2026 at 7:00p.m. at Lakewood HS, 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. If WIAA SOPs change we will post them on this page.

Coaches Meeting

1. Each day of competition, there will be a coaches’ meeting promptly at 3:30pm 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.

WIAA Track & Field Specific Documents

You will need to login to your MyWIAA account to access these.

Be sure to read them thoroughly before the meet.

Remember to have the post season Pole Vault forms up to date.

Entrants

- a. Any athlete entered into an 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**.

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 **Steve Jensen** (skmjensen@aol.com) 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 Steve

Jensen. 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 Jury of appeals** 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 Jury of appeals will render a decision. 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, Craig Hereth, 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. Only 1/4" or less spikes are allowed on the track and runways.
6. 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.
7. State regulations concerning relay markers will be followed.
8. 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.
9. 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 NFHS Regulations and WIAA SOP.
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 in to 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 in to 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.
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 take off board but must identify that board to judge prior to each attempt.

8. Implement check-in will start at 3:00pm at the stadium . 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. Boys High Jump will start 5'0", progressing by 2" increments until 4 competitors remain, and then by 1" increments.
2. Girls High Jump will start at 4'0", progressing by 2" increments until 4 competitors remain, and then by 1" increments.
3. Boys Pole Vault will start at 8'0", progressing by 6" increments until 4 competitors remain, and then by 3" increments.
4. Girls Pole Vault will start 6'0", progressing by 6" increments until 4 competitors remain, and then by 3" increments.

Field information

1. Athletes, coaches, managers, and parents are to stay outside the competition areas.
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.

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. 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 \$9.00; 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 North Parking lot at the stadium.

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

Wednesday, May 13th

FIELD EVENT FINALS

4:00 Girls Long Jump
4:00 Girls High Jump
4:00 Boys Triple Jump
4:00 Boys Shot Put
4:00 Girls Discus
4:00 Boys Pole Vault
4:00 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, May 15th

FIELD EVENT FINALS

4:00 Boys Long Jump
4:00 Boys High Jump
4:00 Girls Triple Jump
4:00 Girls Shot Put
4:00 Boys Discus
4:00 Girls Pole Vault
4:00 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

2026 2A South Sub-District 1 Track & Field Qualifying Standards

	BOYS	GIRLS
100m	11.90	13.70
110H / 100H	18.50	18.30
200m	24.40	28.50
300h	46.50	54.00
400m	54.00	66.00
800m	2:10.99	2:37.99
1600m	4:50.99	5:50.99
3200m	10:43.99	12:52.99
Long Jump	18-6	14-6
Triple Jump	38-0	30-0
High Jump	5-6	4-6
Shot Put	39-6	28-0
Discus	115-0	85-0
Javelin	130-0	85-0
Pole Vault	10-6	8-0

2026 2A District 1 Track & Field Qualifying Standards

	BOYS	GIRLS
100m	11.19	12.88
200m	22.83	26.24
400m	51.51	61.33
800m	1:58.29	2:22.70
1600m	4:22.22	5:14.42
3200m	9:28.65	11:33.51
110H/100H	16.03	16.31
300H	42.51	47.92
Shot Put	45' 10"	32' 4.25"
Discus	136' 3"	103' 5"
Javelin	147' 8"	100' 5"
High Jump	6' 0"	4' 9"
Pole Vault	11' 10"	8' 8"
Long Jump	20' 2.75"	16' 0.75"
Triple Jump	40' 5.5"	34' .25"

**** Any athlete who meets or exceeds the above marks at one of the Sub-District meets will qualify for the District meet. These marks are determined by the average of the 4th place mark from the previous five years at the District meet (2019, 2022, 2023, 2024, 2025).**

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 _____