



2026 2A/3A SeaKing Track and Field Championships

Thursday, May 21 and Saturday, May 23, 2026

Renton Memorial Stadium (405 Logan Avenue N, Renton, WA 98057)

## Meet Management

Cathy Schick  
Seattle Academy, AD  
*Meet Manager: Rules,  
Schedule and Entries*  
[cschick@seattleacademy.org](mailto:cschick@seattleacademy.org)  
206-953-8533

Tara Davis  
SPS, AD  
*Staff, Volunteer Manager &  
Pass List*

Kealey Stanich  
Inglemoor AD  
*Awards*  
[kstanich@nsd.org](mailto:kstanich@nsd.org)

### Meet Referee: Geoff Newing (Track) & Bob Springer (Field)

Responsibilities include:

- Supervision of all activities during competition
- Responsible for conduct and supervision of all meet officials
- Responsible for receiving and acting on written protests / appeals
- Rule on race infractions and interpret the rules of the meet in accordance with NFHS, WIAA and SeaKing
- Consult with Games Committee as needed

### Games Committee

Members of the games committee will recuse themselves from ruling on a situation that involves their own school or their own school's classification.

Chair – Tara Davis, Seattle Public Schools, Metro Rep

- Cathy Schick, Seattle Academy AD, Metro Rep
- Andrew Walker, Seattle Prep, Metro Rep
- John Hill, Bellevue AD, 3A Rep
- Gabe Gutierrez, Foster AD, 2A Rep

## Coaches' Meetings

Day 1 Meeting Thursday, May 21 1:30 PM Location: Finish Line Area	Day 2 Meeting Saturday, May 23 9:30 AM Location: Finish Line Area
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## Entry Information

**Entry Deadline:** Sunday, May 17 at Noon

League meets will confirm athletes they are aware will NOT be moving forward to the district meet BEFORE the deadline above to the District MEET DIRECTOR.

It is the responsibility of the head coach, with the assistance of their athletic director, to ensure all district scratches are communicated to their league meet director before the deadline above.

**Metro:** Send to [meetscratches@seattleacademy.org](mailto:meetscratches@seattleacademy.org)

**KingCo:** Send to [meetscratches@svsd410.org](mailto:meetscratches@svsd410.org)

(Schools are reminded of WIAA Rule 22.2.5: In summation, by entering an event after the scratch deadline, schools are certifying their athlete intends to compete through the state meet.)

## Alternates

ENTRIES MANAGER will send out an updated meet sheet to all participating schools including the top 3 alternates on Monday, May 18. It is the responsibility of the coach to review and know what events their athletes have qualified in. There will be 3 alternates per event seeded into the meet

**Scratch Deadline** Tuesday, May 19 at 9:00 PM (Pass list is also due. See, Accepted Passes on page 9)

Head coaches - send athlete name, school, classification and event to [meetscratches@seattleacademy.org](mailto:meetscratches@seattleacademy.org)

**Policy:** After 9:00 PM on Tuesday, May 19, an athlete who is removed from an event will be removed from all events. The only exception is an athlete with a medical note that specifically prohibits them from a specific activity while permitting another. The medical note must be in writing and submitted to the ENTRIES MANAGER.

Once the meet has started, should an athlete compete in one event and then miss/scratch their second event, they will be removed from all remaining events (scratch forward). Athletes with relay events will not be able to compete in the relays at Districts, but can remain as an alternate.

## Other Entry Information

- Each school is responsible for ensuring athletes are eligible by WIAA and school district standards.
- It is the responsibility of the participant, with assistance from their coach, to mitigate any potential testing and/or academic conflicts related to the meet. In field events, a coach may request a change of flight, however, the event will proceed as scheduled. No accommodations will be available in running events.
- If a participant does not report to their event in time, the alternate will be placed in the event and the original participant will be disqualified from the event they failed to report and any events moving forward (see scratch policy above).

## Entries Per Classification/League

	2A	3A
<b>Track Entries</b>	8	16
<b>Field Entries</b>	8	16
<b>By League</b>	KingCo: 3      Metro: 2	KingCo: 6      Metro: 10
	At-Large: 3 (Including Relays)	
<b>Alternates</b>	Replaced within League; At-Large goes to League with next best mark	Replaced within League; If League cannot provide alternate, entry goes to other League

## Ties for Entry

For each league-guaranteed entry, ties need to be addressed at the league meet

For at-large entries, ties need to be addressed at the league meet (IE a league cannot advance 4 athletes at the same height for 4<sup>th</sup>-8<sup>th</sup> place)

## SCORING, AWARDS, AND STATE ADVANCEMENT

### Scoring

NFHS scoring rules will be used:

Place	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>
Points	10	8	6	5	4	3	2	1

### Awards

Each classification will have awards in the following manner:

- 2A and 3A will each have a Boys and Girls Team Championship trophy
- Each event will issue medals for 1st, 2nd and 3rd place finishers

### State Advancement

	<b>2A</b>	<b>3A</b>	<b>Unified &amp; Ambulatory</b>
<b>2026</b>	Top 2	Top 5	Top 5

### 2026 Qualifying Standards

Below are automatic qualifying standards by classification and gender. An athlete who performs this mark or better at the district qualifying meet can automatically advance to the WIAA State Championships.

For further details on these standards, visit the [full document](#) linked on the WIAA Track and Field site.

2026	3A		2A		Wheelchair		Ambulatory	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
100m	12.64	11.14	12.76	11.23	45.00	40.00	30.00	25.00
200m	26.18	22.45	26.33	22.75	N/A	N/A	1:00.00	50.00
400m	59.48	50.24	59.49	50.71	2:30.00	2:10.00	2:00.00	1:45.00
800m	2:16.24	1:55.24	2:19.89	1:57.60	4:40.00	4:10.00	N/A	N/A
1600m	5:00.35	4:13.05	5:09.23	4:19.22	8:50.00	8:10.00	N/A	N/A
3200m	10:52.64	9:10.02	11:23.82	9:24.46	N/A	N/A	N/A	N/A
100H/110H	15.80	15.11	16.15	15.82	N/A	N/A	N/A	N/A
300H	46.41	40.11	47.62	40.87	N/A	N/A	N/A	N/A
4x100m Relay	49.85	42.90	51.03	43.55	N/A	N/A	N/A	N/A
4x200m Relay	1:45.56	N/A	1:47.21	N/A	N/A	N/A	N/A	N/A
4x400m Relay	4:06.28	3:25.62	4:10.06	3:28.15	N/A	N/A	N/A	N/A
Long Jump	17'02.50"	21'08.00"	16'05.00"	20'10.75"	N/A	N/A	N/A	N/A
Triple Jump	36'00.75"	43'10.50"	34'04.00"	42'06.25"	N/A	N/A	N/A	N/A
High Jump	5'01"	6'02"	4'11"	6'02"	N/A	N/A	N/A	N/A
Pole Vault	11'03"	13'06"	9'10"	13'00"	N/A	N/A	N/A	N/A
Shot Put	38'05.75"	50'11.50"	35'04.50"	50'02.25"	4'00"	6'00"	6'00"	8'00"
Discus Throw	119'11"	153'02"	111'10"	149'02"	8'00"	15'00"	19'00"	25'00"
Javelin Throw	122'08"	167'02"	114'11"	159'08"	8'00"	15'00"	16'00"	22'00"

## MEET PROCEDURES AND INFORMATION

### Meet Rules

National Federation (NFHS) rules will govern the meet.

### Electronics

No athlete electronics are permitted 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. These items include but are not limited to cell phones, earbuds, and headphones. Only credentialed photographers and coaches will be allowed to photograph or video inside the competition area. Athletes and coaches wishing to view competition video during **ACTIVE** competition will be required to move to a designated coaching area or leave the competition area. Athletes may view video over the fence with the coach in a designated coaching 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 the missed attempt. Electronic communication devices, unofficial video, and video screen replays may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

### Uniforms

All participants must wear the legal uniform as issued by the school.

- Per NFHS, "area of competition" is defined as inside the fence area around the track and inside

the fence of the field event areas. The javelin area will be within 50' of the javelin runway.

- Prior to the start of the meet, the head coach shall be responsible for verifying to the referee that their competitors are properly equipped. Any questions shall be resolved prior to the meet.
- Uniforms must allow for hip numbers to be visible and automatic timing.

## **Field Events**

All field events require an event official present for warm-ups and may only be practiced inside the official area for that event.

### **Field Events Start time/Warm Up Protocol**

- The competition should start at the time listed on the schedule.
- Open the events 30 minutes prior for everyone to get their marks, general warm up and then 15 mins prior to the start, first flight only.
- 2<sup>nd</sup> flight will get 15 mins of warm up
- Finals warm up, only if needed by competitors

### **Check in / Check out Procedures**

The Games Committee has established the time of checkout may be up to 20 minutes and at the discretion of the event judge.

- Changing the order is only for accommodating those in other events.
- All changes fall under the "head event judge may" concept.
- An athlete does not have to take attempts out of order if the judge requests them to do so.
- Judges may rearrange the order by any method.
- Athletes must check out. The official will record the time of check out.
- While excused, the athlete is exempt from being called up or time fouled or having the crossbar raised.
- When the excused time expires, all missed attempts will be recorded as passes.
- The athlete with the best qualifying mark in prelims has the right to take the last trial in the event.
- The head judge may use judgment in extending the time excused under special circumstances.

### **Weights and Measures**

Shot Put, Discus and Javelin implements must be weighed, measured and inspected (surfaces and/or grips) and approved by the Meet's Weights and Measures Official before warm-ups begin. All implements to be used in a throwing event, whether used for warm-ups or competition, are required to be approved.

- The weights and measures area will be in the concessions area near the north side of the facility and will be open beginning one hour prior to warm-ups.
- Schools are encouraged to both clean and mark their implements in advance.
- Certified implements will be marked and delivered to the throwing areas in time for warm-ups.
- An implement that is rejected will be kept in the weights and measures area until the meet concludes. It is the responsibility of athletes and coaches to ensure that they pick up their implements from weights and measures.
- **Implements certified for competition will not be shared without permission from the school to which they belong.**

## Shot Put and Discus

- In preliminaries, participants will compete in flights of eight (8). Each member of a flight will complete their preliminary throws before the next flight. The format will be a 1:1:1 throw sequence.
- Nine (9) competitors plus ties will advance to the finals where they will be allowed three additional throws.
- The finals competition will take place in reverse order with the highest seeded participant going last.
- Participants are permitted 1 minute to throw after being notified by the officials. Failure to comply will be recorded as a try.

## Javelin

- The javelin surface is a rubberized runway and only rubber-tipped javelins will be allowed in competition.
- In preliminaries, participants will compete in flights of eight (8). Each member of a flight will complete their preliminary throws before the next flight. The format will be a 1:1:1 throw sequence.
- Nine (9) competitors plus ties will advance to the finals where they will be allowed three additional throws.
- The finals competition will take place in reverse order with the highest seeded participant going last.
- Participants are permitted 1 minute to throw after being notified by the officials. Failure to comply will be recorded as a try.

## Long Jump and Triple Jump

- In preliminaries, participants will compete in flights of eight (8). Each member of a flight will complete their preliminary jumps before the next flight. The format will be a 1:1:1 jump sequence.
- Nine (9) competitors plus ties will advance to the finals where they will be allowed three additional jumps.
- The finals competition will take place in reverse order with the highest seeded participant going last.
- Participants are permitted 1 minute to jump after being notified by the officials. Failure to comply will be recorded as a try.

## Pole Vault

- REMINDER: WIAA [Pole Vault Verification Form](#) must be turned into Meet Management PRIOR to competition
- Starting height will be 6 inches below the last qualifier and may not be lower than 6 '0" for boys / 5 '0" for girls. Boys will increase in 6" increments until 8 competitors remain, 3" increments thereafter. Girls will increase in 6" increments until 8 competitors remain, 3" increments thereafter.
- Vaulters will be permitted 1 min to initiate and complete their jump after being notified by the official. Failure to comply will be recorded as a try.
- . All poles must be properly marked and taped.

## High Jump

- Starting height is the qualifying height of the last qualifier and may not be lower than 5' 0" for boys and 4' 0" for girls. The bar will increase in 2" increments until 6' (Boys) and 5' (Girls) and then by 1" increments thereafter.
- Participants are permitted 1 minute to jump after being notified by the officials. Failure to comply will be recorded as a try.

## Running Events

**The track is to remain clear during active races.**

- Relay runners must not mark the track with spikes. Tape is acceptable and must be removed immediately after the race. Runners scratching the track will be disqualified.
- Starting blocks will be provided. Individuals may use their own blocks if approved by the meet referee in advance.
- A three-turn stagger will be used in the 4x200 and 4x400 relays. The fourth runner or the 4x200 relay may cut. In the 4x400 relay, the second runner cuts on the break line in the backstretch.

## Unified Relays

- **Co-Ed Unified Sprint Medley Relay:** Consists of 2 boys & 2 girls – relay must include 2 Unified Athletes (w/ IDD) and 2 Unified Partners (w/o IDD). The Sprint medley utilizes a 2-turn stagger. The first 2 handoffs utilize the 4x1 exchange zones. The 3rd handoff utilizes the straight across 4x400 exchange zone. A 30m exchange zone will not be used here. All runners and exchanges must stay in their lanes except the last runner who may cut in after receiving the baton.
- **Co-Ed 4x100 Meter Relay:** Consists of 2 boys & 2 girls – relay must include 2 Unified Athletes (w/ IDD) and 2 Unified Partners (w/o IDD). The 4x100MR will utilize a 2-turn stagger and will utilize standard 4x100MR exchange zones.

## Unified Paired Events

- **Co-Ed Unified Shot Put:** Unified Pairs (boy/boy; girl/girl or boy/girl) are made up of 1 Unified Athlete (w/ IDD) and 1 Unified Partner (w/o IDD). Each athlete and partner take 3 throws and will utilize standard high school implements. **The average of the best Unified Athlete and best Unified Partner mark will become the team's final mark.**
- **Co-Ed Unified 100 meters:** Unified Pairs (boy/boy; girl/girl or boy/girl) are made up of 1 Unified Athlete (w/ IDD) and 1 Unified Partner (w/o IDD). Competitors will race in pairs in lanes next to each other – traditional seeding rules will not be utilized. Each athlete and partner run their own race and are not expected to finish at the same time. **The average of the Unified Athlete and Unified Partner times will become the team's final time**

## Timed Finals Format

The meet will be contested with timed finals only. No preliminary heats and racers will advance on time only regardless of the heat they compete in.

## Lane Assignments

- The first heat of each race will be the “slow heat” with the 9th-16th seeded qualifying marks and the second heat will be the “fast heat” with qualifiers 1st-8th.
- In all running events less than 800M, including relays, the two top-seeded qualifiers or teams will be placed in lanes 4 and 5 by chance and the next two qualifiers or teams in lanes 3 and 6 and so forth.
- The 4x200 relay will be seeded with lanes 1 and 2 as the preferred lanes.
- The 1600 and 3200 will be run as a single heat utilizing an alley start.

## Protest Procedures

Appeals must follow the appeal process in the current NFHS Track and Field Rules Book. Running event protests need to be made to the running event referee by the head coach. Field event protests need to be made to the field-event referee by the head coach. The protest must be in writing on the designated form and made to the appropriate referee within 30- minutes after the results have been posted. Coaches cannot protest/appeal a judgement call on the part of an official.

*[ATTACHMENT: PROTEST FORM]*

## Disqualification

Participants can only be disqualified by the Meet Referee after complete details of the infraction have been brought to their attention. (NFHS Handbook) Coaches, participants and all school personnel are subject to disqualification.

- Level 1 - Unacceptable conduct - This is handled within the meet and includes but is not limited to: willful failure to follow the directions of a meet official, using profanity or any action that could bring discredit to the individual or their school.
  - Penalty: Disqualification from that event
- Level 2 - Unsporting conduct - This is handled within the meet and will result in a WIAA Ejection. This includes but is not limited to: behavior that is unethical or dishonorable. Disrespectfully addressing an official, flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone.
  - Penalty: Disqualification from that event and all further participation in the meet. WIAA ejection policies will be followed.

*(NFHS Handbook 4-6)*

## SPECTATOR AND FAN INFORMATION

### Ticket Information

All spectators will be required to purchase a ticket for entry into the event via GoFan. As a reminder, there is NO walk-up ticket cash sales at this event so please plan accordingly. Tickets can be purchased in advance using the links below:

- Thursday (Day 1) Ticket Link:
- Saturday (Day 2) Ticket Link:

**OR** purchased on location.

## Ticket Prices

Ticket Level	Price
Adults/students without ASB	\$ 9.00 *
Students (with ASB) + Children K-8	\$ 6.00*
Senior Citizens (65+)	\$ 6.00
Pre-K (Ages 5 and under)	N/C

\* Does NOT include service/convenience fees

## Accepted Passes

- **Pass List - due Tuesday, May 19 by 9:00PM.** Each participating school needs to [complete one pass list](#) in total. This will be used for both (boys/girls) programs.
- SeaKing or WIAA Lifetime Pass
- WSSAAA Membership Card (With Photo ID)
- WSCA Membership Card (With Photo ID)

**Note** League and Faculty Passes are not accepted at this event.

## Fan/Spectator Parking

All vehicles that can park in a standard stall may park in the south (main) parking lot.

## Fan/Spectator Seating

Fans can utilize either of the covered bleachers on both sides of the stadium, or the designated fan areas for the field events. Note that seating is not available any farther west than the 20-yard line (near the finish line) in the south stands; this seating is roped off and reserved for the meet's automated timing system. Additionally, meet marshals will be stationed along the south stands to remind fans to keep the railing and walk-way clear for fans and officials.

## Fan/Spectator Behavior and Conduct Expectations

Spectators are to comply with WIAA behavior and conduct as outlined in the [WIAA's Fan Expectation Guidelines](#). Meet management and event personnel have the authority to remove individuals for inappropriate behavior or comments. (*NFHS 3-2*) Derogatory cheers, slurs, and hateful comments relating to identity (race, ethnicity, gender expression, disability, religion) are not permitted. (*WIAA Track/Field SOP*)

## STADIUM INFORMATION (FOR TEAMS)

### Bus Parking

School buses will be asked to park off site to protect the south (main) parking lot for spectators.

### Stadium Entrance

The entrance for all those entering the stadium will be from the south (main) parking lot. Participants and coaches are expected to enter together and in uniform. Anyone arriving independently will need to provide identification to enter the stadium free of charge.

## Team Seating

Team tents are not permitted at Renton Memorial Stadium as there is not a suitable location for them. Teams will utilize the covered bleachers on both sides of the stadium to house their teams. No team shall establish themselves at the finish line. **Please do not sit any farther west than the 20-yard line (near the finish line) in the south stands as this is reserved for the meet's automated timing system.**





## Field Access

Coaches and non-participants are to remain in the stands when not actively participating. Managers are not to be on the field at any time. Event staff will be actively working to keep the field clear. At no time should coaches be in the finish area. Participants should return to the stands between events.

## Stadium Map



### RENTON STADIUM KEY

-  MAIN Fan Parking Lot
-  2ND Fan Parking Lot
-  BUS Parking ONLY
-  Officials Parking ONLY

**2026 SeaKing Championship Meet**

<b>Thursday, May 21st, 2026</b>			<b>Saturday, May 23rd, 2026</b>		
1:30 PM Coaches Meeting			9:30 AM Coaches Meeting		
<b>Field Events</b>			<b>Field Events</b>		
2:00 PM	3A	G-Pole Vault	10:00 AM	3A	B-Pole Vault
	WC/Amb/2A	Boys Javelin		WC/Amb/2A	Girls Javelin
	3A	G-Long Jump (W. Pit)		2A	G-Triple Jump (W. Pit)
	2A	B-Long Jump (E. Pit)		3A	B-Triple Jump (E. Pit)
	3A	B-High Jump		3A	G-High Jump
	WC/ Amb./2A	G-Discus		WC/Amb./2A	B-Discus
	WC/3A	B- Shot Put		WC/3A	G-Shot Put
4:00 PM	2A	G-Pole Vault	12:00 PM	2A	B-Pole Vault
	3A	Boys Javelin		3A	Girls Javelin
	2A	B High Jump		2A	G-High Jump
	3A	G-Discus		3A	B-Discus
	Unified/ Amb./2A	B-Shot Put		Unified/ Amb./2A	G-Shot Put
	3A	B-Long Jump (E. Pit)		3A	G-Triple Jump (W. Pit)
	2A	G-Long Jump (W. Pit)		2A	B-Triple Jump (E. Pit)
<b>Track Events</b>			<b>Track Events</b>		
3:00 PM	2A, 3A	G-4x200	10:30 AM	2A, 3A	B-4x100
3:25 PM	2A	B-1600	10:50 AM	2A, 3A	G-4x100
	2A	G-1600	11:10 AM	Unified	4x100
3:45 PM	Unified	Sprint Medley Relay	Awards		
3:55 PM	2A, 3A	B-110 HH	11:20 AM	2A	B-3200
4:15 PM	2A, 3A	G-100 HH		2A	G-3200
5:00 PM	2A, 3A	B-100	11:40 AM	2A, 3A	B-300 IH
5:10 PM	2A, 3A	G-100	12:00 PM	2A, 3A	G-300 IH
5:20 PM	Amb./WC	100	12:20 PM	2A, 3A	B-800
	Unified	100	12:40 PM	2A, 3A	G-800
5:40 PM	3A	B-1600	1:00 PM	WC	800
	3A	G-1600	1:10 PM	2A, 3A	B-200
6:00 PM	2A, 3A	B-400	1:20 PM	2A, 3A	G-200
6:15 PM	2A, 3A	G-400	1:30 PM	Amb.	200
6:30 PM	Amb./WC	400	Awards		
Awards			1:40 PM	3A	B-3200
				3A	G-3200
			2:10 PM	2A, 3A	B-4x400
			2:35 PM	2A, 3A	G-4x400
			Awards		

## IN PROGRESS- Staffing Assignments

All schools are expected to provide volunteers to support the meet.

**Relay Zone:** Please provide 2 coaches for the relay zone judging

	2A	3A
<b>4x200</b>	Chief Sealth/Sammamish	Highline/Rainier Beach
<b>4x100</b>	Chief Sealth/Sammamish/Renton	Eastside Catholic/Liberty/Seattle Prep
<b>4x400</b>	Chief Sealth	Seattle Academy

**Hurdles:** Bishop Blanchet and Liberty

**Field Events:** Please provide 2-3 volunteers to support field events as scheduled in the table below. Failure to provide adequate support may result in a coach being assigned to the role.

Thursday May 21	Class	EVENT	Lead Official	Support School
<b>2:00 PM</b>	3A	G-Pole Vault**		Bishop Blanchet
	2A	B-Javelin		Evergreen
	WC/AMB	B-Javelin		
	3A	G-Long Jump		Highline
	2A	B-Long Jump		Cedarcrest
	3A	B-High Jump		Garfield
	2A	G-Disc		Nathan Hale
	WC/AMB	G-Disc		
	3A	B-Shot Put		Bellevue
	WC	B-Shot Put		
<b>4:00 PM</b>	2A	G-Pole Vault**		Foster
	3A	B-Javelin		O'Dea
	2A	B-High Jump		Cleveland
	3A	G-Discus		Roosevelt
	2A	B-Shot Put		Lindbergh
	UNI/AMB	B-Shot		Ingraham
	3A	B-Long Jump		Lakeside
	2A	G-Long Jump		Renton
Saturday May 23	Class	EVENT	Lead Official	Support School
<b>10:00 AM</b>	3A	B-Pole Vault**		Ballard
	2A	G-Javelin		Evergreen
	WC/AMB	G-Javelin		
	2A	G-Triple Jump		Cedarcrest
	3A	B-Triple Jump		Inglemoor
	3A	G-High Jump		Seattle Academy
	2A	B-Discus		Nathan Hale
	WC/AMB	B-Discus		
	3A	G-Shot Put		Interlake
	WC	G-Shot Put		
<b>12:00 PM</b>	2A	B-Pole Vault**		Lindbergh
	3A	G-Javelin		Seattle Prep
	2A	G-High Jump		Cleveland
	3A	B-Discus		Mercer Island
	2A	G-Shot Put		Foster
	UNI/AMB	G-Shot Put		Franklin
	3A	G-Triple Jump		Holy Names
	2A	B-Triple Jump		Renton

# APPEAL / PROTEST FORM

An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The protest must be written and presented by the head coach to the Meet Manager. The protest will then be forwarded to the Meet Referee to render a decision. The decision of the Referee may be appealed to the Games Committee.

## TO BE FILLED OUT BY HEAD COACH:

Area of Concern (mark one):  Running Event     Field Event    Event:

\_\_\_\_\_

NFHS Rule # \_\_\_\_\_ (Required)

State the infraction below:


School: \_\_\_\_\_ Head Coach's Signature:

\_\_\_\_\_

## TO BE FILLED OUT BY MEET REFEREE:

Referee's Signature:

\_\_\_\_\_


## TO BE FILLED OUT BY GAMES COMMITTEE: Committee Member's Signature:

\_\_\_\_\_




# WIAA POLE VAULT CERTIFICATION FORM

In compliance with the National Federation of High Schools Track and Field Rule 7-5-3, this form is provided to verify pole vaulter's weights and pole ratings prior to warm-up and competition.

Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1: Length:	Pole Rating Weight	lbs.
Pole #2: Length:	Pole Rating Weight	lbs.
Pole #3: Length:	Pole Rating Weight	lbs.
Pole #4: Length:	Pole Rating Weight	lbs.
Pole #5: Length:	Pole Rating Weight	lbs.
Pole #6: Length:	Pole Rating Weight	lbs.
Pole #7: Length:	Pole Rating Weight	lbs.
Pole #8: Length:	Pole Rating Weight	lbs.
Athlete Signature:	Date:	

It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above their weight.

Coach's Name (print):	
Coach's Signature:	Date:



# WIAA POLE VAULT CERTIFICATION FORM

In compliance with the National Federation of High Schools Track and Field Rule 7-5-3, this form is provided to verify pole vaulter's weights and pole ratings prior to warm-up and competition.

Vaulter's School:	Coach's Name (print):
Site of Competition:	Date of Competition:

Vaulter's Name:	Vaulter's Weight:	lbs.
Pole #1: Length:	Pole Rating Weight	lbs.
Pole #2: Length:	Pole Rating Weight	lbs.
Pole #3: Length:	Pole Rating Weight	lbs.
Pole #4: Length:	Pole Rating Weight	lbs.
Pole #5: Length:	Pole Rating Weight	lbs.
Pole #6: Length:	Pole Rating Weight	lbs.
Pole #7: Length:	Pole Rating Weight	lbs.
Pole #8: Length:	Pole Rating Weight	lbs.
Athlete Signature:	Date:	

It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above their weight.

Coach's Name (print):	
Coach's Signature:	Date: