

# Sno-King 2A Sub-District Track & Field Championships BULLETIN

## Dates & Location

Wednesday, May 9<sup>th</sup> : Prelims and Finals  
Friday, May 11<sup>th</sup> : Finals

Cedarcrest H.S.  
29000 NE 150<sup>th</sup> St, Duvall

## Schools

Archbishop Murphy  
Liberty

Cedarcrest  
Mountlake Terrace

Granite Falls  
Sammamish

## Meet Management

Meet Manager      Bruce McDowell      Email: [mcdowellb@rsd407.org](mailto:mcdowellb@rsd407.org)  
Phone: 425-844-4832      Cell: 425-308-2225

Assistant Manager      Jason Frederick      Email: [frederickj@rsd407.org](mailto:frederickj@rsd407.org)  
Phone: 425-844-4809      Fax: 425-844-4802

Meet Referee      TBD

Jury of Appeals      Michael Smith (Liberty), Russ Vincent (Mountlake Terrace), Paul Turner (A.Murphy). In situations of conflict of interest, then the replacements will be Lisa Woodard (Cedarcrest) and Mark Neuman (Granite Falls).

## Qualification procedure

1. By 6 p.m. on Monday May 7<sup>th</sup>, entries will need to be submitted by coaches using for “Sno-King 2A Sub District” using season marks per athletic.net. Hand-held times and converted hand-held times will not be allowed in the 100m, 200m, 110mHH/100mH or 300mH. All entries in those events must be established using auto timing. Use the “override” process in athletic.net to help with seeding. Hand-held times are accepted in all other running events.
2. By noon on Tuesday May 8<sup>th</sup>, meet entries and alternates will be finalized. There will be no further additions to the list. Scratches will be allowed up to the start of the Wednesday meet without penalty of scratching other events.
3. For each individual events, there will be sixteen (16) entries including ties and up to three (3) alternates. One team per school is allowed in each relay.

## Meet Procedure

1. Each day of competition, there will be a coaches meeting. On Wednesday, the meeting will be at 3:15. On Friday, the meeting will be at 3:45.

2. National Federation Rules will govern the meet, unless superseded by State Rules. Problems that arise during the meet will be handled by the Meet Referee. An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. 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.
3. 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.
4. The Marshaling area will be in a tent close to the main start-finish line.
5. Contestants shall wear only school issued uniforms. Any visible apparel worn under a competitor shorts or singlet must be of one solid color. A relay team member may wear solid color apparel under their uniform. If 2 or more team members wear apparel under their uniforms it must be of the same color. 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.
6. 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.
7. Only 1/4" or less spikes are allowed on track and runways.
8. Athletes may warm up in the flagged area in center of field. Devices such as bungees, belts, chutes, etc will not be allowed in the warm up area.
9. State regulations concerning relay markers will be followed.
10. 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.
11. The finishing area is only for officials. Please advise athletes to keep behind the roped off area.

### **Individual laned running events**

In running events, the competitors will be placed into two heats of eight using the standard seeding process. For two heats, the top 3 place finishers in each heat and the next 2 fastest times will advance to the finals. If there are three heats, then the top 2 finishers in each heat and the next 2 fastest times will advance to the finals.

### **1600m / 3200m**

A two-alley start will be used with one turn stagger. The top six qualifiers will be in the outer alley with the #6 runner on the inside and the #1 runner on the outside. The remaining ten qualifiers will be in the inner alley with the #16 runner on the inside and the #7 runner on the outside.

## **Relay Races**

1. Relays will be one final. Seeding for the 4x100m and 4x400m will be the same as individual lane events. Seeding for the 4x200m will be lanes 1 through 8, fastest to slowest.
2. To provide proper supervision of the relays, it will be necessary for coaches to assist in judging relay zones. Please have at least two coaches for each zone. Please use the following assignments.

4x200m	1 <sup>st</sup> /3 <sup>rd</sup> zone – Sammamish & 2 <sup>nd</sup> zone Archbishop Murphy
4x100m	1 <sup>st</sup> zone – Liberty, 2 <sup>nd</sup> zone – Cedarcrest & 3 <sup>rd</sup> zone – Mountlake Terrace
4x400m	Granite Falls & Cedarcrest.

3. The relay zones are as follows:
  - 4 x 100m : All zones - Big yellow to Big yellow. Baby yellow - start of the acceleration zone.
  - 4 x 200m : 1<sup>st</sup> & 2<sup>nd</sup> zones – Big green to Big green. Baby green – start of acceleration zone.
  - 4 x 200m : 3<sup>rd</sup> zone - Big blue to Big blue. Baby blue – start of acceleration zone.
  - 4 x 400m : 1<sup>st</sup> zone – Big green to Big green.
  - 4x 400m : 2<sup>nd</sup> & 3<sup>rd</sup> zones – Big blue to Big blue.

## **Throws and Horizontal Jumps**

1. Participants will check in with the field event official.
2. Prelims and finals will be contested on the same day. The finals will start within 10 minutes after the prelims have finished.
3. The competitors will be placed into flights of eight based upon qualifying 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 off 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. 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. If they check back in after 15 minutes, their next attempt will be scratched. 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, or their next attempt will be scratched.
9. Weight implement check-in behind the stadium starting at 2:45 on Wednesday and 3:15 on Friday. 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.
10. Event coaches in coaches' boxes must have passes visible.

## **High Jump and Pole Vault**

1. The competitors will be placed in reverse order based upon qualifying marks.
2. Participants will check in with the field event official.
3. Weigh-in for vaulters will occur at 3:15 on Wednesday and 3:30 on Friday at the concession stands 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. The form is available on the WIAA and CHS T&F websites.
4. Starting heights will be that of the lowest qualifier.
5. High Jump - The bar will rise 2” until half of the competitors are remaining and rise 1” thereafter.
6. Pole Vault - The bar will rise 6” until half of the competitors are remaining and rise 3” thereafter.
7. Adjustments may be made in raising of the bar in regard to the state qualifying standard.
8. Event coaches in coaches’ boxes must have passes visible.

## **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. On Wednesday, athletes, coaches and spectators can walk around the path to the back straightaway to get to the pole vault area. There will be a gate there to use as access to this area.
3. There will be gate monitors to control access to the track area.
4. Coaches please remind athletes to return to the stands after completing an event.
5. No food on the track or infield surface. No drinks other than water on the track or infield surface.

## **Team Seating**

1. In the main grandstand, the first small section and the lower half of the three sections are reserved for spectators.
2. There are several places where tents can be set up. They can be set up on the backstretch bleachers or on the grass area behind the scoreboard.

## **Equipment**

1. Flash Timing system will be used. We will be re-calling heats that are missed by the system if the recall can be done within the first 20m of the race.

2. As a back up, all athletes will be hand timed. In the event one heat must use hand held times, all other heats will use hand held in that event.
3. The host school will provide starting blocks. You may bring your own if you wish.

### **Medical Note**

1. A note from a doctor may be presented to excuse an athlete from specific events. The note must be very specific as to what the athlete can or can't 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.

### **Bi-District Meet Qualification**

1. The top six (6) individuals and all eligible relay teams will automatically qualify for the 2A Bi-District Meet. There are up to two at large berths in each individual event depending upon results from the two Sub District meets.
2. In addition to the allocations stated above, contestants who meet or exceed the District minimum standard may qualify to participate in the Bi-District meet. Standards are listed in this bulletin.
3. According to State Regulations, if a contestant or relay team is disqualified from the Sub District meet (in the prelims or finals), then that contestant or relay team will not advance to the Bi-District meet.

### **Scoring & Awards**

1. Eight places will be scored in each event. 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
2. The top eight places in each event will receive ribbons. If the tie occurs at the end of the event, a coin flip will be used to determine which ribbons the competitors receive.
3. Awards will be handed out directly after the event results have been finalized. Please have your athletes ready to report to the awards area when their event is called.

### **Records and Ties**

1. Records shall be recognized for each individual when two or more tie at a record height or distance in the field events.
2. In running events, only the winner will be credited with a new record even though first and second place finishers may record the same time.
3. Ties in the field events will be broken according to the rules in the National Federation Rule Book.

4. If a tie in the high jump and/or pole vault still exists after applying the National Federation tie breaking rules and the tie involves the last qualifying spot to the Bi-District meet, the jump-off procedure will be completed after the completion of the competition. If a tie occurs for first place, the tie breaking procedures will be used to break the tie and determine the District champion.
5. If a tie should exist between two or more competitors in a track event and it involves a spot to the Bi-District meet, a run-off between the tied competitors will take place at the end of the meet. If a tie should exist between two or more competitors in a laned event other than 800m, a run-off between the tied competitors will place at the end of the first day or the beginning of the second day. If a tie should exist between two or more competitors in the 800m, then one of the tied competitors will be stacked behind the fastest qualifier. A coin flip will be used to determine this situation.

### **Admission**

1. Athletes in uniforms will be admitted for free.
2. A pass list is attached for other authorized personnel. Please submit pass list to Bruce McDowell by Tuesday, May 8<sup>th</sup>.
3. Admission will be charged for both days for both days. Adults, Students w/o ASB \$7.00; Students w/ASB, Children & Senior Citizens – \$5.00
4. 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.
5. Members of the working press and press photographers who are covering the meet will be admitted free. You must be affiliated with a recognized newspaper and show credentials at the gate in order to be admitted. NWCAthletics.com is the official photographer for this meet. Private vendors will have to pay admission to be admitted.
6. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer admitted free. They must take their pictures from the stands and must be on the pass list.

### **Transportation**

1. Due to potential conflict of the end of the Cedarcrest school day and teams coming to the meet, please do not arrive at Cedarcrest before 2:30 on Wednesday.
2. Please park school buses and vans in the first parking lot, not the main stadium lot.

**Sno-King 2A Sub-District Track & Field Championships**  
**TIME SCHEDULE**

Wednesday

**FIELD EVENT PRELIMS & FINALS**

**4:30 Girls Discus**  
**4:30 Boys Long Jump**  
**4:30 Boys Pole Vault**  
**4:30 Girls High Jump**  
**6:15 Girls Triple Jump**  
**6:15 Boys Discus**

**RUNNING PRELIMS & FINALS**

5:00 Boys 110m HH  
5:15 Girls 100m Hurdles  
5:25 Boys 100m Dash  
5:35 Girls 100m Dash  
**5:45 Boys 1600m–Final**  
**5:55 Girls 1600m–Final**  
6:05 Boys 400m Dash  
6:15 Girls 400m Dash  
6:30 Boys 300m Hurdles  
6:40 Girls 300m Hurdles  
6:50 Boys 800m Run  
7:00 Girls 800m Run  
7:15 Boys 200m Dash  
7:25 Girls 200m Dash

Friday

**FIELD EVENT PRELIMS & FINALS**

**4:30 Boys Shot Put**  
**4:30 Girls Long Jump**  
**4:30 Girls Pole Vault**  
**4:30 Boys High Jump**  
**4:30 Girls Javelin**  
**6:15 Girls Shot Put**  
**6:15 Boys Triple Jump**  
**6:15 Boys Javelin**

**RUNNING FINALS**

**5:00 Girls 4x200m**  
**5:10 Boys 110m HH**  
**5:20 Girls 100m Hurdles**  
**5:25 Boys 100m Dash**  
**5:30 Girls 100m Dash**  
**5:45 Boys 4x100m**  
**5:50 Girls 4x100m**  
**6:00 Boys 400m Dash**  
**6:05 Girls 400m Dash**  
**6:15 Boys 300m Hurdles**  
**6:25 Girls 300m Hurdles**  
**6:30 Boys 800m Run**  
**6:40 Girls 800m Run**  
**6:50 Boys 200m Dash**  
**6:55 Girls 200m Dash**  
**7:00 Boys 3200m**  
**7:15 Girls 3200m**  
**7:35 Boys 4x400m**  
**7:40 Girls 4x400m**

## 2018 2A District 1 & 2 Track & Field Championships Qualifying Standards

	BOYS	GIRLS
100m	11.36	12.95
200m	23.16	26.64
400m	51.83	60.88
800m	1:58.56	2:19.97
1600m	4:23.30	5:15.64
3200m	9:34.49	11:26.09
110H/100H	15.94	16.26
300H	41.23	47.67
Shot Put	49' 1"	33' 1.75"
Discus	141' 7"	103' 6"
Javelin	157' 11"	109' 10"
High Jump	5' 10.5"	5' 0"
Pole Vault	13' 2"	10' 2"
Long Jump	20' 9"	16' 3.5"
Triple Jump	41' 7.5"	33' 11"

**\*\* Any athlete who meets or exceeds the above marks at one of the Sub-District meets will qualify for the District meet.**

# Sno-King 2A Sub-District Track & Field Championships GUIDELINES

The following items have been discussed with my athletes.

- A. The competitor's uniform shall be issued by the school and worn as intended. Any visible garment(s) worn underneath the uniform top must be unadorned and of one single, solid color. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. Visible items worn under both the top and the bottom do not have to be the same color.

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The head coach of the offending school will be notified of the competitor's violation and warning.

- B. In relay races, any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length.
- C. Removing any part of the team uniform, excluding shoes, while in the area of competition shall lead to a warning and if repeated, to disqualification the event. If the incident recurs, the competitor will be disqualified from further competition in the event.
- D. Unsportsmanlike behavior will result in disqualification from the meet.
- E. No electronic devices on the area of competition.
- F. Coaches, parents and athletes not currently in process of warming up for an event or warming down from an event will not be in the infield area.

School \_\_\_\_\_ Coach \_\_\_\_\_

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## Sno-King 2A Sub-District Track & Field Championships APPEAL FORM

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

Event: \_\_\_\_\_ NFHS Rule # \_\_\_\_\_

State the infraction \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**Sno-King 2A Sub-District Track & Field Championships  
PASS LIST**

School \_\_\_\_\_

(Print)

(Sign-in Signature)

Head Coach \_\_\_\_\_

Head Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Athletic Director \_\_\_\_\_

Principal \_\_\_\_\_

Assist. Principal \_\_\_\_\_

Superintendent \_\_\_\_\_

School Board \_\_\_\_\_

School Board \_\_\_\_\_

School Board \_\_\_\_\_

School Press \_\_\_\_\_

School Photographer \_\_\_\_\_

**Please fax (425-844-4802) or email as a pdf to Bruce McDowell by Tuesday, May 8<sup>th</sup>.**