**Dear Administrators, Athletic Directors and Track and Field Coaches:**

This packet contains pertinent information related to the District I, II, and III 1B Track & Field Championship at

**Saint Martin’s University**

**5000 Abbey Way SE**

**Lacey, WA 98503-3200**

On May 15th, 2019.

**Administrators: Supervisory Pass List**

Please complete the Pass List from that is attached an E-mail to the Athletics/ Activities Office by **May 14th, 2019. Dennis Sheline E-Mail: (dennis.sheline@gatewaychristianschools.org)**

**Track and Field Coaches:**

The following information needs your **immediate attention:**

**OFFICAL RELAY TEAM FORM (IMPORTANT INFORMATION):**

The Relay team form can be found on the WIAA Website. Please note, this form will be sent to the Meet Director of the 1B state championships. Names on the form are and cannot be changed once the 1B Tri District meet begins. All RELAY FORMS need to be emailed to Dennis Sheline, E-Mail: (dennis.sheline@gatewaychristianschools.org) no later than Monday before the meet. League meet directors will send all the names in relay teams with their back-up Hy-Tek files. ALL RELAY TEAMS, WITH THE ATHLETES’ NAMES, MUST BE ENTERED INTO HY-TEK AT YOUR LEAGUE MEET. All changes to your relay athletes must be made by Tuesday May 14th. At 5 pm. If you need to make a change with your relay team(s) please contact the tournament line at 360-865-0094. Once the meet begins, relay team names CANNOT be changed.

Enclosed is general information regarding the event, as well as the event schedule and the pole vault certification form, pass list form and amp of facility.

If you have any questions or concerns, please contact me at 360-865-0094. We are looking forward to seeing you and your teams at 1B Tri District Track and Field Championships.

Sincerely,

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| --- | --- |
| [Dennis Sheline](mailto:dennis.sheline@gatewaychristianschools.org)  Crosspoint High School  4012 Chico Way NW, Bremerton, WA. 98312-1334  Cell: 360-865-0094 | [Anthony Harness](mailto:aherness@popejp2hseagles.org)  Pope John Paul II High School  5608 Pacific Ave SE, Lacey, WA 98503  Office: 360-438-7600 |

**Stadium Location: Saint Martin’s University, 5000 Abbey Way SE, Lacey, WA 98503-3200**

Locker rooms will not be available. There will be port-a-potties. The Track will be available beginning at 2:00

Wednesday, May 15th 2:00 P.M. – 7:30 P.M. Field events begin at 3:45. Track Events at 4:00. Schedule is below.

**Supervisory Passes:**

Please complete the Attached Pass List Form. All requests must be E-MAILED by 9:00 A.M. on Tuesday, May 14th to:

Dennis Sheline: <mailto:dennis.sheline@gatewaychristianschools.org>

Or

Anthony Harness: <mailto:aherness@popejp2hseagles.org>

* **All supervisors must enter through the Pass Gate**

**Eligible Passes:**

The only passes accepted are: District I, II, III District Executive Board or Life Time passes and Washington State Coaches Association passes. Names of Superintendent & School Board Members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED.**

**Coaches & Participants Passes:**

One (1) pass per qualified contestant

Two (2) for coaches

Additional passes for coaches will be determined by the number of participants per team and the type of qualifier per team.

Coaches may pick-up packets on **Wednesday, May 15th from 2:30 pm to 4:01 pm at Participant Entrance Gate near the baseball field entrance** and prior to the coaches meeting at the Coaches Information tent located by the Red timing trailer.

**Coaches Meeting:**

A coaches meeting will take place on Wednesday May 15th 2019. Around 3:30pm @ (Middle of the finish line)

(Head Coaches are expected to present at this meeting)

**Scratches:** All scratches must be faxed to the meet management by **10:00 A.M. on Tuesday, May 14th. Any athletes scratched after that time will be scratched for all events.** When a coach is dropping or scratching an athlete up to Tuesday, May 14th a 10:00 A.M., the event will be re-seeded. After Tuesday at 10:00 A.M., athletes will be inserted in the position formerly occupied by the removed athlete. A coach who scratches an athlete is responsible for informing the alternate, from their league, that he/she will now be eligible to compete in the meet. This is not the responsibility of the meet management.

**Warm-Up Area:**

Athletes will be allowed to warm up in the flagged off area.

**Staging Area:**

Running events will check in at their starting line, and will be announced at that time.

**Final Lane Assignments and Final Results:**

Final lane assignments and results will be posted near the bleachers.

**Cell Phones/Walkie Talkies/Video Cameras:**

The use of electronic communication devices are permitted during meets in unrestricted areas and coaches’ boxes; (Outside of Lane #8) however, they may not be used for any review of a referee’s decision or to communicate with an athlete during a race or trial.

**General Rule Information:**

All National Federation Rules will govern the running of the track and field meets except as noted in the 2019 Track and Field “Bound for State” regulations.

**Coaches Information**

Please check with your specific site regarding a potential coaches meeting, location where coaches questions can

be answered, location of coaches packet pick-up and any other information that may not be addressed in this document. Coaches are responsible for seeing that their squad members comply with the warm-up regulations.

Coaches will stay in the grandstand or other designated area provided by the meet management. If there is an injury to one of their own team members you may be beckoned onto the field or track. They may also leave to the appropriate appeals area to consult with the Referee/Jury of Appeals if there is a question concerning a ruling in an event.

**Qualified Contestant List**

School Administrator/or coach are to submit the list of qualified competitors to the District/Regional meet managers. School Administrator/or coach must submit their official relay team at their qualifying meet. When the team qualifies, that official relay card will be forwarded with all the other qualified entrants to the State Meet Manager.

**Relays**

Only one (1) team per school may compete. The relay team roster submitted at your respective qualifying meet

will be your roster for the State meet. No substitutes are allowed. This form must be submitted to your District

Meet Manager at the beginning of your District meet. The same six runners will be the only members allowed to compete at the State meet once the form is submitted to your District Meet Manager.

**Qualifying Meets**

Qualifying meets are to be held no later than the Saturday prior to the State Track Meet. Any expenses incurred by the District meet shall be paid by the District.

**Special Regulation - District Entries**

Special Regulation - District Entries - A District has the prerogative of including a contestant who did not qualify in the Sub-district meet as one (1) of their allowed allotted District entries provided the Sub-district Board or delegated committee involved gave consent and the participant was on a school's eligibility roster for at least 50% of the regular season.

**WIAA Post-Season and Replacing a Qualified Contestant** - The League/Sub-district and District/Regional meets are qualifying meets to the State Championships and consist of the WIAA Track & Field postseason.

• If a contestant or relay team is disqualified from the League/Sub-district meet (in the prelims or finals) then that contestant or relay team will not advance to the District/Regional/Qualifying meet.

• If a contestant or relay team is disqualified from the District/Regional/Qualifying meet (in the prelims or finals) then that contestant or relay team will not advance to the State Championship meet.

• Once Sub-district/League entries to the District/Regional/Qualifying meet are confirmed, a contestant must compete in all those events for which he/she has qualified at the District/Regional/Qualifying meet. Each District is responsible for establishing a confirmation deadline for entries to the District meet (traditionally the seeding meeting).

• Once a contestant has qualified for an event, participation is required in that event at the Qualifying and State Championship meet. If the contestant does not compete in all of the events for which he/she has qualified at the Qualifying or State meet, or in the judgment of the Referee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified from the meet and subsequent entries in events, then the contestant will be disqualified from the rest of the meet and shall forfeit all individual and team points earned in any and all events. This penalty will not be enforced if the failure to compete is due to a medical problem as certified by meet medical staff. There are to be no substitutions after the official start of the meet.

• In case a qualified contestant cannot participate in the next higher meet (Sub-district/League to District/Regional/Qualifying, to State), the principal of the school of the indisposed contestant is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified contestant.

• In case members of a qualified relay team cannot participate in the next higher meet (Sub-district/League to District/Regional/Qualifying to State), the principal of the indisposed contestants is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified relay team. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.

**Seeding Criteria**

The official District meet times submitted to the State meet manager for seeding purposes may be electronic or hand held (Hand held times are read in 10th of a second. Example: 10.41 would be submitted to the State Meet Manager as 10.5.)

**Seeding Rules:**

Lane Running Events

1. If there are no extra qualifiers, there will be 2 heats of 8 athletes. The District winners will be seeded first in the middle lanes, followed by the 2nd place finishers. The 2nd place finisher will always be in a heat opposite the winner from their district. The preferred lane sequence is 4,5,3,6,2,7,1,8 except for the 4 X 200 Relay which is 1 through 8 seeding inside-out.

2. Runners from the same school will be separated when possible. The switch will be made with the same or comparable lanes only.

3. If there is a great imbalance of Districts in a heat an adjustment in lanes will be made.

4. If there are extra qualifiers, 2 heats will be run with the district winners filling the middle lanes, followed by the 2nd place finishers. The remaining athletes will be ranked by their qualifying mark and fill lanes working from the middle out.

5. If there are extra qualifiers in the 800 meter run, the extra entries will be placed in the second row and they must remain in their lane until they enter the straightaway at the end of the first turn. Heat and lane assignments are to be drawn by lots for the extra entry. Heats will be balanced as close as possible if there are extra qualifiers.

6. Alleys for the 1600 Meter Run & 3200 Meter Run will be used. The qualifying meet winners will be seeded in lanes 5-8. Top one-third of seeds will be in the outside alley. The remaining competitors will be seeded in lanes 1-4. The first alley will use the waterfall start for lanes 1-8 with approximately 2/3 of the contestants. The second alley would be a waterfall start using lanes 5-8 on the one turn stagger for lane 5 with approximately 1/3 of the runners. A three meter walk up line will be utilized.

**Field Events (Long Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw)**

1. For these events, the athletes will be seeded in reverse order by the district qualifying mark. There will be 2 flights of 8 with the top 8 seeds in flight 2 and the next 8 in flight 1. If there are additional qualifiers the numbers in each flight will be adjusted keeping the flights as even as possible.

2. The top 9 athletes and any ties after the preliminaries will compete in the finals in reverse order from their preliminary marks.

**Field Events (High Jump and Pole Vault)**

1. All 16 contestants plus any additional qualifiers will be in one flight in reverse order by their qualifying mark.

2. Contestants with the same mark will compete in the order the computer determines without regard to place in the district meet.

3. At each height there will be 5 alive if the numbers of athletes at the height is more than nine.

**Those Not Competing**

Coaches and supervisors are not allowed on the infield during competition. Coaches will not be allowed on the track or field during the meet. Important: Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement may lead to disqualification. Coaches must be outside lane #8 of the track for running events and field events. Participants and officials only please! Managers and statisticians should remain in the stands and outside of lane #8.

**District / State Meet Rules and Procedures**

ALL NFHS Track and Field Rules and state meet regulations will be followed. Any questions concerning meet infractions may be brought to the meet management only by the head coach of the team.

**District / State Meet Managers**

Contestants who have qualified by meeting minimum standards must be notified as to whether they are not competing in the meet, as the State Meet Manager has the authority to limit the number of participants.

**Meet Procedures**

With the exception of those special rules which may have been adopted by WIAA, the NFHS Track & Field Rule Book will govern the meets in all classifications. Any problems that arise before or during the meet should be brought to the attention of the Referee.

**State Meet Minimum Standards' Policies**

In addition to the allocations, contestants in District meets who meet or exceed a minimum standard (established by averaging the middle three values from the previous five years sixth-place finishes from the State meets) may qualify to participate in the State meet. There can be no additional entries for events which are added to the State meet until after the new event has been in the State for a three year period in order to have established a minimum standard.

In the running events, any contestant who equals or exceeds the minimum standards in the finals of a District meet (District meet only), but has failed to qualify as part of the District's normal allocation, may participate in the State meet. In the field events the minimum standard may be made either in the preliminary trials or in the finals trials. If additional entries qualify by minimum standards, these policies will be followed:

a. There will be no more than one (1) additional heat in any of the running events.

b. If there are three heats in the individual running events, the first two finishers of each heat, plus the next two fastest times, will qualify for the finals. If there is a tie, which offsets qualification for the finals, the competitors that tied shall qualify if lanes and positions are available. If they are not available, the competitors that tied shall compete again for the available position.

**Participants' Limitations**

An individual athlete MAY be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete MAY NOT COMPETE in more than four (4) events (individual and/or relays) TOTAL. Coaches - be reminded that the individual event competition limitation of four (4) events is both an NFHS and WIAA rule. If an athlete is scratched from an individual event, there cannot be any substitution in that individual event for the scratched athlete. An athlete listed on the relay form is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. FOR THE QUALIFYING MEET RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS - COACHES ARE PERMITTED TO LIST A MAXIMUM OF SIX.

**The definition of a relay team member is as follows: Four, five or six members are listed and only those listed are eligible to run. Any four of those listed are eligible for each race starting with the preliminary heat of the District meet and ending with the State finals. The relay counts as an event for those who run.**

**Awards** – will be presented to athletes following their event. Once each event final is complete, the award winners will be escorted to the awards area for the presentation. After the final results have been determined, athletes will be introduced and given their awards on the awards stand in front of the main grandstand.

**Scoring**

Eight (8) individuals/relay teams will score in each event. Awards will be presented in the individual events directly after the results have been verified. A sixteen (16) entry tournament will receive three (3) pins and 5 ribbons per event. All team awards will take place at the end of the meet.

**Appeals 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. If after the protest to the referee, the head coach still feels the rule has been misapplied or misinterpreted, the head coach can appeal, to the jury of appeals immediately. The Jury of Appeals shall serve as the final board of appeals.

**Scratches**

In case a qualified contestant cannot participate in the State meet for medical or disciplinary issues, the principal of the school of the indisposed contestant is responsible for notifying Meet Management no later than Monday, the week of the event, by 4:00pm. In case members of a qualified relay team cannot participate in the State meet for medical or disciplinary issues, the principal of the indisposed contestants is responsible for notifying Meet Management in the same manner as stated above. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming the proper notification was given to the Meet Manager. If an alternate is inserted into the State meet, we will re-seed up to the time the meet program is sent. After this time, the athlete will be inserted in the appropriate position. After the meet has started, no alternates will be used to fill in for scratches.

**Records**

Only records established in the preliminaries or finals at the district meet shall count as district records. All applications for State or National records must be made in accordance with the NFHS Track and Field Rules Book.

**Sportsmanship**

Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the entire meet.

Cell Phones/Walkie Talkies/Video Camera- The use of electronic communication devices are permitted during meets in unrestricted areas and coaches’ boxes; however, they may not be used for any review of a referee’s decision or to communicate with an athlete during a race or trial.

**Clerk of the Course**

Entries must be checked in with the Clerk of the Course prior to an event. There will be three notifications and/or calls for all events. All events notifications will be distinguished by gender and classification. All contestants must report to the Clerk of the Course when called 25 minutes prior to the start of the event by the official announcer. All contestants must check-in to the clerking area no later than the third call. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet.

• If a contestant does not comply with this regulation, he/she will be scratched from the event. The Clerk will be at the designated area of each event to check entries. Any changes that a coach must make may be made at that time with the Clerk of the Course.

• If an athlete is competing in a field event and running event held at the same time, the athlete must check-in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The events start will NOT be delayed for any athlete who reports late.

Medical Information - The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. This documentation shall be turned into the Meet Manager prior to participation.

**Medical Information**

The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. This documentation shall be turned into the Meet Manager prior to participation.

**SPECIAL RULES FOR RUNNING EVENTS**

1. If a competitor is competing in a field event and running event held at the same time, **the athlete must check-in with the clerk before the beginning of both events.** He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The events start will NOT be delayed for any athlete who reports late.

2. Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes or position.

3. Runners may not report to the starting line without having checked in with the clerk.

4. For races finishing in assigned lanes, runners at the end of each race are to stay in their lanes until they are dismissed.

5. The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.

6. The 800 meter run will be staggered for one (1) turn and the contestants may break for the pole after they have crossed the break line at the end of the first turn.

7. The three-turn-stagger will be used for the 800m relay. All runners and exchanges in the 800-meter relay must stay in their lanes except the last runner who may cut in after receiving the baton.

8. The three-turn-stagger will be used for the 1600 meter relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until they have crossed the break line (cones).

9. Relay team members may place up to two marks on the track. **No chalk is to be used**. Markers, such as tape, shoes, tennis balls, pins, colored devices, and others, must be removed following the events. Specific markers will be designated at each site by Meet Management for all relays and field events. **Batons** will be provided for all relay teams.

• **Please note, if there is inclement weather, markers will be provided by meet management. All markers MUST BE PLACED in your lane.**

**SPECIAL RULES FOR FIELD EVENTS**

1. No extra practice will be allowed in unused event areas before or after an event, unless determined by the event judge or field event referee. Athletes who violate may be disqualified from the event or the remainder of the meet.

2. Field event competition in preliminaries (shot put, discus, javelin, long jump and triple jump) will be held in flights of eight (8) athletes. The nine (9) best marks and all ties for the last qualifying spot will move into the finals. Athletes will compete in reverse order for the finals.

3. During the preliminary competition each athlete will have three (3) trials. Athletes will have three (3) more trials in the finals.

4. Meet management will designate a specific time and location for all students participating in the pole vault to weigh-in and submit the Pole-Vaulter Weight Verification Form prior to the beginning of the pole vault competition. Only those students that weigh-in prior to the meet and are cleared by the meet management will be allowed to compete.

5. Athletes must check-in with the head judge at the event before the event begins. If athletes check in after the event has begun they will not be allowed to compete.

6. All field event areas will be open for warm-up 45 minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

7. Excused time: Coaches must assume responsibility of ensuring athletes advise event judges of participation in another event, are excused by the judge, and return within the time limit given by the judge. If athletes “check out” for another event, they must notify the head judge and tell the judge which event they are leaving for. The excuse time will be established by the games committee at each site. The athlete must check back in within the established excused time or risk the loss of a trial. The athlete must notify the head event judge when they return. In some cases, successive throws in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official at the time he/she is called “up” for an attempt. Athletes in running events must check-in with the clerk prior to the start of their field event.

When room is available, an athlete that will need to be excused from an event may change flights, per approval of the Field Event referee, for that event if this request is made prior to the start of warm-up. An athlete that will need to be excused from an event may request a change in the order, per approval of the head official, for that event, if this request is made prior to the start of the flight.

To accommodate the field event athlete to be excused and make the disruption of the competition as insignificant as possible, the excused athlete may report directly to the starting line and seek out a Clerk for final instruction for the upcoming running event. The start of the race will not be held for these athletes. This athlete MUST clear this with the Clerks in the Clerking area prior to the beginning of the running event for which he/she wishes to be excused.

All implements will remain at the venue until competition is completed.

Discus/Shot Implements must be inspected at the certification area, one hour prior to competition. For the shot, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and diameter of the discus and thickness of the center of the discus. The host site will also furnish certified discuses and shots, if needed. Shot certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs. Implements will be marked, collected and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with discus or shot will be taken within the competition area for these events under the direction of the head official.

**Meet management**:

Will designate a specific time and location for all students participating in the pole vault to weigh-in and submit the Pole-Vaulter Weight Verification Form prior to the beginning of the pole vault competition. Only those students that weigh-in prior to the meet and are cleared by the meet management will be allowed to compete.

5. Athletes must check-in with the head judge at the event before the event begins. If athletes check in after the event has begun they will not be allowed to compete.

6. All field event areas will be open for warm-up 45 minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

7. **EXCUSED TIME EXPLAINED 2017 HIGH SCHOOL RULES January 2017 (rev1) Page 1 of 2 Ed Viering**

BASIC RULES

1. Changing order is only for accommodating those in other events (i.e. not for bathroom, injury, etc.) 6.2.3

2. All changes fall under the “head event judge may” concept. It is optional. It is your call. 6.2.3

3. We can’t force the departing athlete to take jumps out of order. We can only offer. CASE 6.2.3.A.

4. In vertical jumps, or prelims of throws/horizontal jumps, you may rearrange the order by any method. 6.2.3

5. In finals of throws/horizontal jumps, you may rearrange the order by any method where competitor being excused goes earlier than the spot at which he/she qualified. 6.2.3

6. Excused time limit is set by games committee 6.2.4

7. Athlete must check out. Official records check out time. CASE 6.2.2.A.a/b

8. While excused, athlete is exempt from being called up or time fouled, or having crossbar raised. 6.2.3

9. While checked out, an athlete is not called up. 6.2.3.A/B CASE 6.2..2.ACOMMENT1/COMMENT2.e CASE 6.2.2./B

10. When excused time expires, mark all deferred jumps as passes. Realistically, you will do this when they check back in and you see if they made it back in time. CASE 6.2..2.ACOMMENT1/COMMENT2.e CASE 6.2.2./B

11. The athlete with the best qualifying mark in prelims has the right to take the last trial in the event (i.e. they may choose to wait until after any excused competitors have taken all their trials.) 6.2.3

12. Coaches must take into account the limited time available CASE 6.2.2.A.f

13. Head judge may use judgment in extending the time excused under special circumstances CASE 6.2.2.A.g

HJ PV PRELIMS LJ TJ Throws FINALS LJ TJ Throws Checks back in with excused time remaining

Allow all deferred attempts. Fit them in where it works best for you

Allow all deferred attempts. Fit them in soon to minimize deviation from “reverse order” Checks back in after time is expired

Mark all deferred attempts as passes…or… Reorder to move them later (reorder is recommended unless there is abuse of excused time) Mark all deferred attempts as passes Top qualifier due up in last round with another athlete still excused N/A Give choice of “jump now” or “wait until after others return and complete all attempts” All attempts are finished except an athlete who has not returned still has excused time remaining

Wait. Hold the bar. Allow all deferred attempts if they return before excused time expires

Wait. Hold the event. Allow all deferred attempts if they return before excused time expires All attempts are finished except an athlete who has not returned has had their excused time expire Mark all deferred attempts as passes.

Proceed to next height/flight.

**EXCUSED TIME EXPLAINED 2017 HIGH SCHOOL RULES January 2017 (rev1) Page 2 of 2 Ed Viering**

ADDITIONAL PHILOSOPHY and TECHNIQUE

A. The critical skill is researching who needs to check out and having options in mind early on

B. EXCUSED TIME is to be fair to the multi-event athlete

C. EXCUSED TIME LIMIT is to be fair to the rest of the athletes

D. There can be different time limits prescribed for certain events.

E. Officials should use their authority to rearrange the order with the goals that:

a. No one misses trials

b. Event is not delayed by waiting for an excused athlete

c. Disruption to remaining athletes is minimized

d. Violation of reverse order privilege is minimized

F. Changing the order proactively is a separate concept from fitting them in after returning within excused time limit

G. While excused, attempts are basically deferred until excused time expires.

H. A height or flight ends when all athletes present have taken all trials or passed AND all excused time has expired

I. Do not confuse HS and College rules. In HS, when waiting on expired athlete at end of height/flight we do not call them up and start the clock. Simply mark all deferred jumps as passes.

J. Example s of abuse of excused time which may cause you to NOT reorder again when an athlete expires during prelims are: athlete observed goofing off when they could have easily checked back in; two athletes in same race… “A” checked back in on time and jumped while tired but “B” expired and checked back in near end of prelims.

K. In the finals of throws/horizontal jumps an athlete may only be moved earlier in the order. However, changing the order cannot always eliminate all excused time situations. When this happens, excused time often forces an exception to “reverse order”. Upon return from excused time, the official should fit in the skipped trial(s) reasonably quickly to minimize the deviation from “reverse order”.

L. The “most handcuffed” situation for an athlete is needing to leave prior to 4th round. There is no opportunity to reorder them to later and if excused time expires they lose all three jumps in finals.

M. The “most handcuffed” situation for officials (and rest of the field) is athlete who does not speak up early and checks out prior to 3rd or 6th attempt. This will cause a delay that could have been easily avoided by changing the order.

N. We don’t grant extra time for changing shoes and catching breath if they make it back just in time. Once they check back in, they are available to be called up. If they return with a few minutes to spare, you can let them use that time to recover and not consider them checked in until expiration time.

O. An injury to the excused athlete is not considered a special circumstance regarding extending the time excused. An injury to someone else which, for example, blocks the track while aid is rendered, would be a special circumstance due to delaying start of all races.

P. In general, give vertical jumpers “head of line privilege” when they check back in.

Q. In general, if someone needs to “jump now”, don’t pull someone off the runway. Put the urgent jumper on-deck.

8. ¼” pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼” are not allowed. Non-replaceable Christmas tree spikes (1/4” or shorter) will be allowed. Spike lengths will be checked at the event areas.

**Discus Throw/Shot Put Events**

Implements must be inspected at the certification area, one hour prior to competition. For the shot put, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and diameter of the discus and thickness of the center of the discus. The host site will also furnish certified discuses and shots, if needed. Shot puts certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs. Implements will be marked, collected and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with discus or shot puts will be taken within the competition area for these events under the direction of the head official. The throwing sector for the discus and shot put will be 34.92 degrees.

The shot put is located near the **Northeast** side of the stadium. The discus throw is located near the North East side of the stadium and will be thrown into grass at **North East Corner**.

**Javelin Throw**

Implements must be inspected at the certification area, one hour prior to competition. For the javelin, the inspection will consist of a visual inspection, weight, length of the javelin, length of binding, balance check and maximum distance from the point of the javelin to the balance point, taper and condition of the binding. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition. Javelins certified for competition will not be shared without permission from the school to which it belongs. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official. Two check marks are allowed. These check marks must be removed at the completion of the event. No chalk is to be used.

**Please note: All marks must be approved by the javelin official.** The javelin will be thrown from runway.

Implement weigh-in will be open on Wednesday, at the following times: Wednesday-2:30 P.M. to 4:00 P.M.

**JAVELIN COMPETITION SAFETY RECOMMENDATIONS FOR MEETS INVOLVING MEMBER SCHOOLS**

1. A javelin event should not be held unless trained personnel are available to conduct the event. Schools are encouraged to develop a plan to train officials

2. All athletes are instructed in javelin safety rules and regulations prior to being allowed to throw or compete.

After competition no additional throws are permitted.

3. A field marshal should be used to make sure no athletes or spectators enter the sector or warm-up area.

4. It is recommended that the throwing area be roped off or bright orange cones and warning signs be posted.

5. Athletes waiting to throw are made to wait well behind the throwing area.

6. All thrown javelins are retrieved by an official or coach and handed to the athlete outside the sector. A side should be designated usually the side the wind is blowing away from.

7. The head official stands in the center of the approach and placing an orange cone on the run way thus prohibiting the next competitor from throwing until the sector is clear.

**PRACTICE SAFETY PROCEDURES FOR JAVELIN THROWERS**

1. It is recommended that all javelins be carried to and from the practice area under the supervision of a coach.

a. All javelins are stored in a locked area when not in use.

2. All javelin practice must be supervised by trained school personnel.

3. During actual practice each thrower remains behind the throw line until all javelins have been released. Only when the order “recover javelins” is given are the throwers allowed to retrieve their implements under the direction of a coach or designated teacher. The athletes are directed to retrieve their javelin, walking in

a backward fashion, so that they are always in vision of the run way or throwing area.

4. At no time is a student allowed into the throwing area while a teammate still possesses a javelin.

5. It is recommended that javelin practice take place when there are no other athletes either on the track or on the throwing field.

6. These rules are to be reviewed daily by the coach prior to any javelin practice.

7. The javelin throwing area must be well marked and cordoned off by rose or bright orange cones. Athletes are not permitted into the sector until practice has concluded.

**High Jump / Pole Vault:** Fifteen (15) minutes before the event starts the head official will call all competitors together to explain the procedures and rules of the event. In the high jump and pole vault, the first five competitors, as determined by the games committee, constitute a flight. As a competitor clears the bar, passes a turn at the height or is eliminated, the next competitor in order will move up / in.

The NFHS rule about passing shall apply. If competitors have passed all three consecutive heights for the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed three consecutive heights in the pole vault, there will be two (2) minutes per competitor entering, to warm-up without the cross bar in place.

Two marks are allowed on the approach apron for the high jump. Please note: All marks must be approved by the high jump official. CHALK IS NOT ALLOWED.

Two marks are allowed outside of the runway for the pole vault. Please note: All marks must be approved by the pole vault official. CHALK IS NOT ALLOWED.

When a competitor returns from competing on the track, the competitor will enter the competition at the height in progress. The bar will not be lowered.

Starting heights will be one interval below the lowest qualifying height. All marks will be at the nearest inch with no ¼ or ½ inch marks, until the last competitor remains. In the high jump, the cross bar will be raised in 2" intervals until only half of the competitors remain. Thereafter, the bar will be moved up in 1" intervals, until one competitor remains. In the pole vault, the cross bar will be raised in 6" intervals until only half of the competitors remain. Thereafter, the cross bar will be raised in 3" intervals, until one competitor remains.

Pole vault poles will be inspected and certified at the pole vault venue by the Head Officials. Competitors will also be weighed-in during inspection. Poles must be clearly marked with the proper markings. Any pole that is presented for inspection that is improperly marked or otherwise illegal will be confiscated. The pole may be picked up after the event is complete. Competitors may not use the pole of other individuals without their consent. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event.

Ties must be broken by a jump off if they occur for first place and/or the last entry to the state meet at the end of the event.

There will be a designated area for coaches near the pole vault. Coaches are reminded that they must stay in the flagged off area during the warm-up and only one coach per school is allowed during competition. Competitors may

come over to the coaches' area and talk with their coach. Coaches may not spot for their competitors. Schools who qualify a pole vault competitor will receive a coaches pass that will permit them in the flagged off area. This pass is designated for the pole vault coach during the pole vault event only. Any misuse of this pass may result in the removal from the event and the facility.

**Long Jump /Triple Jump:**

The triple jump area will be located on the North pit and the long jump area will be located on the South pit. Athletes must remain inside the fence and stay on the inside of the track if a turn race is currently being run.

Two marks are allowed outside of the runway. Please note: All marks must be approved by the long jump/triple jump official.

**Javelin Throw/ Discus Throw / Shot Put: (Jump runways are north, Baseball field side is south.)**

The shot put is located to the North East corner of the stadium. The discus is located on North East corner. The throwing sector for the shot and discus will be 34.92 degrees.

**Blocks**

Starting blocks will be provided for competitors to use. Athletes may use their own blocks, subject to verification by one of the Starters at the meet. Meet officials will not be responsible for any blocks other than the ones provided. Meet officials will not be responsible for any blocks. Participant Block holders will not be allowed.

**Spikes**

¼” pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼” are not allowed. Non-replaceable Christmas tree spikes (1/4” or shorter) will be allowed. Spike lengths will be checked at the event areas.

**FAT Timing System**

Fully automatic timing system will be used for all running events. The timing system operators will not recall races in the event of the FAT system malfunctioning. Backup systems or hand timers will be utilized instead. If a malfunction occurs during a preliminary heat, backup systems or hand times will be used for all heats to determine advancement and seeding to the finals. State Meet Managers are authorized to use official pictures of the finish to assist meet officials in making final decisions. This would include videotaping. These pictures are to be used by and are available to meet officials only.

**General Information 1B:**

**1B Tri District @ St. Martin’s University Top #6 boys, #7 girls advance to WIAA State 2019**

**Boys = D1=5, D2=5, D3=2 + 4 next best times / distances into Tri District meet**

**Girls = D1=5, D2=5, D3=2 + 4 next best times / distances into Tri District meet \*\* updated 4/23/19**

The Tri District 1B track and field championships will qualify six (7) girls’ and seven (6) boys’ entries from each event to the state meet in 2019. Because this meet is scored and team places are awarded, all eight (8) participants will be scored according to their place of finish. The top five (5) Girls’ and five (5) Boys’ entries athletes/relays will qualify for the state with the 6th place girls and the 6th place boys athletes / relay team being the 1st alternate. The 7th place girls and the 7th place boys being the 2nd alternate to the state meet.

Per WIAA rule, if a qualified contestant cannot participate in the state track and field meet the school principal will contact [Dennis Sheline](mailto:dennis.sheline@gatewaychristianschools.org), meet manager of the 1B Tri District Meet, who in turn will notify the next contestant with the next fastest times from the preliminary heats to compete in the WIAA State Track and Field Championships.

**Measuring:**

All events will be measured in metric with the exception of field events, which will be in feet and inches.

**Relay Batons:**

Batons will be provided for all relay teams.

**Awards:**

Awards will be presented to athletes following their event. Pins will be given for 1st-3rd place.

**Admission Prices:**

Adults & Students (without ASB) $8

Students with ASB/ Senior Citizens (62 & over) $5

Elementary Students (12 & under) $4

NO PRESALE. All tickets will be sold at the venue gate. Tickets are good for all events the day purchased.

NO CHECKS will be accepted, CASH ONLY.

**Coaches Information Desk:**

The Coaches Information Desk will be located at the **South West** entrance of the track venue. Coaches will pick up their packets on Thursday at this location.

**Pop-Up Tent Area:**

Pop-up tent will be located outside **of Lane eight**, outside on the grass area. There is a large grassy area where teams will be allowed to set-up their tents. Please bring trash bags to police your areas.

**Results:**

Final results Thursday will be posted on the bleachers as soon as printed, and posted on athletic.net at the conclusion of the meet.

**Trainers:**

Certified athletic trainers and staff will not be on hand during the meet. **Bring your own Ice please.**

**Medical Information:**

The use of an atomizer during competition containing a prescription drug designed to alleviate an asthmatic condition is not considered to be an illegal aid **as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.** This documentation can be turned into **Dennis Sheline**, meet director, at the coaches’ meeting.

**Wheelchair Athletes:**

All wheelchair athletes must meet the rules by the WIAA and individual school districts. All wheelchair athletes must qualify to the state meet through the district meet. The wheelchair athlete must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. The qualifying standards are listed in appendix A.

To qualify to the district meet, the student must be a regular member of the school they represent in order to participate in the interscholastic athletic activity. The student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive than WIAA. In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on the school’s team roster for at least 50% of the regular season, competed at the sub district meet and have met the qualifying standard at the meet.

**Directions to Saint Martin’s Track**

5000 Abbey Way SE, Lacey, WA 98350-3200

**Public Parking:**

There is parking located southwest corner of the track

**School Bus and School Van Parking:**

There is parking located southwest corner of the track

**Please do not leave items of value in your car such as: wallets, purses, cameras, radios, etc.**

Javelin



Long/Triple Jump/ Pole Vault

Discus

High Jump

Shot Put

Area for Warm Up

Main Stands/

Concessions

Area for Tents

Entrance

Parking Lot

|  |
| --- |
| **Timetable** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event #** | **Time** | **Event mirrors State Schedule** |  | **Round #1** |
| **1** | **4:00** | **1B Girls 4x200M Relay** | **3:45** | **Boys Discus** |
| **2** | **4:05** | **1B Girls 3200M Run** | **3:45** | **Girls Shot** |
| **3** | **4:25** | **1B Boys 110M HH** | **3:45** | **Girls High Jump** |
| **4** | **4:30** | **1B Girls 100M HH** | **3:45** | **Boys Triple Jump** |
| **5** | **4:35** | **1B Boys 100M Dash** | **3:45** | **Girls Long Jump** |
| **6** | **4:40** | **1B Girls 100M Dash** | **3:45** | **Boys Javelin** |
| **7** | **4:45** | **1B Boys 1600M Run** | **3:45** | **Boys Pole Vault** |
| **8** | **4:55** | **1B Girls 1600M Run** |  |  |
| **9** | **5:05** | **1B Boys 4x100M Relay** |  |  |
| **10** | **5:15** | **1B Girls 4x100M Relay** |  | **Round #2** |
| **11** | **5:20** | **1B Boys 400M Dash** | **5:00** | **Girls Discus** |
| **12** | **5:25** | **1B Girls 400M Dash** | **5:00** | **Boys Shot** |
| **13** | **5:35** | **1B Boys 300M IH** | **5:00** | **Boys High Jump** |
| **14** | **5:40** | **1B Girls 300M LH** | **5:00** | **Girls Triple Jump** |
| **15** | **5:45** | **1B Boys 800M Run** | **5:00** | **Boys Long Jump** |
| **16** | **5:55** | **1B Girls 800M Run** | **5:00** | **Girls Javelin** |
| **17** | **6:05** | **1B Boys 200M Dash** | **5:00** | **Girls Pole Vault** |
| **18** | **6:15** | **1B Girls 200M Dash** |  |  |
| **19** | **6:25** | **1B Boys 3200M Run** |  |  |
| **20** | **6:40** | **1B Girls 4x400M Relay** |  |  |
| **21** | **6:45** | **1B Boys 4x400M Relay** |  |  |

**ATTENTION COACHES AND POLE VAULTERS**

***WIAA WEIGHT CERTIFICATION FORM***

National Federation rules require that all pole vaulters use a properly identified and rated pole.

Specifically **Rule 7-5-3 states:**

The competitor’s weight shall be at or below the manufacture's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating that maximum top hand-hold position with the position being determined by the manufacturer.

At WIAA State meets, poles will be checked by meet officials to make sure they are properly marked and identified. Those poles not identified properly will not be used. Furthermore, all vaulters and coaches must certify that the vaulter's weight is at or below the manufacturer's pole rating. Meet management is authorized to weigh vaulters if deemed necessary to determine that their weight is at or below the manufacturer's pole rating.

-------------------------------------------------------------------------------

**Certification**

I certify that the pole(s) that I am using is (are) properly marked and identified and that my body weight is at or below the manufacturer's pole rating. I further understand that any pole that is not properly marked and identified that it will not be used. I also understand that if my body weight is above the manufacturer's pole rating, I will not be allowed to continue until such time I am using a properly rated pole.

School

Signature of Track Coach Please Print Name

Signature of Vaulter Please Print Name

Weight of Pole Vaulter Date

**OFFICIAL MEET VERIFICATION**

Verified Weight of Pole Vaulter: Date:

Signature:

# PASS LIST FORM

**SIGN-IN\***

School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Event\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of event\_\_\_\_\_\_\_\_

(Print) (Sign-in Signature)

Superintendent\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Principal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Dir. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trainer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Press (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Photographer (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Video Operator (1)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Picture Identification and sign-in required before admittance.**

Send this Pass List Form to the following Event Manager [**Dennis Sheline**](mailto:dennis.sheline@gatewaychristianschools.org)

**Uniform Information-**

The NFHS Track and Field Rules Book uniform rule will be enforced. It is the individual athlete and relay teams’ responsibility to compete in the proper uniform. Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms, please review uniforms, relay-team uniforms, not identical uniforms, and removal of part of the team uniform in the NFHS Rules and Case Book. All contestants, in both the running and field events must wear their numbers when competing. Competitor numbers will be worn **on the front** of the uniform, with the exception of pole vault competitors who may wear their number on the back.

The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked. This will be enforced by the clerk and starters. Hip numbers will be used for all running events and will be worn on the hip facing the FAT camera.

Handkerchiefs and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).