

THAT THEY ARE LISTED TO HAVE. **DO NOT GIVE ANOTHER ATHLETE SOMEONE ELSE'S BIB NUMBER.**

Coaches Meeting – 11:00AM. Meet at the packet pickup/results tent/finish line for a brief discussion for the day.

Uniforms: Every head coach should review rule 4.3 in the 2021 NFHS Track and Field/Cross Country Rules Book. All teams will be required to be in proper, legal uniforms.

LANE ASSIGNMENTS: drawn randomly **Start faces SOUTH. LANE 1 to 15 goes Lane 1 starting closer to shelter and lane 15 closer to the lake.**

3A Boys Lane Assignment

Lane 1. Kingco Individuals
Lane 2. Mercer Island
Lane 3. O'Dea
Lane 4. Lincoln
Lane 5. Juanita
Lane 6. Bishop Blanchet
Lane 7. Seattle Prep
Lane 8. Liberty
Lane 9. Lakeside
Lane 10. West Seattle
Lane 11. Interlake
Lane 12. Roosevelt
Lane 13. Nathan Hale
Lane 14. Metro Individuals
Lane 15. Metro Individuals

3A Girls Lane Assignment

Lane 1. Kingco Individuals
Lane 2. Mercer Island
Lane 3. Bishop Blanchet
Lane 4. Roosevelt
Lane 5. Interlake
Lane 6. Holy Names Academy
Lane 7. Seattle Prep
Lane 8. Franklin
Lane 9. Ballard
Lane 10. Liberty
Lane 11. Lake Washington
Lane 12. Lincoln
Lane 13. Nathan Hale
Lane 14. Metro Individuals
Lane 15. Metro Individuals

MEDICAL:

Two athletic trainers provided by the conference. Each school should bring their own supplies if they want their athletes taped/treated prior to competition.

AWARDS:

The awards ceremony will begin after the conclusion of each classification's championship races. The awards ceremony will be next to the restroom shelter on Sunset Beach

1. Girls' varsity individuals: top 10 finishers/top three receive medals

2. Girls' varsity teams: announce in reverse order 12th – 2nd/winning team receives Seaking championship trophy
3. Boys' varsity individuals: top 10 finishers/top three receive medals
4. Boys' varsity teams: announce in reverse order 12th – 2nd/ winning team receives Seaking championship trophy

3A STATE ALLOCATIONS: The top SIX (6) 3A teams, and any individual runner finishing in the top 42 places overall whose school/team doesn't qualify for state.

PROTESTS: Protests should be filed with the Meet Director as soon as possible after the alleged infraction occurs. The Meet Director will convene the Games Committee to hear and resolve the protest onsite. The members of the Games Committee for this event shall be: John Hill, Sean Gaskill and one more individual to be determined (if a protest involves the school of any of these coaches, the coach will be replaced by the coach of a non-affected team).