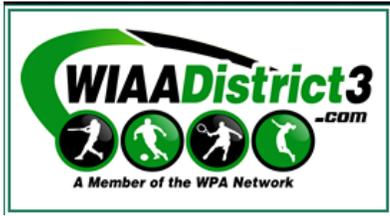




**WEST CENTRAL DISTRICT III  
TRACK & FIELD**

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**MEMO: March 24, 2024**



<b>4A League Track &amp; Field Meet Dates</b> <b>4A NPSL May 8 &amp; 10, 2024 @ Federal Way</b> <b>4A SPSL May 9 &amp; 11, 2024 @ Olympia</b> <b>4A WCD /SWD May 15 &amp; 17 @ French Field (Kent)</b>	<b>3A League Track &amp; Field Meet Dates</b> <b>3A NPSL May 8 &amp; 10, 2024 @ Federal Way</b> <b>PCL 3A / May 9 &amp; 10, 2024 @ Mt Tahoma</b> <b>SSC 3A / May 7 &amp; 9, 2024 @ North Thurston</b> <b>3A WCD /SWD May 15 &amp; 17 @ French Field (Kent)</b>
<b>2A League Track &amp; Field Meet Dates</b> <b>OL Champs May 2, 2023 @ NKHS</b> <b>OL Subs May 4, 2023 @ NKHS</b> <b>SPSL May 10, 2023 @ White River</b> <b>2A WCD III @ North Mason May 17-18, 2024</b>	<b>1A League Track &amp; Field Meet Dates</b> <b>Nisqually May 11, 2024 @ Vashon</b>  <b>1A WCD III @ Vashon May 11-14, 2024</b>

**1B Quad District @ Franklin Pierce Top 8 boys, 6 girls advance to WIAA State 2024**  
**Right side of the /**  
**\*Boys = D1=6, D2=4, D3=2, D4= 4 into Quad District meet (16 total)**  
**\*Girls = D1=4, D2=4, D3=2, D4= 2 + 4 next best times or marks into Quad District meet (16 total)**

**WCD III Entries**  
**4A @ French Field (Kent) May 15 & 17 SPSL (10) = 8 / NPSL(7) = 5 (13 total entries)+GSL = 3 (16 Total)**  
**SPSL(10) NPSL(7) GSL (4) Total Schools**  
**3A @ French Field (Kent) May 15 & 17 NS = 5, PCL+ Bainbridge = 6, SS = 6, = 17 total + GSL = 3, = 20 Total Entries**  
**Schools = (\*) NS (\*7) = 5 PC (\*7) = 5 SS (\*9) = 6 = 16 total + GSL (\*5)**  
**2A @ North Mason May 17-18 Olympic = 5 / SPSL = 6 / Kingco =5 (16 total entries)**  
**1A @ Vashon May 11-14 Olympic Boys = 2 / Nisqually (8 total)**  
**1A @ Vashon May 11-14 Olympic Girls = 2 / Nisqually (8 total)**  
**1B @ Franklin Pierce May 16 Dist. 1-2-3-4 = (16 total entries) #8 boys / #6 girls advance to state 2024**  
**Boys Dist. 1 = (6), Dist. 2 = 4, Dist. 3 = 2, Dist. 4 = 4, = 16 total entries**  
**Girls Dist. 1 = 4, Dist. 2 = 4, Dist. 3 = 2, Dist. 4 = 2, = 12 + the next best 4 =16**  
**\*Double the allocation for these districts' numbers**

**WIAA entries to State 2024**  
**4A WCD to State = 7 Boys entries to state 2024 | 7 Girls entries to state 2024**  
**3A WCD to State = 7 Boys entries to state 2024 | 7 Girls entries to state 2024**  
**2A WCD to State = 6 Boys entries to state 2024 | 6 Girls entries to state 2024**  
**1A WCD to State = 2 Boys entries to state 2024 | 2 Girls entries to state 2024**  
**1B Quad to State = 8 Boys entries to state 2024 | 6 Girls entries to state-2024 (Quad-District meet)**

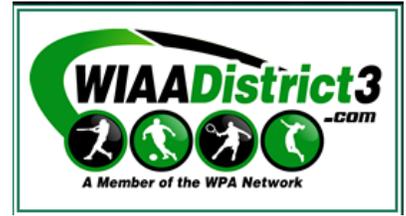
**Timed Finals**  
**4x200R, Prelims seeded inside out = Hot heat only in this race (#2 Heat)**  
**800m Follow 800 WIAA Guidelines posted**  
**Protect #1 only and seed by Time | Use WIAA processes for Syllabus**

Dwayne Johnson  
 PASD Athletic Director, CMAA  
 WCD III Track & Field Chair  
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**WEST CENTRAL DISTRICT III  
TRACK & FIELD**

MEMO: March 24, 2024



4A NPSL	4A SPSL	3A North Sound	3A Pierce County	3A South Sound
Decatur Federal Way Kennedy Catholic KentrIDGE Kentwood Mt. Rainier Tahoma	Bellarmine Prep Bethal Curtis Emerald Ridge Graham Kapowsin Olympia Puyallup Rogers (Puyallup) South Kitsap Sumner	Auburn Auburn Mountainview Auburn Riverside Kent Meridian Kentlake Thomas Jefferson Todd Beamer  Bainbridge *23	Bonney Lake Lakes Lincoln (Tacoma) Mt. Tahoma Silas Spanaway Lake Stadium  Bainbridge *24	Capital Central Kitsap Gig Harbor North Thurston Peninsula River Ridge Timberline Yelm  Bainbridge *22
Allocation from League to WCD III =5	Allocation from League to WCD III =8	Allocation from League to WCD III =5 League to WCD III =6*	Allocation from League to WCD III =5 League to WCD III =6*	Allocation from League to WCD III =6
GSL = 3		GSL = 3		20 Total Entries

2A Olympic	2A SPSL	2A Kingco	1A Nisqually	1B North Olympic
Bremerton Kingston North Kitsap North Mason Olympic Port Angeles Sequim	Clover Park Enumclaw Fife Franklin Pierce Henry Foss Orting Steilacoom Washington White River	Evergreen (Seattle) Foster Highline Lindbergh Renton Sammamish Tye	Annie Wright Bellevue Christian Cascade Christian Charles Wright Academy Klahowya Life Christian PT/CH = East Jefferson Seattle Christian Vashon Island	Clallam Bay Crescent Neah Bay
Allocation from League to WCD III = *Top 5	Allocation from League to WCD III = *Top 6	Allocation from League to WCD III = *Top 5	Allocation from League to WCD III = Top 8	Allocation from League to WCD III = Top 2 + 3 at large
1B District #1 Cedar Park Christian (Lynnwood) Fellowship Christian Grace Academy Lopez Lummi Providence Classical Christian Shoreline Christian Skykomish Tulalip Heritage ***** Dist #1 1B Northwest 1B/2B Teams 1B Concrete 1B Darrington 1B Mt Vernon Christian	District #2 1B *Sea Tac Teams Concordia Christian Academy Crosspoint Evergreen Lutheran Muckleshoot Tribal Northwest Yeshiva Pacific Christian Academy Pope John Paul 2 Puget Sound Adventist Quilcene Rainier Christian Sound Christian Academy Summit Classical Christian (Bellevue)	District #3 1B *North Olympic Clallam Bay Crescent Neah Bay	Dist. #4 1B *Columbia Valley Teams Cedar Tree Classical Christian Firm Foundation Christian Naselle Pe Ell Three Rivers Christian Washington School for the Deaf	Dist #4 1B *Coastal Teams Lake Quinault Mary M. Knight Mossyrock North River Oakville Taholah Willapa Valley Wishkah Valley *****



**WEST CENTRAL DISTRICT III  
TRACK & FIELD**

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MEMO: March 24, 2024



1B Orcas Island

**2022-24 Spring Allocations - Updated 3/23/2023**

4A	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8
Boys Track (51)	4/5		7/7		-	2/2	-	3/2
Girls Track (51)	4/5		7/7		-	2/2	-	3/2

3A	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8
Boys Track (79)	5/4	6/6	7/7		-	-	-	2/3
Girls Track (79)	5/4	6/6	7/7		-	-	-	2/3

2A	D1	D2	D3	D4	D5	D6	D7	D8
Boys Track (62)	3/2	6/6		4/4		2/2	-	1/2
Girls Track (62)	3/2	6/6		4/4		2/2	-	1/2

1A	D1	D2	D3	D4	D5	D6	D7
Boys Track (59)	1/2	3/3	3/2	3/3	3/2	1/2	2/2
Girls Track (59)	1/2	3/3	3/2	3/3	3/2	1/2	2/2

1B	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8	D-9
Boys Track (50)	3/3	2/2	1/1	2/2	-	2/3	3/3	-	3/2
Girls Track (39)	3/2	1/2	1/1	1/1	-	2/2	1/2	-	3/2