**2023 3A SEAKING DISTRICT CHAMPIONSHIP MEET**

**MEET DATE**: Thursday October 26th, 2023.

**MEET LOCATION**: Marymoor Park, Redmond WA

**MEET DIRECTOR:**

John Hill: hillj@bsd405.org

425-456-7038 (office) 425-445-7154 (cell)

**MEET MANAGER**: Rob Whitacre [gcracingllc@gmail.com](mailto:gcracingllc@gmail.com)

**MEET SCHEDULE**:

* 2:00 PM Packets Available
* 2:45 PM             Coaches Meeting – next to packet pickup/finish line area
* 3:30PM 3A Boys Seaking Championship Race
* 4:00 PM 3A Girls Seaking Championship Race
* 4:30 PM Awards Ceremony – Next to Starting line area.

**MEET ENTRIES**:

Entries should be entered by Tuesday October 24th, 2023 on [www.athletic.net](http://www.athletic.net). All entries MUST be put in prior to 9:00 PM. Athletic.net will lock @ 9:01PM. **Further details about entering athletes will be posted on the meet page on Athletic.net.** Contact Rob Whitacre gcracingllc@gmail.com for questions concerning registration of athletes.

**PARKING:** Parking for spectators at King County Parks is $1. Tickets for parking may be purchased on site at the self-serve kiosks in the parking areas.

one-day use tickets: [purchase here](https://anc.apm.activecommunities.com/kingcountyparks/activity/search/detail/405?onlineSiteId=0&from_original_cui=true)

**COACHES PACKETS/COMPETITORS NUMBERS/UNIFORMS**:

Coaches can pick up packets the finish line area @ 2:00pm. PLEASE BE SURE THAT ALL RUNNERS HAVE THE BIB NUMBER THAT THEY ARE LISTED TO HAVE. **DO NOT GIVE ANOTHER ATHLETE SOMEONE ELSE’S BIB NUMBER**.

**Uniforms:** All teams will be required to be in proper, legal uniforms.

**LANE ASSIGNMENTS**: drawn randomly **Start faces SOUTH. LANES go WEST to EAST. LANE DRAWS TO BE DETERMINED UPON QUALIFYING CONFERENCE CHAMPIONSHIP MEETS FROM THE METRO AND KINGCO LEAGUES.**

**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 at 4:30 PM.

1. Girls’ varsity individuals: top 14 finishers/top three receive medals. To 10 finishers will receive ribbons and Top 14 finishers will comprise the All Seaking District 1st and 2nd District teams. (1st to 7th 1ST TEAM, 8th to 14th 2ND TEAM)
2. Girls’ varsity teams: Announce in reverse order 12th to 2nd/winning team receives 3A Seaking District Championship Trophy.
3. Boys’ varsity individuals: top 14 finishers/top three receive medals. To 10 finishers will receive ribbons and Top 14 finishers will comprise the All Seaking District 1st and 2nd District teams. (1st to 7th 1ST TEAM, 8th to 14th 2ND TEAM)
4. Boys’ varsity teams: Announce in reverse order 12th to 2nd/winning team receives 3A Seaking District Championship Trophy.

**3A STATE CHAMPIONSHIP ALLOCATIONS:** The top FIVE (5) 3A teams and any individual in the top 35 finishers whose team did not qualify, will advance to the State Championship meet held Saturday November 4th at Sun Willows Golf Course in Pasco Washington.

**PROTESTS**: Protests should be filed with the Meet Director, John Hill, as soon as possible after the alleged infraction occurs. The Meet Directors 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, Roger Hansen, Denis Villaneuve, and Sean Gaskill.