

2020 Sea-Tac League

*****1B/2B Track & Field Guidelines*****

MEET RESPONSIBILITIES

The Sea-Tac League track meets will be joint meets between the 1B and 2B classifications. It is necessary that each school and its representatives pull together to host a quality event. The following is a listing of assignments of event judges for league meets:

1. Shot Put: Muckleshoot
2. Discus: Crosspoint
3. Javelin: Concordia Christian Academy
4. High Jump: Seattle Lutheran
5. Long Jump: Pope John Paul II
6. Triple Jump: Pope John Paul II
7. Pole Vault: Evergreen
8. Hurdles: All available athletes and schools
9. Relay exchanges: PCA / PSA / RC
10. Start/finish line/entries/results: Evergreen Lutheran
11. Starter: Crosspoint
12. Clerk: Tacoma Baptist

Schools are responsible for finding a replacement for their event responsibility, even if said school will not be attending the meet. Because of fewer and smaller schools, the meet will proceed at a quicker pace than in the past and be completed much sooner. It is imperative that A.D.'s and coaches are aware of this and to make this known to your athletes so they can not only be aware of the meet schedule, but manage their time wisely; especially, those involved in multiple running and field events.

Please make sure that the head official you chose for your event responsibility is an adult, preferably with experience or at least good knowledge of how the event works. Measurers, rakers, retrievers, etc. **should not be participating athletes**, be at least of high school age and demonstrate a level of dependability, maturity and responsibility. As always, safety is paramount. Volunteers distracted by electronic devices, friends, food or are AWOL during the event are not recommended.

MEET ENTRIES

It is imperative that meet entries be entered in to **athletic.net** by 10:00pm two days before the meet. Meet manager will set up the heat and field event sheets. It is not necessary to have limited entries. Reminder that each athlete is limited to no more than **4 events—including relays**--per meet.

TEAM SCORING

According to *NFHS Track & Field Rules*, when there are 10 participating schools, the following will be the by finish placement the team scoring system:

Individual Events

10, 8, 6, 5, 4, 3, 2, 1

Relay Events

10, 8, 6, 5, 4, 3, 2, 1

Team points are earned by placing in the top 8 in the event. Boys and girls team points are tallied separately. Event places resulting in a tie will split the points between the placers respective schools.

In a running event, participants, including relays, must finish an event and not be disqualified to place and score for their respective school. Only one relay team per school can score, even though you may have a second team in the race. In field events, athletes must make at least one successful mark or at least clear the opening height in the high jump or pole vault to be eligible to place and earn points.

TRACK EVENTS

There will be a coaches meeting 30 minutes prior to the beginning of the first event. Please do yourself and your team a favor by arriving at the track even earlier, as to give them and you ample time for physical and mental warm up. Please do not come with wholesale event changes. There will be announced calls for each running event, starting with first call at approximately 15 minutes prior to the event. At third call, event participants should have checked in with the meet marshal/clerk, who will be in the vicinity of the starting line of said event. Relay exchange zone judges need to be on the track during the 4 x 200 and 4 x 400 to help specific relay legs to know when it is legal to cut in. Also, an official will be at the cut in point for the 800 meter run.

FIELD EVENTS

Coaches should have clear communication with field event athletes about event starting and closing times and be wary of running events for athletes participating in both. Each field event will have 3 attempts. There will not be finals for field events during the regular season. Top individual marks will determine placing. Athletes must have one successful mark to be considered for a place. High jumpers and pole vaulters will have 3 attempts at any one height (**opening heights**: girls high jump, **3'8"**; boys high jump, **4'8"**; girls pole vault, **6'0"**; boys pole vault, **7'0"**). They can choose to skip the opening or lower heights, but they must clear a height to place and score for their team. Moreover, standards and poles **will not** be lowered for

athletes who did not return in time to attempt the previously lower height. Event officials may pause at a height to allow an athlete to participate in a running event, but no more than 10 minutes. Communication with event officials is key. Schools should bring tape measures long enough for the event you are responsible to judge. Please be courteous to all event officials as they are volunteering their time. Part of this is letting event officials know in advance about scratched athletes.

UNIFORMS

Much ado about uniforms and jewelry in recent years. Please follow *NFHS* guidelines, including this year's issue about undergarments vs base garments. Jewelry rules are no longer in effect.

Tentative Meet Dates

March 19th. @ Franklin Pierce

April 16th. @ Franklin Pierce

April 23rd. @ Muckleshoot (3:30)

April 30th. @ Franklin Pierce

May 7th. @ Muckleshoot (3:30)

League Championships May 13th. @ Franklin Pierce

Districts 2B @ Coupville HS May 21/23

State @ EWU May 28-30

***** Order of Events *****

Session 1 - (1 ½ hr)

Boys & Girls Long Jump

Boys Shot put

Girls Discus

Boys Javelin

Girls High Jump

Pole Vault

Session 2 - (1 ½ hr)

Boys and Girls Triple Jump

Girls Shot Put

Boys Discus

Girls Javelin

Boys High Jump

Running Events (Girls go first followed by Boys)

4x200 Relay

Girls 3200

Boys 110 Hurdles

Girls 100 Hurdles

100m

1600m

4x100 Relay

400m

300 Hurdles

800m

200m

Boys 3200m

4x400 Relay

League Championship – Athlete must have competed in event prior to the league championship to be eligible for that event. Team Champion along with individuals will be

awards. 1B and 2B for District will be separated and results forwarded to each district representative. All NFHS rules apply for Track & Field.

All League Honors:

We will award MVP for Sprinter/Distance/Thrower (Boy & Girl)

All League will be decided at the league championship and the winner of each event will be declared All League First Team. Any school that is not represented will be giving one boy/girl to be awarded Honorable Mention.

Coaches will vote at the league championship on Boys Coach / Girls Coach of the year; Boys & Girls Team Sportsmanship. These will be taken to the next AD meeting for approval.