

Timed Finals Seeding Rules – 2A
West Central District III
Track & Field Meet May 18 & 19, 2018
Renton Stadium
5 entries qualify from WCDIII to WIAA State

For the 2A schools the 16 entries will be determined by the sub district meets with 5 coming from the 2A Olympic League, and 11 from the 2A SPSL Mountain and Sound Leagues.

- **Lane Running Events**

- There will be 2 heats of 8. All seeding will be done by time with no preference given to any incoming league or school.
- The 800-meter run will follow this same seeding standard – seeding by time with evenly balanced heats with the following lane preference 5-4-6-3-7-8-2-1 for each heat.
- For the 4x200 relay, the fastest time in each heat will be in lane 1, next fastest time in lane 2 and so on with the slowest time in lane 8.
- For each lane running event there will be only 1 race contested. It will be run as a timed final with [5] fastest finishers qualifying for the state meet.

- **Distance Events**

1. The distance races, 1600 and 3200, will use alleys for the first corner (100 m)
2. Alley 1 will use the waterfall start for lanes 1-8 with approximately 2/3 of the contestants Alley 2 will use a waterfall start for lanes 5-8 on the one turn stagger for approximately 1/3 of the contestants.
3. For the 3200 alley 1 will hold the top 10 contestants with position determined by lot and alley 2 will hold the remaining contestants with position determined by lot.
4. For the 1600 alley 1 will hold the 7-16 qualifiers with positions determined by lot and alley 2 will hold the 1-6 qualifiers with positions determined by lot. We will use a 3m walk up line.

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

1. In these events, athletes will be seeded in reverse order of their official sub district qualifying mark. There will be 2 flights of 8. If there are additional qualifiers they will be added to the flights maintaining as much balance as possible with no flight being larger than allowed by the NFHS rulebook.
2. The top 9 athletes from preliminaries will compete in finals. Reverse order will be used for seeding finals. The athlete's best official preliminary mark shall be used for seeding. 9th place ties will advance to finals.

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

1. All contestants plus any additional qualifiers will be in one flight in reverse order by their qualifying mark.
2. Contestants with the same qualifying mark will compete in the order they were entered into the computer.
3. If there is a tie for the last qualifying mark to the state meet, this will be resolved at the WCD Meet.