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| **4A League Track & Field Meet Dates****4A NPSL May 10 & 12, 2023 @ French Field (Kent)\*****4A SPSL May 11 & 13, 2023 @ (TBD)****4A WCD /SWD May 17 & 19@ French Field (Kent)\*** | **3A League Track & Field Meet Dates****3A NPSL May 10 & 12, 2023 @ French Field (Kent)\*****PCL 3A / May 13 & 14, 2022 @ Mt Tahoma?****SSC 3A / May 11 & 13, 2023 @ North Thurston\*****3A WCD /SWD May 17 & 19 @ French Field (Kent)\*** |
| **2A League Track & Field Meet Dates****OL Champs May 4, 2023 @ NKHS****OL Subs May 6, 2023 @ NKHS****SPSL May 12, 2023 @ Franklin Pierce****2A WCD III @ Renton May 19-20, 2023** | **1A League Track & Field Meet Dates****Nisqually May 13, 2023 @ Vashon****1A WCD III @ Renton May 19-20, 2023** |

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| **1B Tri District @ Franklin Pierce Top #6 boys, #5 girls advance to WIAA State 2023?****Boys = D1=5, D2=5, D3=2 + 4 next best times / distances into Tri District meet?****Girls = D1=5, D2=5, D3=2 + 4 next best times / distances into Tri District meet?****\*** **1B Tri District @ Franklin Pierce High School Top #8 boys, #6 girls advance to WIAA State 2022****\*Boys = D1=4, D2=6, D3=2, D4= 4 into Quad District meet****\*Girls = D1=4, D2=4, D3=2, D4= 3 +3 next best times or marks / distances into Quad District meet** |

 **WCD III Entries**

4A @ French Field (Kent) May 17 & 19 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 17 & 19 NS = 5, PCL = 5, SS = 6, = 16 total + GSL = 3, =19 Total Entries Total Schools = (\*) NS (\*7) = 5 PC (\*7) = 5 SS (\*9) = 6 = 16 total + GSL (\*5)

2A @ Renton Stadium May 19-20 Olympic = 5 / SPSL = 6 / Kingco =5 (16 total entries)

**1A @ Renton Stadium May 19-20 Olympic Boys = 3 / Nisqually (8 total)**

**1A @ Renton Stadium May 19-20 Olympic Girls = 3 / Nisqually (8 total)**

1B @ Franklin Pierce May 18 Dist. 1-2-3 = (16 total entries) #6 boys / #5 girls advance to state 2022

Boys Dist. 1 = (4), Dist. 2 = 6, Dist. 3 = 2, Dist. 4 = 4, = 16 total entries

Girls Dist. 1 = 4, Dist. 2 = 4, Dist. 3 = 2, Dist. 4 = 3, 13+ the next best 3 = 16

\*Double the allocation for these districts numbers

**WIAA entries to State**

**4A WCD to State = 6 Boys entries to state 202\* | 6 Girls entries to state 202**

**3A WCD to State = 7 Boys entries to state 202\* | 7 Girls entries to state 2022**

**2A WCD to State = 6 Boys entries to state 202\* | 6 Girls entries to state 2022**

**1A WCD to State = 3 Boys entries to state 202\* | 3 Girls entries to state 2022**

**1B WCD to State = 6 Boys entries to state 202\* | 5 Girls entries to state2022 (Tri-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

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*WCD III Track & Field Chair*

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| **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** | **Bonney Lake****Lakes****Lincoln (Tacoma)****Mt. Tahoma****Silas****Spanaway Lake****Stadium****Bainbridge** | **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** | **Allocation from League to WCD III =5** | **Allocation from League to WCD III =6** |
| **GSL = 3** |  | **GSL = 3** |  |  |

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| **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****Tyee** | **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****1B Orcas Island** | **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****\*\*\*\*\*\*\*\*** |