



# WEST CENTRAL DISTRICT 3 / SOUTHWEST DISTRICT 4

# TRACK & FIELD

MAY 15 & 17, 2024

3A, 4A – French Field – Kent, WA

**Chris Kunzelman**

*Meet Director*

Kent School District

[chris.kunzelman@kent.k12.wa.us](mailto:chris.kunzelman@kent.k12.wa.us)

This packet contains site specific information related to the **2024 3A/4A, WCD/SWD Bi-District Track and Field Qualifying Meet at French Field Stadium on the campus of Kent Meridian High School.** This document is a supplement to the [WIAA Track & Field Post Season SOP](#).

## FRENCH FIELD

1120 SE 253<sup>rd</sup> Street, Kent, WA 98030

## DIRECTIONS TO FRENCH FIELD

### Driving North or South on I-5: Take Exit 149, Kent-Des Moines Road

- Turn Left onto Kent – Des Moines Road/WA-516 E
- Continue 2.8 miles then keep Left Willis Street
- At the traffic circle, take the 2<sup>nd</sup> exit and stay on Willis Street
- Use the middle lane to turn Left onto Central Ave S.
- Turn Right onto E Titus Street
- Turn Right onto E Smith Street
- Continue onto WA-516 E/Campus Drive
- The stadium will be on your left – pull onto the Kent-Meridian High School campus

## PARKING/BUS PARKING

**Kent Meridian high school is out of session by 12:20 p.m. on Wednesday, May 17<sup>th</sup>.** Buses may enter the campus through the Kent School District transportation lot near the back of the campus – entry off 104<sup>th</sup> Ave S – and drop athletes near the team check in by the stadium.

**Kent Meridian high school is in session until 2:20 p.m. on Friday, May 19<sup>th</sup>.** Buses may enter the campus through the Kent School District transportation lot near the back of the campus – entry off 104<sup>th</sup> Ave S – and drop athletes near the team check in by the stadium.

**Bus parking is limited – please pass this information on to your bus driver:**

**Wed, 5/15 – NO BUS PARKING on Campus until after 12:45 p.m.**

**Fri, 5/17 – NO BUS PARKING on Campus until after 2:45 p.m.**

## STADIUM INFORMATION

Stadium gates will be open Wednesday, May 15<sup>th</sup> and Friday, May 17<sup>th</sup> at 1:00 PM.

## DIGITAL TICKETING

**Daily ticket costs:** All ticketing will be done through GoFan. Adults and Students w/o ASB \$9.00; Students w/ASB \$6.00; Military w/ ID \$6.00; Children 5-12 \$5.00; Senior Citizens \$6.00; and Children birth-4 years are FREE with parent. **NO CASH SALES!**

## PASS LIST

Please email a copy of your FinalForms pass list to Chris Kunzelman ([chris.kunzelman@kent.k12.wa.us](mailto:chris.kunzelman@kent.k12.wa.us)) **NO LATER THAN Tuesday, May 14<sup>th</sup> at 9:00 AM.** Anyone not listed on your team's pass list will be required to purchase a ticket through GoFan.

**Eligible Passes:** The only passes accepted are: West Central District (WCDIII) Executive Board, WCD III Eligibility Board, WCD III Lifetime passes, Southwest District Board and Washington State Coaches Association (WSCA) passes. Names of Superintendent & School Board Members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED. These include (league, school district, WIAA, and WOA).**

## DRONES/ "UAV" POLICY

The use of unmanned aerial vehicles (UABO, also known as drones, is prohibited for any purpose by any persons at NPSL tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

## COACHES INFORMATION

Coaches and contestants should enter the stadium at the Northeast Gate – near the back of the school campus close to the bus drop off area, prior to the coaches' meeting on day one of your classification's meet. Passes will be in the form of a wristband and will be in your packets. Passes will be distributed as followed:

Qualified contestants, listed in the program, **in uniform** will be allowed into the facility through the pass gate.  
Six (6) wrist band passes for coaches (additional, separate color wrist bands, will be included in the packet for those head and jump/vault coaches of teams with qualified jumpers/vaulters)  
One (1) wristband pass for managers.

## COACHES MEETING

Virtual Coaches Meeting - **Monday, May 13th at 7:00 p.m. via Zoom.**  
(*ALL teams with qualified athletes must have a representative in attendance.*)

## WARM-UP AREA

Athletes will be allowed to warm up in the flagged off area on the infield. Only athletes warming up prior to an event or cooling down after an event are allowed in the warm-up area.  
Only athletes competing in an event are allowed in the event competition areas. Warm-up is permitted on the track prior to the start of the running events. After the meet starts, the warm-up is restricted to the flagged-off area of the field. Athletes warming up on the field are not to congregate in the areas of the jumping events.

## CLERKING AREA

The clerking area will be located on the Southeast side of the stadium near the 100M start line. Athletes must check with the clerk at least 25 minutes before the published start time of their event. The clerk will display the official meet time and the time for specific running events to check in. It is the ultimate responsibility of the athletes to be aware of the progress of the meet and check in with the clerk at the appropriate time.

## EVENT CALLS

Call times will not be used for this meet. Athletes and coaches are responsible for keeping track of the time, and the published start times for each event.

## THOSE NOT COMPETING

If teams/coaches choose to sit in the stands as the competition is taking place, we ask that you please sit on the visitor side of the stadium or, South of the 50-yard line on the home side of the stadium.

## TRACK/FIELD ACCESS

**Coaches will not be allowed on the track or field during the meet.** Participants and officials only. The only exception is for coaches with passes to designated coaching boxes adjacent to the field events on the infield. **Team managers need to remain in the stands.**  
***IMPORTANT: Coaches and athletes are warned that being out of the stands, running alongside competing athletes shouting instructions and encouragement is a violation of the pacing rule (NFHS 4-6-5) and will not be permitted. Competing athletes or relay teams will be disqualified if this violation occurs (NFHS Case book page 39 Situations F-J).***

## ATHLETE ELECTRONICS

**NO ATHLETE electronics will be allowed in the competition area (inside the fence around the track or in the athlete areas of the field events)** in compliance with WIAA Qualifying meet guidelines and NFHS Rule 3-2.  
Only credentialed photographers and coaches will be allowed to photograph or video inside the competition area.  
Athletes and coaches wishing to view competition videos during **ACTIVE** competition will be required to move to a designated coaching box or leave the competition area. **NO ATHLETE may delay the progression of the meet** by viewing video. Excuse time will NOT be granted to an athlete so they may leave the competition area to view video. If an athlete misses their attempt by leaving the area to view video, they will receive a TIME FOUL and will NOT be granted an opportunity to make up for the missed attempt.

## UNSPORTING CONDUCT AND UNACCEPTABLE BEHAVIOR

Failure to comply with NFHS rule 4-6-2 will result in disqualification from the event.

## EXCUSE TIME FOR ANOTHER EVENT

The excuse time established for the meet will be 15-minutes for all events. If an athlete is competing in a field event and running event at the same time, the athlete must check in with the running event clerk and event judge prior to the start of both events. When the competitors check out of the field event for another event, they must check out with the head judge and tell the judge which event they are leaving for. Competitors must notify the head event judge when they return.

## IMPLEMENT WEIGHT-IN/CERTIFICATION

The implement weigh-in and certification area will be in the tent near the baseball field closest to the throwing venue, and will be open at the following times:

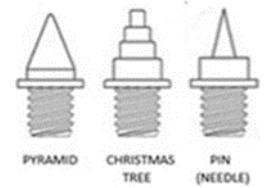
**Wednesday** – 12:45 PM – 4:15 P.M.

**Friday** – 12:45 PM – 4:15 P.M.

All implements will remain at the venue until the competition is completed.

## SPIKES / STARTING BLOCKS / BATONS / VENUE

- **Spikes:** Maximum spike length is  $\frac{1}{4}$ ". Pin spikes (also called needle spikes) of any length are not allowed. Spikes will be checked at the event areas.
- **Starting Blocks:** Starting blocks in good working condition will be provided. NO personal or team starting blocks will be allowed, and no "block holders" will be allowed. Competing athletes must be able to set their blocks without assistance (with the exception of Ambulatory or Unified Competitors) or having another athlete "hold" them.
- **Batons:** Relay batons will be provided by meet management for all relays competed.
- **Venue:** French Field has an all-weather, 8-lane, metric track. Water only on the infield – no soda or any other sugar-based drinks will be allowed on the field.



## UNIFORM COMPLIANCE

**Uniform Rule (NFHS 4-3-1):** It is the individual competitor and relay teams' responsibility to compete in the proper uniform. Failure to comply with the spirit and intent of this rule could cause a competitor or relay team to be disqualified from an event. **No competition will be allowed in sweats** or uniforms from other school sports.

Uniforms shall consist of tops & bottoms that are either school issued or school approved as a competition uniform, which may include school name, school nickname, and/or school logo.

A single manufacturer's logo/trademark/reference, no more than  $2\frac{1}{4}$  square inches with no dimension more than  $2\frac{1}{4}$  inches, is permitted on the top. Bottoms may have one  $2\frac{1}{4}$  square inch logo and may have manufacturer name/logo on the waist band.

Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation (under) garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

All relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all out garments worn as a uniform, that members are from the same team.

By NFHS rule 4-3-3, no athlete may remove their uniform in the competition area.

## PARTICIPATION LIMITATIONS

A contestant shall not enter nor compete in more than four (4) events. Any number of these may be relays.

A contestant must compete in every event in which he/she has qualified at the District / State meet. If a competitor exceeds participation limits the participant will be disqualified from the meet. All individual and team points earned in any event shall be forfeited. In the event that a contestant who has qualified refuses to compete, or in the judgment of the Meet Referee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified.

An individual athlete MAY be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete MAY NOT COMPETE in more than four (4) events (individual and/or relays) TOTAL. Coaches - be reminded that the individual event competition limitation of four (4) events is both an NFHS and WIAA rule. An athlete listed on the relay form is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. FOR THE QUALIFYING MEET RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS – UP TO A MAXIMUM OF EIGHT (8).

**The definition of a relay team member is as follows:** four, five, six, seven, or eight members are listed and only those listed are eligible to run. Any four of those listed are eligible for each race starting with the preliminary heat of the Qualifying meet and ending with the State finals. The relay counts as an event for those who run.

## **VIDEO SCREEN AND REPLAYS**

Per NFHS Track and Field rules, video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

## **MEDICAL INFORMATION AND TRAINERS**

Any athlete who requires a medical accommodation (medication patch, diabetic pump, joint brace, atomizer, etc.) during competition will need to have a medical documentation letter provided to the Meet Director, Chris Kunzelman, **prior to the start of competition on Wednesday, May 15<sup>th</sup>**. Use of KT tape does not require medical documentation.

Certified athletic trainers and staff will be on hand during the meet by Olympic Sport and Spine.

## **SCORING/AWARDS**

Eight (8) individuals/relay teams will score in each event. Awards will be presented at the individual events directly after the results have been verified. All team awards will take place at the end of the meet.

Individual awards will be presented to the top eight finishers in each event. Awards will be ready for pick up by coaches at the conclusion of the meet on Day 2. Team awards will be announced at the conclusion of the competition on Friday, with plaques awarded to the top two teams in each Division.

## **COMPETITION INFORMATION**

The National Federation of High Schools (NFHS) rules will govern the running of the meet.

## **ALLOCATIONS**

Allocations to the meet will be made in accordance WIAA WCD3/SWD4 guidelines.

### **League Allocations – Individuals/Relays:**

#### **3A – 20 Allocations**

Pierce County League + Bainbridge – 6

North Puget Sound League - 5

South Sound Conference - 6

Greater St. Helens League - 3

2024 Automatic Qualifying Standards ([WCDAutoQualStandards2024](#))

#### **4A – 16 Allocations**

South Puget Sound League - 8

North Puget Sound League - 5

Greater St. Helens League - 3

2024 Automatic Qualifying Standards ([WCDAutoQualStandards2024](#))

## **ADVANCEMENT**

**3A/4A:** The top 7 times from all running events and the top 7 marks from all field events will advance to the WIAA State Track & Field Championship meet. All running events will be contested as a “timed final”. Any athlete who meets or exceeds the WIAA automatic qualifying standards ([WIAAAutoQualStandards2024](#)) during the District Qualifying meet will be allowed to compete at the WIAA State Track & Field Championship meet.

## **PARA / WHEELCHAIR / UNIFIED COMPETITION**

### **Para Athletes (Ambulatory/Wheelchair):**

All para-athletes must meet the rules established by the WIAA and individual school districts and must qualify to the state meet through the district meet. At the qualifying district meet, the para-athlete must meet or exceed the minimum standards established by the WIAA. ([WIAAAutoQualStandards2024](#))

Notification of an athlete’s intent to compete at the District Meet should be made directly to the Meet Director by Monday, May 13<sup>th</sup>.

### **Ambulatory/Wheelchair Track Events**

Ambulatory and Wheelchair track events are listed on the schedule.

### **Ambulatory Throws**

Para athletes compete alongside able-bodied athletes in their respective divisions (3A/4A). The throwing order for each attempt is: para-athletes followed by able-bodied athletes. Para athletes get three throws in flight one (which serves as their preliminary attempts) and three throws in flight two (which serves as their final attempts). Only able-bodied athletes compete in the finals flight.

### **Wheelchair Throws**

Wheelchair throws events are listed on the schedule. Athletes will throw from the South-West end of the football field onto the field turf. Each athlete takes 6 throws in succession.

### **Unified Track Events**

Unified Athletes, those with intellectual disabilities and Unified Partners, those without intellectual disabilities will have the opportunity to participate in Co-Ed Unified Relays – 4 x 100MR and Sprint Medley Relay (100-100-200-400).

### **SCRATCH DEADLINE**

**All scratches must be emailed to the Meet Director – Chris Kunzelman ([chris.kunzelman@kent.k12.wa.us](mailto:chris.kunzelman@kent.k12.wa.us)) - by 10:00 a.m. on Tuesday, May 14, 2024.** If the athlete is not scratched, the athlete must compete, the honest effort rule will be enforced. The meet director will email the scratching coach and the alternate's coach and will expect written/email confirmation of the addition. If that athlete does not want to compete, then notification will be made to the second alternate. **Any competitor who scratches after the 10:00 a.m. deadline on Tuesday will be scratched from all of his/her events to include relay participation as an alternate.**

### **SEEDING FOR RUNNING EVENTS**

**The entries will be determined through advancement through the League Qualifying meet and will be provided to Meet Management through an advancer file and Athletic.net.**

#### **Lane Running Events**

- There will be equally divided heats with the "hot" heat being the final heat. We will utilize standard seeding rules for lane events to establish even heats as best as possible.
- For the 800M run, the event will be run in 2 heats will be seeded by time in preferred lanes 4/5; 3/6; 7/8; 2/1; 4/5 with the "hot" heat being heat 2. If there are extra qualifiers, the numbers in the heats will be increased to accommodate said qualifiers keeping the numbers in each heat balanced as evenly as possible.
- For the 4x200M relay, the fastest time in each heat will be in lane 1 and the balance of the heat will be seeded inside-out from there with the slowest seed in lane 8.
- For each event there will be only 1 race contested, and it will be run as a timed final.

#### **Distance Events**

- The distance races, 1600M and 3200M, will utilize alleys for the first turn (100M).
- 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.
- For both the 1600m and the 3200m, Alley 1 will hold the 8-21 qualifiers with position determined by lot, and Alley 2 will hold the 1-7 qualifiers with positions determined by draw.

### **Running Event Instructions**

The area of competition for all running events is anywhere on the track or the infield inside the fence surrounding the track.

- Races will be timed using a Finish Lynx FAT System and results recorded utilizing HyTek Meet Management software. Post meet results will be posted by meet management directly to athletic.net.
- If an athlete is competing in a field event and running event held at the same time, the athlete must check-in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out the line clerk for final check-in and instructions. The event's start will NOT be delayed for any athlete who reports late.
- Runners will be escorted to the starting line by the line clerk and placed in their proper lane assignments.
- Runners, at the end of each race, are to stay in their lanes until they are dismissed.
- The 400M race will be run in lanes the entire distance, compensated by the appropriate 2-turn stagger.
- The 800M run will be staggered for 1-turn and the contestants may break for the pole as they enter the straightaway at the end of the first turn. Cones will identify the break line.
- The 1600M and 3200M will be run utilizing 2 alleys on the Olympic Arc.
- The 3-turn stagger will be used for the 4x200M Relay. All runners and exchanges in the 4x200M Relay must stay in their lanes except the last runner who may cut in after receiving the baton, provided there is room to cut in safely.

- The 3-turn stagger will be used for the 4x400M Relay. The first runner must stay in their lane for the entire 400M. The second runner must stay in their lane for 1-turn or 100M. Cones will mark the break line where the second runners may cut in, provided there is room to cut safely.
- Relay team members may place up to 2 marks on the track within their assigned lane.

### Throwing and Horizontal Event Instructions

The area of competition for all throwing events is anywhere inside the fenced area surrounding the throwing venues. The area of competition for the horizontal events is anywhere on the track or the infield inside the fence surrounding the track and inside the fenced area of the throwing venues.

- All throwing and horizontal events will be measured in feet and inches.
  - Horizontal jumps will be rounded down to the next closest  $\frac{1}{4}$ ".
  - Shot Put will be rounded down to the next closest  $\frac{1}{4}$ ".
  - Discus and Javelin will be rounded down to the next closest 1".
- No extra practice will be allowed in unused event areas before or after an event. Athletes who violate may be disqualified from the event or the remainder of the meet.
- Field event competitions in prelims (shot put, discus, javelin, long jump, and triple jump) will be competed in 2 flights of athletes. If additional qualifiers are identified, we will shift or adjust flights according to approved seeding. The **top 9 marks** will move into the finals.
- During the preliminary competition, each athlete will have 3 trials. Qualifying athletes will have 3 more trials in the finals. The athletes will compete in reverse qualifying order for the finals.
- In all field events competitors have 1-minute to being their attempt at a trial or pass. The athletes must announce his/her intention to pass when called "up". After 1-minute an unsuccessful attempt is charged.
- Athletes must check-in with the head official at the event before the event begins. Coaches or teammates will NOT be allowed to check athletes in – ONLY athletes competing may check-in with the official. Athletes checking in after the event has begun will not be allowed to compete.
- All field event areas will be open for warm-up approximately 45-minutes prior to the start of the event, under the supervision of the head official. The warm-ups will end 15-minutes before the event starts. The head official will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed 2 additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups. Competitors must be present at the end of the previous flight, or they risk missing their warm-ups.
- If athletes check out for another event, they must check out with the head official and tell the officials which event they are leaving for. The excuse time established for the meet will be 10-minutes for discus, shot put, javelin, long jump, triple jump, high jump, or pole vault. The athlete must notify the head official when they return. In some cases, successive attempts in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official at the time, he/she is called "up" for an attempt.
- When room is available, an athlete that will need to be excused from an event may change flights, per approval of the Field Event Referee, for that event if this request is made prior to the start of warm-up. An athlete that will need to be excused from an event may request a change in the order, per approval of the head official, for that event if this request is made prior to the start of the flight.
- To accommodate the field event athlete to be excused and make the disruption of the competition as insignificant as possible, the excused athlete may report directly to the starting line and seek out a clerk for final instruction for the upcoming running event. The start of the race will not be held for these athletes. This athlete MUST check -in with the clerks in the clerking area prior to the beginning of the field events for which he/she wishes to be excused.
- All ties in the finals in throwing events and horizontal jumps will be broken by the second-best trial and so on.

### Vertical Event Instructions

The area of competition for the horizontal events is anywhere on the track or the infield inside the fence surrounding the track.

- All vertical jumps will be measured in feet and inches.
- All field event areas will be open for warm-up approximately 45-minutes (60-minutes for Pole Vault) prior to the start of the event, under the supervision of the head official. The warm-ups will end 15-minutes before the event starts. The head official will then give instructions to all competitors.
- In all field events competitors have 1-minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass when called "up". After 1-minute an unsuccessful attempt is charged.

- The NFHS rule about passing shall apply. If competitors have passed 3 consecutive heights for the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed 3 consecutive heights in the pole vault, there will be 2-minutes per competitor entering, to warm-up without the cross bar in place.
- Two marks are allowed on the approach apron for the high jump, and two marks are allowed outside the runway for the pole vault. All marks must be approved by the head official.
- If an athlete competing in the vertical jumps checks out to compete in an event on the track, the athlete will re-enter the competition at the height in progress. The bar will not be lowered.
- Starting heights will be one interval below the lowest qualifying height.
- In the high jump, the cross bar will be raised in 2-inch intervals until 4 contestants remain. Thereafter, the bar will be moved up in 1-inch intervals, until one contestant remains.
- In the pole vault, the cross bar will be raised in 6-inch intervals until half (8) of the contestants remain. Thereafter, the cross bar will be raised in 3-inch intervals, until one contestant remains.
- Pole vault poles will be inspected and certified at the pole vault venue by the head official. Poles must be clearly marked with the proper markings. Any pole that is presented for inspection that is improperly marked or otherwise illegal will be confiscated. The pole may be picked up after the event is complete.
- Competitors may not use the pole of other individuals without their consent. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event.
- If there is a tie for the final qualifying spot (5<sup>th</sup> place) to the WCD3/SWD 4 meet for the vertical jump events, a jump-off will take place at the end of the event.
- There will be a designated coach's box near the pole vault. Coaches are reminded that they must stay inside the coaching box during the warm-up and competition. Competitors may come over to the coaches' box to talk with their coach. Coaches may **NOT** spot for their athletes. NO managers or non-competing athletes are allowed in the coaches' box or in the competition area.