

Seeding Rules – 2A
West Central District and SKD 2
Track & Field Meet
May 21-22, 2010

2 entries qualify from WCD/SKD2 to State

For the 2A schools the 8 entries will be determined by the subdistrict meet between the Nisqually/Olympic/Interlake leagues.

• **Lane Running Events (8 entries)**

1. There will be 1 heat of 8. Lanes assignments will be based on qualifying times.
2. Runners from the same school will be separated when possible. The switch will be made with the same or comparable lanes only.
3. **For the 4x200 FINALS, the relay will be seeded with the fastest time in lane one, next fastest time in lane two and so on with the slowest time in lane eight. This proposal was requested and approved by the Washington State Track and Field Coaches Association.**

• **Distance Events (16 entries)**

1. The #1 through #8 seeds will fill row 1 and their positions will be drawn by lot.
2. All others will fill row 2 with their positions determined by lot.

• **Field Events (Long Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw) [8 entries]**

1. For these events the athletes will be seeded in reverse order of their sub district qualifying mark. There will be 1 flight of 8.
2. The top 4 athletes after the preliminaries will compete in the finals in reverse order from their preliminary marks.

• **Field Events (High Jump and Pole Vault) [8 entries]**

1. All 8 contestants 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. At each height there will be "5 alive" whenever possible.