

West Central Sub-District/District  
2A Track & Field Meet

## Meet Syllabus 2009



We look forward to providing all of our athletes with a properly administered and staged championship meet. In an effort to assist in this goal, please take careful note of the following important information:

### **Action Required** items are marked with this symbol...



1. **Safety is our primary concern.** Please have athletes follow directions of meet personnel at all times.

2. **Dates and Site:**  
Wednesday May 20<sup>th</sup> and Saturday May 23<sup>rd</sup> @ North Mason H.S.  
.....see attached event schedule

3. **Meet Personnel**

**Meet Director:**

Jeff Bevers

(360) 277-2183 or [jbevers@nmsd.wednet.edu](mailto:jbevers@nmsd.wednet.edu)

4. **Meet Entry**

- The Nisqually/Olympic/Interlake will qualify top 16 entries based on times, distances and heights from the regular season.
- All entries to the sub-district/district meet should be submitted on athletic.net. Make sure to put entries in day 1 (May 20<sup>th</sup>)
- Coaches are responsible for entering their qualified athletes on athletic.net by Sunday May 17<sup>th</sup> at 9:00 p.m. Any late scratches due Tuesday May 19<sup>th</sup> at 6:00 p.m. to [rmthygesen@wavecable.com](mailto:rmthygesen@wavecable.com) .
- If any changes made seeding will go out Tuesday night.
- Scratch meeting at North Mason High School Library Monday May 18<sup>th</sup> at 6:00 p.m.

5. **Spectator & Seating Information**

- Spectators must stay in the grandstand area.
- Team tents will only be allowed in the top rows of the bleachers and in the open field next to the grandstand.
- Admission Prices as established by the WCD Executive Board:
- Adults & Students w/o ASB \$7.00
- Students w/ASB \$5.00
- Elementary Students \$4.00

**6. Meet Information (all Federation Rules will apply at this meet)**

- a. Field event implements will be submitted for inspection in the "Astro Dome" **One hour prior to start of meet.**



- b. Note: Pole vault pole & competitor weight certification requirements must be met. Submit pole vault forms to field event referee prior to start of meet. ...See attached form
- c. The 4x200 & 4x400 will run a three (3) turn stagger. The 800m will run a one turn stagger.
- d. Eight (8) + (1) will be taken to the finals in field events with finals.
- e. Athletes in all running events must report to the clerk, and field event athletes to the event site, at or before **2<sup>nd</sup> call** (10 minutes before the start of the event). Athletes who have not reported by the 3<sup>rd</sup> call will be scratched from the event and meet.
- f. Individual event and relay scoring: 10-8-6-5-4-3-2-1
- g. Captains meeting will be at **3:20 p.m.** on Wednesday May 20th.



- a. Uniform and jewelry regulations will be enforced. Coaches are requested complete attached document and to review these with their teams (especially throwers & relays) prior to the meet. We want your "preemptive officiating", not our punitive officiating. Form to be turned in by captain at captains meeting 3:20 prior to meet May 20<sup>th</sup>.

...see attached "Uniform Rules Notice"



- b. Make sure all athletes & coaches are aware of the rules governing the use of electronic devices on the track, infield, and event sites. Violation of rule results in disqualification from the event. (NFHS Rule 4, Section 5, Article 8)



- c. Medical Information: The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic

condition is not considered to be an illegal aid, **as long as a physician's statement documenting the need of the athlete to use the prescription**, is presented to the meet director / referee prior to the beginning of the meet.

- d. Individual awards 1<sup>st</sup> – 3<sup>rd</sup>: Places and times will be announced as soon as results are available. Athletes are to immediately report to the awards stand when called for presentation of awards.
- e. Each field event flight will be given a 10-minute warm-up.
- f. Opening heights will be determined at the Coaches' meeting:  
Boys and girls PV: 6" below lowest qualifier  
Boys and girls HJ: 2" below lowest qualifier
- g. Coaches will meet at the end of the meet to review state meet procedures/timelines.
- h. Protest should first be directed to the referee. Referee can be reached by meeting with meet director at the timing stand. Appeals of the referee's decision are to be directed to the jury of appeals. Protests must be in writing, include the page & rule numbers (from the NFHS Rules Book) of the rule whose interpretation is in question, and be submitted within **30 minutes** of the announcement of the official event results. Jury of appeals will be 3 coaches not involved in the incident.  
... See attached protest form.
- i. Timing: An automated (FAT) timing system will be used.
- j. The infield is restricted to coaches. Coaches only in designated areas: Pole Vault-bleachers next to the event, other coaches area are bleachers next to the timing stand and along the fence outside the track and the stands.
- k. Relay forms to be turned in at the timing stand prior to start of meet May 20<sup>th</sup> 4:00 p.m.
- l. Exchange zone markers for relays: tape and/or tennis balls.
- m. Warm-up area for athletes is the field to the East of the stadium.
- n. All running athletes check in with clerk at the tent by the 110/100m start, use walkway to get there. Field event athlete check in at the event site.

## 7. Other Information



- **Parking: Buses will be allowed to drop off teams at the stadium, but will not be allowed to park in the stadium parking lot. They will be directed to the upper campus lot. Only personal vehicles in the stadium parking area. Please notify bus driver of this requirement.**

- **Concessions:** A concession stand will be available with a variety of food and refreshments.
- **Meet T-Shirts:** WCD 2A Track & Field Championship T-Shirts will be on sale for those who would like to have an attractive reminder of their accomplishments.

**All participants (athletes, officials, & coaches) are expected to exhibit good sportsmanship.**

# Uniform & Equipment Verification

## Attention Coaches

(Please complete prior to the meet and turn in to the referee)



### Rule 3-5-8b (page 17):

“The head coach shall verify verbally, or in writing, that all of his / her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with the rules.”

I certify that all competitors representing \_\_\_\_\_  
(school)  
are properly equipped in accordance with the rules.

Boys & Girls \_\_\_\_\_ Boys only \_\_\_\_\_ Girls only \_\_\_\_\_

\_\_\_\_\_  
Signature of Head Coach

\_\_\_\_\_  
Please Print Name

Date: \_\_\_\_\_