

**Seeding Rules – 3A
West Central District & District 4
Track & Field Meet
May 21-22, 2010**

8 entries qualify from District to State

For the 3A schools the 16 entries will be determined by the subdistrict meets with 6 coming from the SPSL/WCC, 5 coming from the Seamount League, 2 coming from the Olympic League and 3 coming from the Greater St. Helens League.

• **Lane Running Events**

1. There will be 2 heats of 8. There are 4 #1 qualifiers, 1 from each subdistrict meet. All others will be considered #2 qualifiers. The #1 qualifiers will fill the middle lanes (4 & 5). The other 12 will be ranked by their qualifying time and fill the remaining lanes of the 2 heats.
2. Runners from the same school will be separated when possible. The switch will be made with the same or comparable lanes only.
3. If there is a great imbalance of leagues in a heat that will be adjusted.
4. If there are extra qualifiers they will be added to the 12 #2 qualifiers and there will be 3 heats balanced as evenly as possible.
5. If there are extra qualifiers in the 800 meter run, the extra entries will be placed in the second row and must remain in their lane until they enter the straightaway at the end of the first turn. Heat and lane assignments are to be drawn by lots for the extra entry. Heats will be balanced as close as possible if there are extra qualifiers.
6. From the 2 preliminary heats on Friday, the 8 finalists for Saturday will be determined by selecting the top 3 from each heat plus the next 2 fastest times. If there are 3 preliminary heats the 8 finalist will be determined by selecting the top 2 from each heat and the next 2 fastest times. These 8 finalists will compete for the 6 entries to State. The finals on Saturday will determine team points.
7. **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**

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. Any additional qualifiers will be put into row 3.

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

1. For these events the athletes will be seeded in reverse order of their 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 National rulebook.
2. The top 8 athletes after the preliminaries will compete in the finals in reverse order from their preliminary marks.

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

1. All 16 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. At each height there will be "5 alive" whenever possible.