

West Central District III 4A & West Central District/District IV 3A

2009 TRACK & FIELD CHAMPIONSHIPS

Jennifer Kubista, Meet Director

% Tacoma School District Athletic/Activities Office

PO Box 1357 - CAB 5th floor - Tacoma, WA 98401-1357

Tournament Phone Line: (253) 571-1069 FAX (253) 571-1125

Dear Administrators, Athletic Directors and Track and Field Coaches:

This packet contains pertinent information related to the District III 4A & District III/District IV 3A Track & Field Championships at Mount Tahoma Stadium on May 22nd and 23rd.

Administrators: Supervisory Pass List

Please complete the Pass List form that can be found on the West Central District website. FAX or email to the Athletics/Activities Office by **May 19th, 2009**.

Track and Field Coaches:

The following information needs your **immediate attention**:

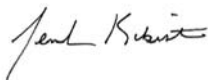
OFFICIAL RELAY TEAM FORM:

The Relay team form can be found on the West Central District Website. **Please note, this form will be sent to the Meet Director of the 3A/4A state championships. Names on the form are final and cannot be changed once the WCD meet begins on May 22nd.** All names on the forms will be added into the computer system prior to the meet beginning. If you need to make changes to your relay teams, meet management will be available and changes can be made before the meet begins. **Once the meet begins, relay team names CANNOT be changed.**

Enclosed is general information regarding the event, as well as the event schedule and the pole vault certification form.

If you have any questions or concerns, please contact me at (253) 571-1069. I'm looking forward to seeing you and your teams at WCD / SW Washington Track and Field Championships.

Sincerely,



Jennifer Kubista
Meet Director

2009 WCD III 4A & WCD III/DIST. IV 3A TRACK & FIELD CHAMPIONSHIP

Mount Tahoma Stadium Location:

4634 South 74th Street
Tacoma, WA 98409

Friday, May 22nd

Mount Tahoma Stadium, Home Grandstand (South entrance): **9:30 A.M. – 8:30 P.M.**

Saturday, May 23rd

Mount Tahoma Stadium, Home Grandstand (South entrance): **8:00 A.M. – 5:00 P.M.**

Relay Form:

The Relay team form can be found on the West Central District website at www.wcd3.org. Relay teams will be forwarded from the sub-district meet management. **COACHES, it is your responsibility to compare the relay names on the WIAA form and those forwarded from the sub-district meet managers.** If you need to make changes to your relay teams, meet management will be available and changes can be made before the meet begins. **Once the meet begins, relay team names CANNOT be changed.**

Supervisory Passes:

Please complete the Pass List Form that can be found on the West Central District III website at www.wcd3.org.

All requests must be EMAILED or FAXED by 9:00 A.M. on May 19th to: (253) 571-1125 or julberg@tacoma.k12.wa.us or jkubist@tacoma.k12.wa.us. All supervisors must enter through the Pass Gate at the north entrance located near the home grandstand of the stadium (closest to the school).

Eligible Passes:

The only passes accepted are: West Central District (WCD) Executive Board, WCD Eligibility Board, WCD Life Time passes and the Washington State Coaches Association passes. Superintendent's & School Board members must be on your school Pass List Form. **NO OTHER PASSES WILL BE ACCEPTED.**

Coaches & Participant Passes:

Passes will be in the form of a wrist band and will be in your packets. Passes will be distributed as followed:

One (1) pass per qualified contestant

Two (2) for managers

Two (2) for coaches

Additional passes for coaches will be determined by the number of participants per team and the type of qualifier per team.

Coaches may pick-up packets on **Thursday, May 21st from 3:00pm to 6:00pm at Mount Tahoma Stadium** and prior to the events beginning on the 22nd at the Coaches Information tent.

Coaches Meeting:

A team captain meeting and a coaches meeting will take place on Friday.

Team Captains/Team Representative Meeting: **10:00am (Middle of the field – 50 yard line)**
(Head Coaches must be present at this meeting)

Coaches Meeting: **10:15am (home side locker room)**
(One [1] boy's coach and one [1] girl's coach from each school should be in attendance.)

Scratches:

All scratches must be faxed to meet management by **10:00A.M. on Monday, May 18th**. **Any athletes scratched after that time will be scratched for all events.** When a coach is dropping or scratching an athlete up to Monday, May 18th at 10:00 A.M., the events will be re-seeded. After Monday at 10:00 A.M., athletes will be inserted in the position formerly occupied by the removed athlete. **A coach who scratches an athlete is responsible for informing the alternate, from their league, that he/she will now be eligible to compete in the meet.** This is not the responsibility of meet management.

Warm-Up Area:

Athletes will be allowed to warm up in the flagged off area on the infield.

Staging Area:

The staging area and introduction for each event will be in the infield. In each final, the athletes will be introduced as they move to the starting line.

Final Lane Assignments and Final Results:

Final lane assignments and results will be posted at the coach's area, on the home side of the stadium. **Lane/Flight assignments will be posted on the WCD website no later than Wednesday, May 20th.**

Those Not Competing :

Coaches and athletes who are not competing are to be seated in the grandstands. It is preferred that teams/coaches sit on the visitor side or on the home side, north of the 50 yard line, near the starting line.

General Rules Information:

All National Federation Rules will govern the running of the track and field meet except as noted in these instructions.

A contestant shall not enter nor compete **in more than four events**. Any number of these may be relays. A contestant is required to compete in preliminaries and/or Finals of every event in which he/she has qualified at the District meet. (The one exception is an alternate on a relay team. If the alternate does not run in the relay, they would not have to count the relay as one of their four events.) If a competitor exceeds participation limitations, all individual and team points earned in any event shall be forfeited.

Alternates may warm-up with the competitors. They are to check in with the event judge for field events, or the clerk for running events, and identify themselves as alternates in the competition. If a seeded competitor fails to show or is a late scratch, the alternate should be warmed-up and may compete in the event.

Coaches will not be allowed on the track or field during the meet. Coaches must be outside the fenced area of the track for running events and field events in the stadium and outside the fenced area in the throwing area. Participants and officials only please! **Important:** Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement will not be permitted. Contestants or relay teams will be disqualified if this violation occurs. Managers should remain in the stands.

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.

All events will be called three times (distinguished by gender and classification) by the official announcer approximately five-minute intervals beginning 25 minutes prior to the scheduled start of the event. At the third and final call, all contestants must report to the clerking area to receive instructions and be escorted to the starting line. If competitors do not comply with this regulation, they will be scratched from the event. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet.

The uniform rule will be enforced (Page 25-26, Rule 4-3). It is the individual athlete and relay teams' responsibility to compete in the proper uniform and wear no jewelry. Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event. For further clarification on uniforms and jewelry, please review pages 28-29 (uniforms), pages 29-36 (apparel, relay-team uniforms, not identical uniforms, jewelry, removal of part of the team uniform) in the NFHS Case Book. Below are several examples of what will be considered legal and illegal.

Examples:

- Competitor is wearing bicycle shorts without track bottoms over them. **Legal**
- Competitor is wearing a solid-colored leotard without track bottoms worn over the leotard **Legal**
- Competitor is wearing leopard-print leotards with a school issued track bottoms over the leotard **Illegal**
- Competitor is wearing tights underneath their track bottoms that include a manufacture's logo that is 2 ¼ square inches in size. **Legal**
- Competitor is wearing a t-shirt underneath their track top that includes two manufacture's logos, one on the front and one on the back. **Illegal**
- Competitor is wearing tights underneath their track bottoms with a school-mascot name that is no larger than a 2 ¼ x 2 ¼ inches square. **Legal**
- Competitor is wearing tights underneath their track bottoms and the tights have a single trim stripe down the side of the leotard. **Illegal**
- A t-shirt showing under the school top is a single color without trim and/or striping. However, because of the sheer or see-through material of the top, writing on the chest of the T-shirt shows through. **Illegal**
- A t-shirt showing under the school top is a single color without trim and/or striping. However, because of the cut of the neck of the top, the writing on the upper chest of the t-shirt shows. **Illegal**
- A t-shirt showing under the school top is a single color without trim and/or striping. However, because of the sheer or see-through material of the top, a manufacture's logo on the chest of the T-shirt shows through. There is also a second manufacturer's logo on the back of the t-shirt. **Illegal**
- The stitching of the shirt showing under the school top is a different color from the shirt itself. **Legal (This is the last year for this interpretation. As of 2010, this will be ruled Illegal).**
- The shirt showing under the school top has a line down the side that is a different color than the shirt itself. **Illegal**
- Competitor covers a visible piercing with tape prior to the athlete competing. **Illegal**
- Competitor is wearing a plastic space save in a hole in his nose previously filled by jewelry. **Illegal**
- Competitor is wearing plastic beads/barrettes/bobby pins in their hair. **Illegal**
- Competitor comes into the area of competition to prepare for their next event without the top of his/her school issued uniform on. **Illegal**
- Competitor after the completion of an event removes the top of his/her school uniform, while still in the area of competition. **Illegal**
- Competitor after the completion of the event removes his/her shoes, while still in the area of competition. **Legal**

Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked. This will be enforced by the clerk.

During all WIAA Track & Field events, only nonabrasive, unadorned cloth elastic, fiber, soft leather or rubber /cloth elastic bands may be used to control an athlete's hair. Athletes at anytime during competition may not wear items that are made of a hard or abrasive material.

Doo rags, hanker chiefs and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).

Officials will enforce rules related to sportsmanship and unacceptable behavior. (**Rule 4-5 - Disqualification, page 27-28**). Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the meet.

Cell Phones/Walkie Talkies/Video Camera:

Cell phones, walkie talkies, IPOD's, MP3's, etc., and other wireless communication are prohibited in the event areas, **with the exception of meet management**. No competing athlete may view video cameras or cell phones during the competition that is active at that time.

Appeals:

Appeals must follow the appeal process in the 2009 Rulebook - **Rule 3.5, page 17-18**. Running event protests need to be made to the running-event referee for both 3A and 4A on Friday and Saturday by the head coach. Field event protests need to be made to the field-event referee for both 3A and 4A on Friday and Saturday by the head coach. The protest by the head coach must be made to the appropriate referee within 30 minutes after the results have been posted. If after the first appeal to the referee, the head coach still feels the rule has been misapplied or misinterpreted, the head coach can protest, in writing on the designated form, to the jury of appeals immediately.

RUNNING EVENT INFORMATION:

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 a Clerk for final check and instruction. The athlete will leave his/her event no later than the third call. The events start will NOT be delayed for any athlete who reports late.

Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes.

Athletes may not report to the starting line without having checked in with the clerk.

Runners, at the end of each race, are to stay in their lanes until they are dismissed.

The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.

The 800 meter run will be staggered for one (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. **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.**

For 1600 meter and 3200 meter runs, contestants will use a waterfall (Olympic curve) start.

The three-turn-stagger will be used for the 800m relay. All runners and exchanges in the 800-meter relay must stay in their lanes except the last runner who may cut in after receiving the baton, provided that there is room to cut in.

The three-turn-stagger will be used for the 1600 meter relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until they have completed the first turn or 100 meters. Cones will mark the spot where the runners may break for the pole.

Relay team members may place up to two marks on the track. **No chalk is to be used.** Markers (tape / tennis ball) are to be removed following the race.

FIELD EVENT INFORMATION:

No extra practice will be allowed in unused event areas before or after an event, unless determined by the event judge or field event referee. Athletes who violate may be disqualified from the event or the remainder of the meet.

Field event competition in preliminaries (shot put, discus, javelin, long jump and triple jump) will be held in two flights of eight (8) athletes for both classifications (3A, 4A). The eight (8) best marks and all ties for the last qualifying spot will move into the finals. Both the 3A and 4A athletes will compete in reverse order for the finals. During the preliminary competition each athlete will have three (3) trials. Athletes will have three (3) more trials in the finals.

In all field events, competitors have one minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass when called "up." After one minute an unsuccessful attempt is charged. In the pole vault, competitors will have 90 seconds to begin their attempts. These are the attempt procedures that will be followed at the WIAA State meet.

Athletes must check-in with the head judge at the event before the event begins. **If athletes check in after the event has begun they will not be allowed to compete.**

All field event areas will be open for warm-up 60 minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

If athletes check out for another event, they must check out with the head judge and tell the judge which event they are leaving for. **The excuse time established for the meet will be 15 minutes for the discus, javelin and shot put and 10 minutes for the high jump, horizontal jumps and pole vault.** The athlete must notify the head event judge when they return. In some cases, successive throws 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 for that event if this request is made well prior to the start of competition.

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. This should take place when the "3rd Call" is made, no later. The start of the race will not be held for these athletes. This athlete **MUST** clear this with the Clerks in the Clerking area prior to the beginning of the running event 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. If there is a tie for the final qualifying spot to the state meet for the jumping events, a jump-off will take place at the end of the event.

Throwing Events:

The weighing and measuring station is located between the shot put and discus throwing areas near the

south side of stadium.

Implements must be inspected at the certification area, one hour prior to competition. For the shot put, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight, diameter of the discus and thickness of the center of the discus. Shot puts certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs.

Implements will be marked, collected and delivered to the event area. Only certified implements will be allowed. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event.

Implement weigh-in will be open on Friday & Saturday, at the following times:

3A/4A Friday – 9:30am to 2:30pm

3 A/4A Saturday – 8:00am to 3:30pm

High Jump / Pole Vault:

Ten minutes before the event starts the head official will call all competitors together to explain the procedures and rules of the event. In the high jump and pole vault, the first five competitors, as determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will move up so that the number of competitors in the active flight remains constant at five (five-alive competition rule).

The NFHS rule about passing shall apply. If competitors have passed all three consecutive heights, they may have one warm-up jump without the cross bar in place.

Two check marks are allowed on the approach apron for the high jump. These check marks must be removed at the completion of the event. **No chalk is to be used.**

Two check marks are allowed outside of the runway for the pole vault. These check marks must be removed at the completion of the event. **No chalk is to be used.**

When an athlete returns from competing on the track, the athlete will 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" intervals until only half of the contestants remain. Thereafter, the bar will be moved up in 1" intervals, until one contestant remains. In the **pole vault**, the cross bar will be raised in 6" intervals until only half of the contestants remain. Thereafter, the cross bar will be raised in 3" intervals, until one contestant remains.

For the pole vault event, each contestant, prior to the warm-up, must present to the head event judge a new (updated) WIAA weight certification form. This form must be filled out, dated, and signed by the appropriate parties. A contestant will not be allowed to warm-up or compete without a new (updated) form.

Pole vault poles will be inspected and certified at the pole vault venue by the Head Officials. **Athletes will also be weighed-in during inspection.** 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. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event.

Ties must be broken by a jump off if they occur for first place and/or the last entry to the state meet at the end of the event if necessary.

There will be a flagged off area for coaches near the pole vault. Coaches are reminded that they must stay in the flagged off area during the warm-up and the competition. Competitors may come over to the coaches' area and talk with their coach. Coaches may not spot for their athletes. Schools who qualify a pole vault athlete will receive a coaches pass that will permit them in the flagged off area. **This pass is designated for the pole vault coach during the pole vault event only. Any misuse of this pass may result in the removal from the event and the facility.**

Long Jump /Triple Jump:

The girl's jumping area will be located on the north pit and the boys jumping area will be located on the south pit.

Two check marks are allowed outside of the runway. These check marks must be removed at the completion of the event. **No chalk is to be used.**

Javelin:

The javelin will be thrown from a synthetic runway into grass at Mount Tahoma. The javelin area is located near the south side of the stadium. Two check marks are allowed. These check marks must be removed at the completion of the event. **No chalk is to be used.**

Discus / Shot Put:

The shot put is located near the south side of the stadium. The discus is located near the south side of the stadium and will be thrown into grass at Mount Tahoma. **The throwing sector for the shot put will be 34.92 degrees. The throwing sector for the discus will be 34.92 degrees.**

General Information 4A:

The West Central District III 4A track and field championships will qualify six (6) entries from each event to the state meet. Because this meet is scored and team places are awarded, all eight (8) participants will be scored according to their place of finish. The top six (6) athletes/relays will qualify for the state meet with the 7th place athlete/relay being the 1st alternate, the 8th place being the 2nd alternate.

If there are multiple disqualifications in the finals of an event and fewer than six (6) participants finish, the following will take place to fill the remaining allocation(s). The athletes/relays with the next fastest preliminary times will run an additional heat in the event at the end of the meet to designate the allocation(s). The number of athletes/relays in the additional heat for the event will be established by the number of allocations needed plus two. Example: If we need one allocation in the Boys 100 meters, then the three next fastest times from the preliminary heats will run to decide the allocation. If we need two allocations in the Girls 200 meters, then the four next fastest times from the preliminary heats will run to decide the allocations and so on.

COACHES – PLEASE BE AWARE OF YOUR ATHLETES WHO ARE THE NEXT FASTEST TIMES IN ALL PRELIMINARY HEATS. IT IS ADVISED THAT THESE PARTICIPANTS BE IN ATTENDANCE AT THE MEET ON SATURDAY, POTENTIALLY READY TO COMPETE, IF A SITUATION LIKE THIS WERE TO OCCUR.

General Information 3A:

The West Central District III / Southwest District IV 3A track and field championships will qualify seven (7) entries from each event to the state meet. Because this meet is scored and team places are awarded, all eight (8) participants will be scored according to their place of finish. The top seven (7) athletes/relays will qualify for the

state meet with the 8th place athlete/relay being the 1st alternate.

If there are multiple disqualifications in the finals of an event and fewer than seven (7) participants finish, the following will take place to fill the remaining allocation(s). The athletes/relays with the next fastest preliminary times will run an additional heat in the event at the end of the meet to designate the allocation(s). The number of athletes/relays in the additional heat for the event will be established by the number of allocations needed plus two. Example: If we need one allocation in the Boys 100 meters, then the three next fastest times from the preliminary heats will run to decide the allocation. If we need two allocations in the Girls 200 meters, then the four next fastest times from the preliminary heats will run to decide the allocations and so on.

COACHES – PLEASE BE AWARE OF YOUR ATHLETES WHO ARE THE NEXT FASTEST TIMES IN ALL PRELIMINARY HEATS. IT IS ADVISED THAT THESE PARTICIPANTS BE IN ATTENDANCE AT THE MEET ON SATURDAY, POTENTIALLY READY TO COMPETE, IF A SITUATION LIKE THIS WERE TO OCCUR.

WCD 2009 Minimum Track Tim/Field Distance Standards

The minimum standards can be found at www.wcd3.org. Click “Athletics”, Click “Spring”, Click either boys “Track and Field” or girls “Track and Field.” **This minimum standard must be met at the subdistrict final race.**

WIAA 2009 Minimum Track Time/Field Distance Standards

The minimum standards can be found at www.wiaa.com. Click “Athletics,” Click “Track & Field,” Click “2009 Qualifying Standards.”

Measuring:

All events will be measured in metric with the exception of field events, which will be in feet and inches.

Timing:

Races will be timed using the Finish Lynx timing system.

Relay Batons:

Batons will be provided for all relay teams.

Blocks:

Starting blocks will be provided. The blocks are Scholastic, adjustable pedal. Contestants may use their own blocks. Meet officials will not be responsible for any blocks other than the ones provided by West Central District.

Spikes:

¼ “ pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼ “ are not allowed. Nonreplaceable Christmas tree spikes (1/4 “ or shorter) will be allowed. Spike lengths will be checked at the event areas.

Awards:

Awards will be presented to athletes following their event. Pins will be given for 1st – 3rd place and ribbons will be given for 4th – 8th place for all 3A and 4A events. Once each event final is complete, the top eight finishers will be escorted to the awards area inside the stadium for the presentation. For those participants who miss the awards ceremony, pins and ribbons will be placed in the school’s packet and may be picked up at the coach’s information desk at the conclusion of the meet.

Admission Prices:

Students with ASB/Senior Citizens	\$5
Adults & students without ASB	\$7

Coaches Information Desk:

The Coaches Information Desk will be located at the south entrance of the home grandstand. Coaches will pick up their packets on Friday and Saturday at this location.

Pop-Up Tent Area

Pop-Up Tents will be located on the north side and south side of the stadium, outside of the fencing area. There is a large grassy area where teams will be allowed to set-up their tents. Teams should not leave their pop-up tents overnight at the facility.

Results:

Final results Friday & Saturday will be posted on the home side grandstand as soon as printed.

Trainers:

Certified athletic trainers and staff will be on hand during the meet.

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.**

This documentation can be turned into Jennifer Kubista, meet director, at the coaches meeting on Friday, May 16th.

Wheelchair Athletes

All wheelchair athletes must meet the rules established by the WIAA and individual school districts. All wheelchair athletes must qualify to the state meet through the district meet. The wheelchair athlete must meet or exceed the minimum standards established by the WIAA at the qualifying district meets. The qualifying standards are listed in appendix A.

To qualify to the district meet, the student must be a regular member of the school they represent in order to participate in an interscholastic athletic activity. The student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive than WIAA. In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on the school's team roster for at least 50% of the regular season, competed at the subdistrict meet and have met the qualifying standard at that meet.

Directions to Mount Tahoma Stadium:

Driving South I-5 - Exit 129, S 72nd St. / S 84th St.

Take the So. 74th Street West ramp.

Turn right onto So. 74th Street

Go straight for 1.6 miles.

The Stadium will be on your left hand side.

Driving North I-5 – Exit 129, S 72nd St.

Turn left off the ramp onto 72nd St.

72nd St. will become 74th St.

Go straight for 1.7 miles

The Stadium will be on your left hand side.

Parking:

There is parking located near the stadium, near the school on 74th Street, and behind the stadium off of Verde Street. Please review the facility map for specific locations.

School Bus Parking:

All School buses/vans/cars will park in the **large grassy parking area off of Verde Street**, just past the stadium. Verde Street is the street directly before the stadium.

Please leave no items of value in your car, ie. wallets, purses, cameras, radios, etc.

WEST CENTRAL DISTRICT III 4A
WEST CENTRAL DISTRICT III/SOUTHWEST DISTRICT IV 3A

TRACK & FIELD CHAMPIONSHIPS

Mount Tahoma Stadium, Tacoma

Friday, May 22, 2009

NOTE: Weigh in for throwing/vaulting implements is 1.5 hours before event start time.

Field Event Finals

11a	Girls 3A	Long Jump
	Boys 3A	Discus Throw
	Girls 3A	Shot Put
	Boys 4A	Long Jump
	Girls 4A	High Jump
	Boys 4A	Pole Vault
	Girls 4A	Javelin Throw

Field Event Finals

3:00p	Boys 3A	Long Jump
	Girls 3A	High Jump
	Boys 3A	Pole Vault
	Girls 3A	Javelin Throw
	Girls 4A	Long Jump
	Boys 4A	Discus Throw
	Girls 4A	Shot Put

1:30p Combined Wheelchair Shot Put

Running Preliminaries

11:15a	Combined Wheelchair	3200M
11:35a	Boys 3A	110m High Hurdles
11:55a	Boys 4A	110m High Hurdles
12:15p	Girls 3A	100m High Hurdles
12:35p	Girls 4A	100m High Hurdles
12:55p	Boys 3A	100m Dash
1:10p	Boys 4A	100m Dash
1:25p	Girls 3A	100m Dash
1:40p	Girls 4A	100m Dash
1:55p	Combined Wheelchair	200m Dash
2:05p	Boys 3A	800m Run
2:20p	Boys 4A	800m Run
2:35p	Girls 3A	800m Run
2:50p	Girls 4A	800m Run
3:05p	Boys 3A	4x100m Relay
3:20p	Boys 4A	4x100m Relay
3:35p	Girls 3A	4x100m Relay
3:50p	Girls 4A	4x100m Relay
4:05p	Boys 3A	400m Dash
4:15p	Boys 4A	400m Dash
4:25p	Girls 3A	400m Dash
4:35p	Girls 4A	400m Dash
4:45p	Combined Wheelchair	400m Dash
4:55p	Boys 3A	300m Int. Hurdles
5:05p	Boys 4A	300m Int. Hurdles
5:15p	Girls 3A	300m Low Hurdles
5:25p	Girls 4A	300m Low Hurdles
5:35p	Girls 3A	200m Dash
5:45p	Girls 4A	200m Dash
5:55p	Boys 3A	200m Dash

Running Preliminaries Continued.....

6:05p	Boys 4A	200m Dash
Running Final		
6:15p	Boys 3A	3200m Run
6:30p	Boys 4A	3200m Run
Running Preliminaries		
6:45p	Girls 3A	4x200m Relay
7:00p	Girls 4A	4x200m Relay
Running Final		
7:15p	Girls 3A	3200m Run
7:30p	Girls 4A	3200m Run
Running Preliminaries		
7:45p	Boys 3A	4x400m Relay
8:00p	Boys 4A	4x400m Relay
8:15p	Girls 3A	4x400m Relay
8:30p	Girls 4A	4x400m Relay

WEST CENTRAL DISTRICT III 4A
WEST CENTRAL DISTRICT III/SOUTHWEST DISTRICT IV 3A
TRACK & FIELD CHAMPIONSHIPS

Mount Tahoma Stadium, Tacoma

Saturday, May 23, 2009

NOTE: Weigh in for throwing/vaulting implements is 1.5 hours before event start time.

Field Event Finals

10:00a	Girls 3A	Discus Throw
	Boys 3A	High Jump
	Girls 3A	Triple Jump
	Boys 3A	Shot Put
	Boys 4A	Javelin Throw
	Girls 4A	Pole Vault
	Boys 4A	Triple Jump

Field Event Finals

2:00p	Boys 3A	Javelin Throw
	Girls 3A	Pole Vault
	Boys 3A	Triple Jump
	Girls 4A	Discus Throw
	Boys 4A	High Jump
	Girls 4A	Triple Jump
	Boys 4A	Shot Put

12:30p	Combined Wheelchair	Javelin Throw
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4:00p	Combined Wheelchair	Discus Throw
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Running Finals

10:30a	Combined Wheelchair	1600m
11:00a	Boys 3A	110m High Hurdles
11:10a	Boys 4A	110m High Hurdles
11:20a	Girls 3A	100m High Hurdles
11:30a	Girls 4A	100m High Hurdles
11:40a	Boys 3A	100m Dash
11:45a	Boys 4A	100m Dash
11:50a	Girls 3A	100m Dash
11:55a	Girls 4A	100m Dash
12:10p	Boys 3A	1600m Run
12:20p	Boys 4A	1600m Run
12:30p	Combined Wheelchair	100m Dash
12:40p	Boys 3A	4x100m Relay
12:45p	Boys 4A	4x100m Relay
12:55p	Girls 3A	1600m Run
1:05p	Girls 4A	1600m Run
1:15p	Girls 3A	4x100m Relay
1:20p	Girls 4A	4x100m Relay
1:30p	Boys 3A	400m Dash
1:35p	Boys 4A	400m Dash
1:45p	Girls 3A	400m Dash
1:50p	Girls 4A	400m Dash
2:10p	Boys 3A	300m Int. Hurdles
2:20p	Boys 4A	300m Int. Hurdles
2:30p	Girls 3A	300m Low Hurdles
2:40p	Girls 4A	300m Low Hurdles
2:50p	Combined Wheelchair	800m
2:55p	Boys 3A	800m Run
3:05p	Boys 4A	800m Run
3:15p	Girls 3A	800m Run
3:25p	Girls 4A	800m Run
3:35p	Girls 3A	200m Run
3:40p	Girls 4A	200m Run
3:45p	Boys 3A	200m Run
3:50p	Boys 4A	200m Run

Running Finals Continued....

4:00p	Girls 3A	4x200m Relay
4:05p	Girls 4A	4x200m Relay
4:15p	Boys 3A	4x400m Relay
4:25p	Boys 4A	4x400m Relay
4:35p	Girls 3A	4x400m Relay
4:45p	Girls 4A	4x400m Relay

ATTENTION COACHES AND POLE VAULTERS

WIAA Wheelchair Standards

EVENT	BOYS	GIRLS
100-meter dash	0:40	0:45
200-meter dash	1:25	1:35
400-meter dash	3:00	3:15
800-meter dash	6:00	6:30
1600-meter dash	10:00	11:00
3200- meter dash	15:50	20:00
Shot put	6'0"	4'0"
Discus	15'0"	8'0"
Javelin	15'0"	8'0"

If a contestant fails to meet the required standard in an event, he/she shall not be awarded a place or any points in the event. NOTE: Track standards do not apply to cinder tracks.