

SOUTH PUGET SOUND LEAGUE
4A
TRACK AND FIELD MEET
Wednesday May 7, and Friday May 9, 2008
Sunset Chev Stadium
Sumner High School

Wednesday, May 7

Field Events

3:00 Boys Pole Vault
3:30 Boys Long Jump (north pit)
3:30 Girls Long Jump (south pit)
3:30 Girls Javelin Throw
3:30 Boys Discus Throw
5:30 Girls Shot Put
5:30 Girls High Jump

Running Events

5:15 Girls 3200m Run (final)
5:35 Boys 110m High Hurdles
5:50 Girls 100m High Hurdles
6:05 Boys 100m Dash
6:20 Girls 100m Dash
6:35 Boys 3200m Run (final)
6:55 Boys 400m Relay
7:10 Girls 400m Relay
7:25 Boys 400m Dash
7:40 Girls 400m Dash
7:55 Boys 800m Run
8:10 Girls 800m Run

Friday, May 9

Field Events

3:00 Girls Pole Vault
3:30 Girls Triple Jump (south pit)
3:30 Boys Triple Jump (north pit)
3:30 Boys Javelin Throw
3:30 Girls Discus Throw
5:30 Boys Shot Put
5:30 Boys High Jump

Running Events

6:00 Boys 300m Inter. Hurdles
6:15 Girls 300m Low Hurdles
6:30 Girls 200m Dash
6:45 Boys 200m Dash
7:00 Boys 1600m Run (final)
7:15 Girls 1600m Run (final)
7:35 Girls 800m Relay
7:50 Boys 1600m Relay
8:05 Girls 1600m Relay

General Instructions to Coaches and Athletes

1. National Federation Rules will govern the running of the track meet except as noted in these instructions.
2. Allocations to the meet will be made in accordance with SPSL Guidelines.
3. The 16 entries will be determined at the seeding meeting by advancement of the top six from each division, plus the next four fastest times overall.
4. The top ten performers from field events and the 1600 and 3200 will advance to the WCD district meet. In all races run in lanes, the 800 and all relays, the top three in each heat and the next four fastest times will advance to WCD district meet. The fifth fastest time will be the first alternate. Any athlete, who meets or exceeds the WCD automatic qualifying district standards, will be allowed to compete at the WCD district meet.
5. Ribbons will be awarded to the WCD qualifiers in each event.
6. Participation Limitation. A contestant shall not enter nor compete in more than four events. Any number of these may be relays.
7. Alphabetized lists of competitors in the SPSL sub-district meet must be turned in to Bill Harris before leaving the seeding meeting.
8. All scratches must be called in to Bill Harris (253-922-9277) by 10:00 AM on Tuesday, May 6, 2008. If the athlete is not scratched, the athlete must compete, and the honest effort rule will be enforced. The coach doing the scratching is responsible for notifying the alternate next in line. If that athlete does not want to compete, his or her coach is responsible for contacting the second alternate. Any competitor scratched after the 10:00 AM deadline on Tuesday will be scratched from all events he/she is entered in.
9. All competitors are to check in with the event judge for field events 15 minutes prior to the start of the event, or the clerk for running events by the second call, and identify themselves.
10. 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 the Tim Thomsen, meet director, at the coaches meeting on Friday, May 2nd or before the beginning of the meet on May 10th.
11. 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.
12. Stadium gates will be open Wednesday, May 7 at 2:00 and Friday, May 9, at 2:00. Contestants are to enter the stadium complex using the gate at the East End of the stadium parking lot located behind the athletic director's office.

13. Daily ticket costs are Adults \$6.00; Students \$6.00; Students with ASB \$3.00; Children 5-12 \$2.00; Senior Citizens \$2.00 and Children under five are FREE.
14. **Parking.** Before 2:45 PM, there will be limited van parking at the East End of the stadium lot. Buses that arrive before 2:45 PM are to drop off athletes in the stadium parking lot (East End). Parking will be at the Daffodil Sports Complex located 2 blocks north and 1 block East of the stadium. After 2:45, buses may park in the lot at the West End of the high school, adjacent to the gym. **No buses may park in the stadium lot.**
15. Teams shall sit in the visitors' stands and in the West End of the main stadium.
16. Coaches will not be allowed on the track or field during the meet. Participants and officials only please! The only exception is for the vault, where a designated coaching area will be marked adjacent to the vault pit. **Important:** Coaches and competitors 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.
17. Athletes warming up on the track are not to congregate in the areas of the jumping events. 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.
18. First Aid and ice will be available in the SE corner of the stadium, in the track shed, near the finish line. Schools need to provide their own pre-event tape and taping.
19. All events will be called three times by the official announcer, and all contestants must report when called. Competitors must report to the clerk by the second call. If competitors do not comply with this regulation, they will be scratched from the event.
20. Preliminaries for field event competition (shot put, discus, javelin, long jump, and triple jump) will be held in two flights of eight athletes per flight. In all field events competitors have one minute to begin their attempts at a trial or pass. After one minute an unsuccessful attempt is charged. In the pole vault, competitors will have 90 seconds to begin their attempts.
21. Sunset Chev Stadium has an all weather, 8 lane, metric track and so the following adjustments must be made:
 - a. Short spikes (1/4" or less) must be used for all events including field events, pole vault, high jump, and horizontal jumps
 - b. The javelin will be thrown on a grass surface, on the baseball field behind the visitor grandstands. Long spikes or cleats may be used.
 - c. Metric distances will be run in all events. The track has no curb, but cones will be placed uniformly around the entire inside of lane one.
 - d. Summer High School will provide starting blocks. The blocks are Newton, fixed pedal and AAE, adjustable pedal. Contestants may use their own blocks. Meet officials will not be responsible for any blocks other than the ones provided by Sumner High School.
 - e. Important. No soda beverage or any other sugar-based drinks will be allowed on the field. Water is allowed and will be available in the clerk's shed.
22. Uniform Rule. The uniform rule will be enforced. It is the athletes' responsibility to compete in the proper uniform and wear no jewelry. Individuals and relay teams must be

in proper uniform and have no jewelry on. Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event.

23. During all WIAA sanctioned Track & Field events, only nonabrasive, unadorned cloth elastic, fiber, soft leather or rubber/cloth elastic bands may be use to control an athlete's hair. Athletes at anytime during competition may not wear items that are made of a hard or abrasive material.
24. Appeals must follow the appeal process in the 2008 Rulebook. Running event protests need to be made to the running-event referees. Field event protests need to be made to the field-event referee. The protest must be made by the head coach, in writing, on the designated form, after first protesting to the referee, within 30 minutes of the announced event results. (See protest form and fill out properly)
25. Results of each event will be posted outside of the athletic director's office at the East End of the stadium. Complete results of the meet will be available at the conclusion of the meet.
26. Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of this rule, may be disqualified from an event and/or the meet.

Running Event Instructions

1. Races will be timed using an FAT System. A PyroFlash/Eagle Eye digital timing system will be used as the back-up.
2. Competitors must check in with the clerk of the course. The clerk's area will be located in the tan shed in the North East corner of the stadium complex. Competitors must check in by the second call.
3. Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes.
4. Athletes may not report to the starting line without having checked in with the clerk. Athletes involved in a running event and concurrent field event should make every effort to report to the clerk, and at a minimum, the clerk needs to be notified of the conflict.
5. Runners, at the end of each race, are to stay in their lanes until they are dismissed.
6. The 400 meters will be run in lanes the entire distance.
7. 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.
8. For 1600 meter and 3200 meter runs, contestants will use a waterfall (Olympic curve) start and may break for the pole according to the NFHS rule.
9. The 400-meter relay will be run entirely in lanes, compensated by the appropriate stagger.
10. The three-turn stagger will be used for the 800m relay. The first three runners must stay in their lanes for their entire leg. After the third exchange, the anchor runner may cut in provided that there is room.
11. 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.

12. Relay teams must be in uniform according to the rule.
13. 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.

Throwing Event Instructions

1. **No extra practice will be allowed in unused event areas before or after an event. Athletes who violate may be disqualified.**
2. Athletes must check-in with the head judge at the event no later than 15 minutes before the event begins. If athletes check in after the event has begun, they will not be allowed to compete. The uniform and jewelry rule will be strictly enforced.
3. Throwing 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 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 additional warm-up of two throws each. There will be 10 minutes of additional warm-up between flights.
4. Implement weigh-in will be open at 2:30 PM. The starting times for the throwing events have been staggered to accommodate an orderly weigh in procedure. Wednesday, May 7 – girls' shot, girls' javelin, and boys' discus. Friday, May 9 – boys' shot, boys' javelin, and girls' discus.
5. Bring your own javelins, discuses, and shots. Implements will be weighed and measured prior to each event. Implements will be weighed in the shed adjacent to the field event area. 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 at the track shed.
6. If athletes checkout for another event, they must check out with the head judge and tell the judge which event they are leaving to. They must check back within 15 minutes. They must notify the head event judge when they return. In some cases, successive throws may be allowed if the competitor identifies the need ahead of time to the head official.
7. Each competitor will be allowed three throws in the preliminaries.
8. The top ten throwers will be allowed to throw three times in the finals, in the reverse order of place. Prior to starting the finals, there will be an additional 10 minutes of warm-up.

Instructions for Vertical Jumps

1. **No extra practice will be allowed in event areas before or after an event. Athletes who violate may be disqualified.**
2. Competitors are to check in with the head judge at the event no later than 15 minutes before the event begins. If athletes fail to check in before the event has begun, they will not be allowed to compete.

3. Ten minutes before the event starts the head official will call all competitors together to explain the procedures and rules of the event. The event will be run in the continuing flight plan (5-alive).
4. The areas will be open for run through or run-ups 60 minutes before the event starts.
5. The NFHS rule about passing shall apply. If competitors have passed three consecutive heights, they may have one warm-up jump without the crossbar in place.
6. Checkmarks. There may be two check marks (tape) for high jumpers. Both check marks shall be removed when jumping is completed.
7. If athletes are involved in another event during the running of a vertical jump event, they must check out with the head judge and tell the judge which event they are leaving to. They must report back within 15 minutes. They must notify the head event official when they return. They will enter the competition at the height in progress.
8. Starting heights will be determined at the seeding meeting. In the high jump, the crossbar will be raised in 2" intervals to 6 feet for boys and 5 feet for girls. Thereafter the bar will be moved up in 1" intervals. In the pole vault, the crossbar will be raised in 6" intervals to 13 feet for boys and 10 feet for girls. Thereafter the crossbar will be raised in 3" intervals.
9. For the pole vault event, each contestant, prior to the warm-up, must present to the head event judge a 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 form. This form will follow the contestants who qualify for the WCD district meet. All poles will be checked at the vaulting area by the head event referee before they may be used. 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 in the meet headquarters. 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.
10. Ties must be broken by a jump off if they occur for first place and/or the last qualifier. Competitors 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.

Instructions for Horizontal Jumps

1. **No extra practice will be allowed in unused event areas before or after an event. Athletes who violate may be disqualified.**
2. Competitors are to check in with the head judge at the event no later than 15 minutes before the event begins. Athletes, who check in after the event has begun, will not be allowed to compete.
3. Two check marks are allowed outside of the runway. The marks must be removed at the end of the event.
4. Horizontal jumping areas will be open 60 minutes before the start of the event. Warm-up and run-throughs must be completed before the event starts. Ten minutes before the event

starts the pit will be closed. The head judge will call the competitors together and review the procedure to be use for three flights. There will be eight competitors in each flight. Following instructions, the first flight of competitors will be allowed additional warm-up of one run-through. There will be 10 minutes of additional warm-up between flights.

5. Each competitor will be allowed three jumps in the preliminaries. The top ten jumpers will be allowed to jump three times in the finals, in the reverse order of place..
6. If athletes are involved in another event during the running of a horizontal jump event, they must check out with the head judge and tell the judge which event they are leaving to. They must report back within 15 minutes. They must notify the head event official when they return.