



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

WIAA/Dairy Farmers of Washington/Les Schwab Tires
WIAA State Track & Field Qualifying Meet Guidelines
2017

This packet contains pertinent information related to the qualifying meet for the WIAA State Track & Field Championships. **Qualifying meet directors need to contact the state meet director and event coordinator prior to the qualifying meet to discuss the qualifying process, registration, and the bound for state regulations.**

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Registration of Teams

All schools must register their track and field qualifiers for the state qualifying meet on athletic.net or Hy-Tek websites using their school's WIAA four-letter code (found in the track section of wiaa.com). The program will be designated by the WIAA District or Meet Director. All official qualifiers to the state meet will be automatically uploaded to the state meet roster registration from the qualifying meet report.

The qualifying meet director must use Hy-Tek for the qualifying meet. After the conclusion of the qualifying meet please send the Hy-Tek BACKUP FILE from the meet (it has the extension .zip) via email to the state meet entries/results coordinator. The email should also include a complete list of extra qualifiers by event, a list of qualified para-athletes, as well as the official relay forms. The backup file MUST be sent immediately following the final event of the state qualifying meet to be able to meet program deadlines.

Qualifying Meets – Qualifying meets are to be held no later than the Saturday prior to the State Track Meet. Any expenses incurred by the District meet shall be paid by the District. For the purposes of qualifying athletes to the State meet, “District” may refer either to a single WIAA District or to the WIAA Districts which combined or pooled their allocations. The District (or regional) meet is the final qualifying event held prior to the State Meet.

General Rules Information

All National Federation of State High School Association Rules will govern the running of the track and field meets except as noted in the 2017 Track and Field “Bound for State” regulations.

Coaches Information

Please check with your specific site regarding a potential coaches meeting, location where coaches questions can be answered, location of coaches packet pickup and any other information that may not be addressed in this document.

Relay Team Rosters

The relay team roster must be submitted at the qualifying meet one week prior to the state meet. This will be the roster for the State meet. No substitutes are allowed. This form must be submitted to the Qualifying Meet Manager at the beginning of the meet. The same six runners will be the only members allowed to compete at the State meet once the form is submitted to the Qualifying Meet Manager. It is best practice to have those 4 athletes most likely running to be listed first because that is what will appear on athletic.net when results are posted.

Scratches

In case a qualified contestant cannot participate in the qualifying meet for medical or disciplinary issues, the principal of the school of the indisposed contestant is responsible for notifying Meet Management no later than Tuesday, the week of the event, by 4:00pm. In case members of a qualified relay team cannot participate in the qualifying meet for medical or disciplinary issues, the principal of the indisposed contestants is responsible for notifying Meet Management in the same manner as stated above. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming the proper notification was given to the Meet Manager. If an alternate is inserted into the qualifying meet, the athlete will be re-seeded up to the time the meet heats are posted. After this time, the athlete will be inserted in the position of the removed athlete. After the meet has started, no alternates will be used to fill in for scratches for any reason. If an athlete scratches one event, they must be scratched from all events, in which they have been entered,

Those Not Competing

- Coaches and supervisors are not allowed on the infield during competition. Coaches and athletes who are not competing are to be seated in the stands or in other designated area provided by the meet management. Coaches will not be allowed on the track or field during the meet. Important: Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement may lead to disqualification.
- Coaches must be outside the track area for the track running events and field events in the stadium and outside the event area in the throwing events. Participants and officials only please! Contestants or relay teams will be disqualified if this violation occurs. Managers and statisticians should remain in the stands.

Clerking Procedures

- Athletes must check in with the clerks and remain in the warm-up area 25 minutes prior to the published start time of the event. Announcement will be made by the clerk when specific running events may check in. **All contestants must check-in to the clerking area no later than the third call.** It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet.
- 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 event start will NOT be delayed for any athlete who reports late.
- 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. (The one exception is an alternate on a relay team. If the alternate does not run in the relay, the athlete does not have to count the relay as one of their four events.) If a competitor exceed participation limitations, all individual and team points earned in any event shall be forfeited.

Uniform Information

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

Sportsmanship

Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the spirit of the rule, may be disqualified from an event and/or the meet.

Cell Phones / Walkie Talkies / Video Camera

The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

Protest/Appeal

Appeals must follow the appeal process in the 2017 Rulebook. Running event protests need to be made, in writing, to the running-event referee by the head coach. Field event protests need to be made, in writing, to the field-event referee 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

- 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.
- The preferred lane sequence is randomized pairs 4:5, 3:6, 2:7, 1:8 except for the 4 X 200 Relay which is 1 through 8 seeding inside-out.
- 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 after they have crossed the break line at the end of the first turn.
- Alleys for the 1600 Meter Run & 3200 Meter Run will be used. The runners with the fastest times will be seeded in lanes 5-8. Top one-third of seeds will be in the outside alley. The remaining competitors will be seeded in lanes 1 - 8. The first alley will use the waterfall start for lanes 1-8 with approximately 2/3 of the contestants. The second alley would be a waterfall start using lanes 5-8 on the one turn stagger for lane 5 with approximately 1/3 of the runners. **A three meter walk up line will be utilized.**
- 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 may break for the pole after they have crossed the break line at the end of the first turn.
- Relay team members may place up to two marks on the track. No chalk is to be used. Markers (tape / half of a tennis ball / poker chips) are to be removed following the race. Specific markers will be designated at each site by Meet Management for all relays and field events.

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.
- For these events the athletes will be seeded in reverse order by the qualifying mark.
- There will be 2 flights of 8 with the top 8 seeds in flight 2 and the next in flight 1. If there are additional qualifiers the numbers in each will be adjusted keeping the flights as even as possible.
- The nine (9) best marks and all ties for the last qualifying spot will move into the finals. 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 before the trial time starts. After one minute an unsuccessful attempt is charged. 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 notify the head event judge and tell the judge for which event they are leaving. The excuse time will be established by the games committee at each site. The athlete must check back in within the established excused time or risk the loss of a trial. 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 before the round starts. Athletes in running events must check-in with the clerk prior to the start of their field event.
- When room is available, an athlete that will need to be excused from an event **may change flights**, per approval of the **Field Event referee**, for that event if this request is made prior to the start of warm-up. **An athlete that will need to be excused from an event may request a change in the order, per approval of the head official, for that event, if this request is made prior to the start of the round.**
- 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. 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 implements will remain at the venue until competition is completed.**

Discus/Shot Events

Implements must be inspected at the certification area, one hour prior to competition. Shots 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. 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. All practice throws with discus or shots will be taken within the competition area for these events under the direction of the head official. The throwing sector for the discus and shot put will be 34.92 degrees.

Javelin

Implements must be inspected at the certification area, one hour prior to competition. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition. Javelins certified for competition will not be shared without permission from the school to which it belongs. 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. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official. Two check marks are allowed. These check marks must be removed at the completion of the event. No chalk is to be used.

High Jump / Pole Vault

- The NFHS rule about passing shall apply. If competitors have passed three consecutive heights in the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed three consecutive heights in the pole vault, there will be two (2) minutes per competitor entering, to warm-up 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 four or fewer 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 four or fewer 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 the 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 and picked up after the event in 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.

- Results/attempts should be in full numbers (no fractions) with the exception of the winner of the event.
- All contestants will be in one flight in reverse order by their qualifying mark.
- Contestants with the same mark will compete in the order the computer determines without regard to place of prior qualifying meets.
- Pole Vault attempts should be in increments of 3" or 6", with the exception of the winner of the event.
- High Jump attempts should be in increments of 1" and 2".

Long Jump /Triple Jump

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.

Blocks

Starting blocks will be provided for competitors to use at the state meet. It is up to the Qualifying Meet Director / Games Committee to decide whether athletes can use their own blocks. Subject to verification by one of the Starters or Clerks at the meet, blocks should be equipped with 3/8 to 1/2 inch spikes to prevent any slipping. Meet officials will not be responsible for any blocks other than the ones provided.

FAT Timing System

Fully automatic timing system will be used for all running events. The timing system operators will not recall races in the event of the FAT system malfunctioning. Hand timers will be utilized instead. If a malfunction occurs during a preliminary heat, hand times will be used for all heats to determine advancement and seeding in the finals.

Video Screen and Replays

Replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to 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 shall be turned into the Meet Manager prior to participation.

Jury of Appeals

Individuals are to be appointed and approved by the Meet Director or designee for the state qualifying meet.

Officials: Working with your local USATF officials association is very important. No meet can be properly conducted without competent officials. The supervisor of track and field officials for your local Association of USA Track & Field's Officials Committee should be notified of your requirements at least three months

before your meet is presented. All officials, including the referees and starter, should be requested. The selection of personnel should be individuals who have followed track & field closely over a period of years. They must know the rules violations and how and where they tend to occur. All possible efforts should be made to select and assign officials and personnel so that no conflict of interest could arise between competitors and meet staff. Please contact Chris Knuzelman at chris.kunzelman@kent.k12.wa.us for help with staffing questions and needs.

Below is a suggested list of essential people for track meets.

The recommended key personnel/officials are:

POSITION	MIN	MAX	COMMENTS
Meet Director	1	1	Key Personnel
Field Referee	1	1	Key Official
Track Referee	1	1	Key Official
Announcer	1	2	Key Personnel
Finish Coordinator	1	2	Key Personnel
Clerk	1	2	Key Official
Starter	1	2	Key Official
Head Awards	1	2	Key Personnel
Timers	6	20	
Asst.Staging	1	4	
Asst. Starter	0	2	
Awards Table	2	3	
Long Jump	2	6	Per Pit
Triple Jump	2	6	Per Pit
High Jump	2	3	Per Pit
Shot Put	3	5	Per Ring
Javelin	3	4	
Pole Vault	3	4	
Discus	3	4	
Exchange Zone Judges / Umpires	6	12	