

As of
4/26/19

WIAA/Dairy Farmers of Washington/Les Schwab Tires 2019 1B, 2B, 1A TRACK and FIELD CHAMPIONSHIPS

May 23-25, 2019 – Roos Field - Cheney, Washington - Eastern Washington University

KEY CONTACTS (Area Code of numbers is 509 unless noted)

Title	Name	E-Mail	Day/Office Phone	Cell/Night Phone
Co-Meet Manager	Jay Rydell	jsrydell@comcast.net	999-2841	999-2841
	Butch Walter	ggwalter@msn.com	869-2023	869-2023
Facilities Coordinators	Keith Ross	kross@ewu.edu	359-4621	385-4269
	Kerry Pease	kpease@ewu.edu	359-6207	385-4270
Entries/Results Coordinator	Dave Cook	dcook@ewu.edu	359-6334	280-2502
Ticket Manager	Nicole Guerra	nguerra4@ewu.edu	359-0981	793-4016
Medical Services	Phil Dawson, ATC	phillipdawsonatc@gmail.com	499-9367	499-9367
Spokane Sports Commission	Paul Christiansen	paulc@spokanesports.org	363-2682	362-2885
EWU Event Planning	Tom Shaffer	tshaffer2@ewu.edu	359-6857	979-8430

Emergency: 9-1-1 (for police or medical), 359-7676/6310 (police dispatch), 359-7275 (EWU Parking Services)

Schedule, heat/flight sheets and results for the 2018 State 1B, 2B, 1A Track and Field Championships will be available on the internet via the WIAA website.

Access track meet information at: <http://wiaa.com>, <http://www.wiaa.com/subcontent.aspx?SecID=322> & <http://goeags.com/StateTrack>

Facebook: [facebook.com/wiaawa](https://www.facebook.com/wiaawa) • Twitter: @wiaawa - #WAsateTF

SCHEDULE OF EVENTS

Thursday, May 23

- Noon – 3:00 p.m. Coaches Packet Pickup - Finish Line Tent at Roos Field
- Any coach/team that arrives prior to this time is subject to disqualification.
- Teams will receive programs, passes and competitor numbers.
- A short coaches meeting (attendance not required) will take place at approximately **2 p.m.**
- Noon – 3:00 p.m. Roos Field Available for Practice
- Javelin, discus, and shot put practice areas will also be available, but PLEASE have a coach present.
- Noon-6:00 p.m. Implement Weigh-In - South End of Thorpe Fieldhouse (see map)
- **Note: Events at 10 a.m. the next day must be weighed in and impounded during this time.**
- See implement section for information on implement checking and impounding procedures.
- 2:30 p.m. Gates Open/Ticket Sales - Upper and Lower Roos Field entrances
- 4:00 p.m. Competition Begins (field events and 300 hurdles prelims start at 4 p.m.)

Friday, May 24

- 8:30 a.m. Gates Open/Ticket Sales - Upper and Lower Roos Field entrances
- 8:30 a.m. - 3:30 p.m. Coaches Packet Pickup - Lower Roos Field Ticket Booth
- 10:00 a.m. Competition Begins
- 9:00 a.m. - 5:00 p.m. Implement Weigh-In - South End of Thorpe Fieldhouse (see map)
- **Note: Events at 10 a.m. the next day must be weighed in and impounded during this time.**
- This time has been set aside for late-arriving schools that might have missed Thursday's session.

Saturday, May 25

- 8:30 a.m. Gates Open/Ticket Sales Begin - Upper and Lower Roos Field entrances
- 8:30 a.m. - 2 p.m. Coaches Packet Pickup - Lower Roos Field Ticket Booth
- 9:15 a.m. Opening Ceremonies
- 10:00 a.m. Competition Begins

GENERAL INFORMATION

FACILITY: Roos Field is located on the West end of the Eastern Washington University campus. The track was re-surfaced in summer 2008. The main grandstand seats 5,000 spectators, with outstanding viewing of the start and finish and pole vault. Approximately 2,000 additional bleacher seats are on the East side of the stadium with outstanding views of the long/triple jump and high jump. Seats in the North end zone will not be accessible to fans, coaches and non-checked-in athletes.

TENTS & TARPS: Tents and tarps are **not allowed anywhere inside the fences that surround Roos Field**. Tents and tarps will be allowed in the grass areas outside the perimeter fences of Roos Field and the Special Events Pavilion (Reese Court). PLEASE, no set-up prior to noon Thursday, May 23.

DONOR SUITES & MEDIA CENTER: Except for meet staff, accredited media and suite holders (who must purchase tickets to the meet), this area will be closed to the public. Suites may not be sub-leased to schools or individuals.

BUS/TEAM PARKING: Buses and team vans will be allowed to drop off athletes and implements at the lower entrance in Lot P9 (see map), but must park in Lot P18 ("Red Barn" lot located off Washington Street to the south of Roos Field).

SPECTATOR PARKING: An additional 500 parking spaces were recently added to the free EWU Parking Lot P12 behind the Roos Field Pressbox, so that should alleviate difficulties for fans finding adequate parking while school at EWU will be in session on Thursday, May 23 and Friday, May 24. Permits will be required in all other lots as posted those days. Other lots on campus will be available for the public on Saturday, May 25 and after 5 p.m. on Thursday and Friday. Parking meters on Cheney streets and in the Pence Union Building parking lot will be enforced during the times posted on the meters. Parking in unauthorized areas such as service drives, fire lanes, safety zones, along yellow curbs or yellow zones, within 16 feet of a building and in designated "no parking" areas are safety issues and will be enforced, with violators subject to fines or towing.

RV PARKING: Because of limited parking, no day use or overnight recreational vehicle parking will be permitted in campus lots. Below is a list of area campgrounds:

Peaceful Pines Campground - 1231 W 1st Street - Cheney – 509-235-4966 - <https://www.peacefulpinesrv.com/reservations.html>

Ponderosa Falls RV Resort – 7520 S. Thomas Mallen Rd. – Cheney (I-90 Exit 272) - 1-800-494-7275 or 509-747-9415 - <https://kmresorts.com/ponderosa-falls-rv-resort/>

Overland Station – 10711 W. Geiger Blvd – Spokane (I-90 Exit 272) - 509-747-1703 - <https://www.overlandrvpark.com/>

Williams Lake Resort - 18617 Williams Lake Road - Cheney - 509-235-2391 - <https://klinksresort.com/>

Ruby's on Silver Lake - 17207 W. Medical Lake Four Lakes Rd. - Medical Lake - 509-299-7829

Sun Cove Resort - 12514 South Clear Lake Road - Medical Lake – 509-216-6776

DISABILITY PARKING: Disability parking and passenger drop-off is available in EWU campus parking lots at identified locations in lots P9 (seven spaces), P12 (31 spaces), P16 (eight), the Reese Court Circle Drive (nine) and at the old tennis courts near the throws area (two). Specific information about disability parking is available on the EWU Parking Services website at <http://ewu.edu/parking>. If additional information is needed regarding parking or special parking accommodations are required, please contact the Parking Office at 509-359-7275.

ADMISSION: Athletes will be admitted to the facility when they show their competitor number. Coaches will be admitted via a wrist band that will be included in their packets. Coaches and supervisors are not allowed on the infield during competition.

TICKETS: Tickets will be sold at both the upper (West) and lower (Southeast) Roos Field entrances on Thursday, Friday and Saturday. Single day adult admission on Thursday is \$7, with senior citizens and students admitted for \$5 (Students are considered senior and junior high school students with ASB card or other persons 11 years of age or younger; senior citizens are considered age 62 and older). On Friday and Saturday, cost per day is \$11, with senior citizens and students admitted for \$8. Three-day passes cost \$25 for adults and \$19 for students and senior citizens. Children under the age of five will be admitted free of charge.

ENTRANCE POLICIES: No alcoholic beverages, fireworks or weapons will be allowed into the Stadium, and are subject to search. Smoking is not allowed inside the stadium.

LOCKER ROOMS: Showers are available in the student locker rooms at the Sports and Recreation Center complex. Athletes must provide their own towels.

WARM-UP AREAS: Thorpe Fieldhouse and surrounding athletic fields not being used for class instruction or other institutional purposes will be open and available for warm-ups prior to competition. However, athletes are responsible for reporting to the clerking area prior to the start of their event.

MEDICAL SERVICES: Athletic training staff will be available during competition (not during practice session on Thursday). They will be located next to the concession stand near the finish line (see map). **Schools are responsible for their own supplies**, so you are asked to bring tape (enough for three days), pre-wrap, band-aids (assorted fabric), Neosporin, gauze and 4" and 6" ace wraps (2 to 4). **If you have a medical provider and/or certified athletic trainer with your team, please have he/she check-in at the medical services tent.**

LOST & FOUND: Following the end of the meet, call the EWU Sports and Recreation Center at 509-359-6207 for retrieval of lost and found items. During the meet, lost and found items will be located at the clerking area.

ATMs: Because of on-going renovations at the Pence Union Building, the only automated teller machine located on-campus is at Tawanka Hall. There are additional ATMs located in Cheney at Bank of America, Chase Bank, Spokane Teachers Credit Union, Cheney Federal Credit Union and Safeway. The concessions stand will accept checks for the amount of purchase.

PHOTOS: Northwest Sports Photography (4nsp.com) is providing photo services this year. However, Eastern Washington University continues to offer awards podium and action photographs from past meets (1996-16) by sending an e-mail to dcook@ewu.edu.

EWU DINING SERVICES: The EWU concession stands will be open all day Friday and Saturday, and Thursday from 2:30 p.m. to 6 p.m. The renovated Pence Union Building is **NOW OPEN**, so here are hours for other food services available on campus: Union Market – 7 a.m. to Midnight; Panda Express – 11 a.m. to 11 p.m.; Freshens – 7 a.m. to 8 p.m.; **The Roost** (in EWU Recreation Center) – Thursday 11 a.m. to 8 p.m./Friday 11 a.m. to 4 p.m./Saturday Closed; **Einstein's Bagels** (at Tawanka Hall) – Thursday & Friday 7:30 a.m. to 3 p.m./Saturday Closed.

EWU EAGLE STORE HOURS: The new EWU Eagle Store in the renovated Pence Union Building is **NOW OPEN**. It will be open Thursday, May 23 and Friday, May 24 from 7:30 a.m. to 5 p.m., but will be closed on Saturday, May 25. However, the Inferno Team Shop (upper Roos Field) will be open Friday 10 a.m. to 4 p.m. & Saturday 9 a.m. to 1 p.m.

SPECIFIC MEET INFORMATION

POLE VAULT: Because WIAA regulations that went into effect in 2004, weigh-ins will take place in the pole vault. The weigh-ins will take place when poles are checked and approved by event officials during warm-ups before each event. The State Meet pole vault weight verification form will be required to be filled out and signed by the team's coach, and provided when the pole check/weigh-in takes place. The North runway will be utilized unless wind conditions require the South runway to be used. Thorpe Fieldhouse will only be utilized under extreme weather conditions where safety is compromised.

IMPLEMENTS: The implement weigh-in area is on the South end of Thorpe Fieldhouse (see map). Implements (discus, shot put, and javelin) will be impounded and not be available to use again until the start of the event. **Implements used for events at 10 a.m. must be check-in and impounded the day before competition (see schedule of events for times).** Shot puts will remain in the "pool" for the entire duration of the event (all classifications) and therefore be available for all competitors to use. Meet management will also provide approved implements. No unapproved implements (including over-weight or under-weight shot puts) will be allowed during practice prior to the event. The following items will be checked:
Shot Put: 1) Visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip); 2) Weight; 3) Circumference.
Discus: 1) Visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip); 2) Weight; 3) Diameter of the discus; 4) Thickness of the center of the discus. **Javelin:** 1) Visual inspection; 2) Weight; 3) Length of the javelin; 4) Length of binding; 5) Check balance; 6) Maximum distance from the point of the javelin to the balance point.

DISCUS/JAVELIN/SHOT PUT: These events were moved to a new location South of Thorpe Fieldhouse in 2011 (see map), Please note that the javelin runway is now a rubberized surface, and spikes are subject to requirements listed on the following page.

SECTORS: A 34.92-degree sector will be utilized for the discus and shot put competitions.

LONG/TRIPLE JUMP: All long jump competitions will be contested in the North pit (toward the end zone seating). All triple jump competitions will take place in the South pit (toward the scoreboard end). Multiple takeoff boards (some are painted lines) in the long jump and triple jump are available as long as prior notification is made to the event judge before jumping. Distances from the boards to the pits are: North Pit: 8', 12'1"; South Pit: 24', 28', 32'1", 41'1".

FIELD EVENT TIME LIMITS/UMPIRES: Officials will be enforcing time limit rules in field events, which are now generally one minute. Also, a large group of umpires will be on hand to enforce running event rules. Depending on how stringently rules were enforced at meets during the season, you may want to review rules with your athletes to alleviate any problems or questions they may have during the meet.

SEED TIMES: Because most districts are utilizing fully automatic timing, hand times submitted by other districts will be converted for seeding purposes by adding a factor of .24 to ALL hand times

CLERKING PROCEDURES: The clerking area is located in the large tent near the starting line on the North end of the track. **Athletes in running as well as field events will only be admitted to the infield through this location.** (Entrants in the javelin, discus and shot put should check-in with the head official at the competition site **at least a half-hour prior to the listed start time of competition**). Please note that all calls (first, second, final) will be made via the videoboard and not through the public address system. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet. Head coaches are allowed to check-in athletes competing in other events at the same time. Field event athletes will be allowed on the field one hour prior to the scheduled start of their event, and should check-in and receive meet instructions from the head officials.

BIB NUMBERS/HIP NUMBERS: Please instruct your athletes to wear numbers on the front (location optional in the pole vault). In all races, hip numbers will be given to athletes in the clerking area. These are for the benefit of timers and umpires. They shall be worn on both the left and right hip, and must be visible at all times during the race for easy identification by the finish line camera/officials.

STARTING BLOCKS: Blocks will be provided for competitors to use (including 3-point blocks). Athletes **ARE NOT ALLOWED** to use their team starting blocks (new regulation starting in 2017). Holders of blocks may not be used, unless meet management deems it necessary because of weather.

SEEDING: Consult Bound for State guidelines for new protocols for most races (except for 4x200 relay and distance races). **Basically, the ranked order of competitors (based solely on district times) are serpentine into heats and placed in preferred lanes in pairs randomly (4/5, 3/6, 2/7, 1/8).**

DISTANCE RACES: In a revision made in 2014, the first 1/3 of competitors (based on time; random position placement) are the top-seeded contestants and will fill alleys in lanes 5-8 (one-turn stagger). The remaining competitors listed on the heat sheets will utilize the waterfall start.

RELAYS: At any time prior to a relay event, coaches may give to the clerking area their final declarations, listing leg number, competitor number and competitor name. However, to assist the public address announcer and subsequently spectators, meet management requests coaches to submit this list as soon as possible prior to the start of the event -- one hour prior or at the Thursday coaches meeting if at all possible. **Tape or tennis balls ARE NOT allowed to be used on the track, but thin strips of rubber will be available to use at each exchange zone.** Batons must be smooth with no dents, and are subject to approval by the clerking area. Please refer to the national federation rulebook for specifications. Batons will not be pooled, and are available at the clerking area by request. Remember that the 4x200 and 4x400 relays now utilize three-turn staggers. **Please note that for the 4x200, 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.**

SPIKES: Use of 1/4" pyramid spikes are required. Pin or needle spikes, and spikes longer than 1/4" are not allowed. Non-replaceable Christmas tree spikes (1/4" or shorter) will be allowed. **Note:** No spikes will be available to purchase at the state meet site, so be sure to purchase prior to arrival in Cheney.

INTRODUCTIONS: Athletes in running events will be introduced in their starting positions just prior to the start of the race. In field events, athletes will be lined up and introduced by a field events announcer.

FINISH PROCEDURES: Please inform your athletes that they are to remain in their lanes and return to the finish line at the conclusion of the race. They will be released by finish line officials. At the conclusion of running event preliminaries, athletes may pick-up their sweats at the athlete exit area between the scoreboard and finish line. In running event finals, sweats will be located at the awards clerking area beneath the large tent near the finish line.

AWARDS: The top eight finishers in each event will be recognized by the public address announcer. Following an event final, these eight athletes will be escorted to the large tent at the finish line where athletes in running events will be able to retrieve sweats and be interviewed by the media. After final results have been determined, athletes will be introduced and given their awards on the awards stand in front of the main grandstand.

DISQUALIFICATIONS/PROTESTS/APPEALS: When a violation occurs or a protest has been made to a meet referee, the results and awards process will be stopped if possible until a referee makes a decision to uphold or deny the disqualification or protest. After that occurs, results will be posted/announced and awards presented. After the referees render a decision following the review of the violation/protest, the decision of the referees may be appealed in writing to the jury of appeals. Head coaches only may take part in the appeal process. The appeals area will be located in a tent on the infield and will be accessible by the exit gate located between the scoreboard and finish line. Passes and/or a Jury of Appeals member will be available at that gate to allow access. Protests or appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement and posting of the results in that event, and correction of clerical or team scoring errors must be made within 48 hours after the end of the meet. Correction of meet results involving an ineligible participant may be made at any time when discovered. Situations that are not subject to protest and appeal are 1) any judgment decisions pertaining to violations or alleged violations of the rules; 2) a decision made by the finish judges or timers that does not involve misapplication of a rule or the terms and conditions of competition; or 3) whether a start is fair and legal.

FAT TIMING: Fully automatic timing will be used for all running events. Timing system operators will not recall races in the event of FAT malfunction, thus, hand timers will have to 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.

RESULTS/LANE ASSIGNMENTS: Results and lane assignments will be announced and posted, and results will also be available via the internet. Because complete results will be available on the internet, no results will be mailed. The link for results may be found at <http://wiaa.com/subcontent.aspx?SecID=1165> or <http://www.goeags.com/StateTrack>.

OPENING CEREMONIES: Teams should gather at the scoreboard end of the stadium at 9 a.m. on Saturday to participate in the opening ceremonies, which begin at 9:15. Teams will walk in front of the main grandstand and be introduced by the public address announcer.

For Further Specific Meet Information, Consult the WIAA Track and Field Information Syllabus and the WIAA Bound for State Regulations (located at: <http://www.wiaa.com/subcontent.aspx?SecID=322>), as well as the National Federation Rule Book.