

# **2023 1A Bi - District 1 & 2 Track & Field Championships BULLETIN**

## **Dates & Location**

Lynden Christian High School  
515 Drayton St.  
Lynden, WA 98264

Thursday, May 18, Prelims and Finals  
Saturday, May 20, Finals

## **Schools**

Bear Creek  
Cedar Park Christian  
King's  
Mount Baker  
Seattle Academy  
Summit Sierra

Blaine  
Eastside Prep  
Lynden Christian  
Nooksack Valley  
South Whidbey  
University Prep

Bush  
Granite Falls  
Meridian  
Northwest  
Sultan

## **Meet Management**

1. Meet Manager     Harlan Kredit     [hkredit@lynchs.org](mailto:hkredit@lynchs.org)  
School Phone:     (360) 318-9525 Opt 3  
Cell Phone:     (360) 303-1512 (prefer)
2. Meet Referee     Tom Luehman
3. Games Committee (Jury of Appeals/Umpires)  
Tyler Perry(Nooksack Valley), Doug Fulton(South Whidbey),  
Mark Neuman(Granite Falls),  
Alternates-Garron Smith(CPC), Jeff Schmidt(Mount Baker)

## **Coaches Meeting**

1. There will be a coaches meeting at 3:15 pm on Thursday and 12:30 pm on Saturday on the field by the pole vault pit.
2. The Thursday coaches' meeting is the last time to add an alternate to Thursday field events, and all Thursday running events.
3. The Saturday coaches' meeting is the last time to add an alternate to Saturday field events, and the boys and girls 3200m.
4. There will be a final coaches meeting following the last event on Saturday.

## **State Meet Qualification**

1. The top four (4) boys and top four (4) girls in each individual event and the top four (4) relay teams will qualify for the State Meet.
2. In addition to the allocations stated above, contestants who meet or exceed the state minimum standard may qualify to participate in the State Meet.

## **Qualification Procedure**

1. In all events, 12 of the 16 entries will be made up of automatic entries from the two districts represented: 3 from District 1 and 9 from District 2. The remaining 4 berths will be determined by the best times/marks from the previous week's qualifying meets.
2. Each school will be allowed one entry in relays. All relay entries need to be entered on athletic.net by Tuesday, May 16, 2023, at 7 pm. Each school must fill out the "Relay Entry Form" (WIAA form attached). Forms are due to the Meet Manager by Thursday, May 18. The meet manager will pass the forms on to the State Meet Manager. Only those who actually run (in the prelims or finals) will have been considered to have competed in the event.
3. According to State Regulations, if a contestant or relay team is disqualified from the qualifying meet (in the prelims or finals), then that contestant or relay team will not advance to the Bi-District meet.

## **Entry process**

1. On Saturday, May 13th, the meet director from each qualifying meet needs to submit an initial list of non-scratched entries and exported Hy-Tek file to Vicki Lindquist (vicki@lynchs.org)
2. All coaches are to report scratches by 7 pm Tuesday, May 16th to Vicki Lindquist (vicki@lynchs.org) via email. All scratches after this time will scratch all of an athlete's events.
3. After the 7 pm Tuesday deadline, the entries and two alternates for each individual event will be confirmed.
4. According to State Regulations, once the entries to the District meet are confirmed, a contestant must compete in all those events for which the contestant is entered.
5. A preliminary meet program, with flight and heat sheets, will be emailed to participating coaches on Wednesday May 17th by noon.

## **Meet Procedure**

1. National Federation Rules will govern the meet, unless superseded by State Rules & the “Bound for State” regulations. Problems that arise during the meet will be handled by the Meet Referee. An appeal to the Meet Referee regarding misapplication of the rules must be submitted within 30 minutes of the results being posted. The appeal must be written and presented by the head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Jury of Appeals. The decision of the Jury of Appeals will be final.
2. Calls for the running events will be over the PA system. “1<sup>st</sup> Call” will be 15 minutes before the start of the event, “2<sup>nd</sup> Call” will be 10 minutes before the start of the event, and “Final Call” will be 5 minutes before the start of the event. By the “Final Call” participants should be in the Marshaling Area.
3. The Marshaling area will be at the starting line of the event.
4. NFHS rules will be followed concerning the competitor’s uniforms. In the Marshaling Area, every attempt will be made to check athletes so that violations are prevented beforehand. In field events the event judge will check. However, the athlete and the coaches are ultimately responsible.
5. Only 1/4” or less spikes are allowed on track and runways.
6. Athletes may warm up in the area on the infield. Devices such as bungees, belts, chutes, etc. will not be allowed in the warmup area.
7. All coaches, managers and non-competitors must remain in designated viewing areas. Coaches may only be in the infield if requested to do so by meet management.
8. The finishing area is only for officials.

### **Seeding Procedures**

1. Three (3) District 1, nine (9) District 2, plus the next four (4) best times/marks from the previous week’s qualifying meets.
2. Distances used to seed the Bi-District field events will be determined using either the prelim or final heat mark from the qualifying meet, whichever is better.
3. Running events will be seeded by time only using the qualifying meet performance.

4. For the 1600 and 3200, seeding will be in two alleys with runners 1-5 in the outside alley, 6-16 in the inner alley, fastest outside to slowest inside.
5. Any athlete or relay team disqualified from a qualifying meet Prelim/Final event will not advance to the Bi-District Meet in that event.
6. Heat assignments will be based upon times from previous weeks qualifying meets using HY-TEK Meet Management Software. WIAA Bound for State Regulations will be used for seeding of all events. Additional heats will be run if 17 or more athletes qualify for a preliminary race due to ties. Record of the 1000<sup>th</sup> of a second should be used to break this tie between if from separate qualifying meets. If the tie remains, additional heats will be run.
7. No direct advancement to finals unless there are 8 or less entries in an event.
8. The State Meet Conversion Formula will be used in the event hand-held times were used.

### **Relay Team Members**

1. In case members of a qualified relay team cannot participate in the next higher meet, the coach of the dropped relay team is responsible for notifying the Meet Manager, who, in turn, will notify the coach of the next qualified relay team.
2. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.
3. All relay entries need to be entered on athletic.net by Tuesday, May 16, 2023, at 7 pm. This should be done in the order of which they intend to run and include four alternates. The submitted list cannot be changed after the start of the qualifying meet and will carry through to the State meet. Only those who actually run (in the prelims or finals) will have been considered to have competed in the event.
4. If eight or fewer schools enter a relay team, then each team will be entered into a final heat based upon times established at the previous week's qualifying meet.

### **Throws and Horizontal Jumps**

1. Prelims and finals will be contested on the same day. The finals will start within 10 minutes of the announcement of the finalists.
2. The competitors will be placed into flights of eight based on marks at the qualifying meets.

3. Each competitor will be given three attempts in the prelims.
4. The nine competitors with the best marks will advance to the finals where they will be allowed three additional attempts. The final competitors will compete in reverse order with the best prelim mark competing last.
5. The javelin will be thrown off a rubberized runway.
6. Athletes in the triple jump will be allowed to choose from any available toe board but must identify that board to judge prior to each attempt.
7. Anytime an athlete leaves their field event, they must check out with the official for that event. The official will record the time and let the athlete know the exact time to the minute. The athlete has exactly 15 minutes to report back in to their field event official. If they check back in after 15 minutes, their next attempt will be scratched. If they are competing in a running event that runs behind schedule, they will be allowed 5 minutes from the conclusion of their race to report back in to their field event, or their next attempt will be scratched.
8. Weight implements check-in will start at 3:00 pm on Thursday and 12:15 pm on Saturday in the shed by the throwing area. If an implement passes the check-in and is officially marked, then athletes may use their own implements.

### **High Jump and Pole Vault**

1. Starting heights will be one height below that of the lowest qualifier.
2. High Jump - The bar will rise 2" until four or fewer competitors are remaining and rise 1" thereafter.
3. Pole Vault - The bar will rise 6" until four or fewer of the competitors are remaining and rise 3" thereafter.
4. Opening height adjustments may be made in raising of the bar in regard to the state qualifying standard.
5. Pole vault coaches can be on the field in the "coaches box". All other event coaches must remain outside the track behind the flagging.
6. If rain appears to be in the forecast, boys and girls pole vault may be held on the same day.

### **Field information**

Current as of 4/30/2023

1. Athletes, coaches and managers are to stay outside the competition areas except to warm up or assist an injured athlete.
2. Coaches please remind athletes to return to the stands after completing an event.

### **Medical Note**

1. A note from a doctor may be presented to excuse an athlete from specific events. The note must be very specific as to what the athlete can or can't do.
2. The note must be presented to the meet manager as soon as possible after the time it is received by the athlete/coach.

### **Equipment**

1. Flash Timing system will be used. Races should not have to be recalled other than for false starts.
2. The host school will provide starting blocks. Athletes may have someone hold their blocks for them to eliminate blocks slipping. You may bring your own if you wish.

### **Scoring & Awards**

1. Eight places will be scored in each event. 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.
2. The top eight places in each individual event and top 4 in relays will receive ribbons.
3. Awards will be handed out directly after the event results have been finalized. Please have your athletes ready to report to the awards area when their event is called.
4. A team trophy will be awarded to the top boys and girls teams.

### **Ties**

1. Ties in the field events will be broken according to the rules in the National Federation Rule Book.
2. If a tie in the high jump and/or pole vault still exists after applying the National Federation tie breaking rules and the tie involves the last qualifying spot to State, every attempt will be made to complete the jump-off procedure **BEFORE** continuing the competition to determine first place. If a tie occurs for first place, the tie breaking procedures will be used to break the tie and determine the Bi-District champion.

3. If a tie should exist between two or more competitors in a track event and it involves a spot to the State meet, a run-off between the tied competitors will take place at the end of the meet. If a tie should exist between two or more competitors in a laned event other than 800m, a run-off between the tied competitors will take place at the end of the first day or the beginning of the second day. If a tie should exist between two or more competitors in the 800m, then two athletes will be placed in lane one. A coin flip will be used to determine placement.
4. If the tie does not involve a spot to the State meet, a coin flip will be used to determine which awards the competitors receive.

### **Records**

1. Records shall be recognized for each individual when two or more tie at a record height or distance in the field events.
2. In running events, only the winner will be credited with a new record even though first and second place finishers may record the same time.

### **Admission**

1. Athletes in uniforms will be admitted for free.
2. A pass list is attached for other authorized personnel. Please submit pass list to Harlan Kredit by Wednesday, May 17<sup>th</sup>.
3. Admission will be charged for both days VIA GOFAN. Adults \$8.00; Students w/ASB, Children & Senior Citizens – \$6.00
4. Spectators with District 1 Lifetime and District 1 Event passes will be admitted free. Regular District One and Two Supervisory Passes are NOT valid for post-season admission.
5. Members of the working press and press photographers who are covering the meet will be admitted free. They must be affiliated with a recognized newspaper and show credentials at the gate in order to be admitted. Private vendors will have to pay admission to be admitted.
6. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer admitted free of charge. They must take their pictures from the stands and must be on the pass list.
7. Rush Team Apparel will be onsite offering official merchandise for sale.

## Transportation

1. Due to potential conflict at the end of the Lynden Christian school day, please do not arrive at Lynden Christian HS before 2:30 pm.

### **2022 1A Bi-District 1-2 Track & Field Championships APPEAL FORM**

An appeal regarding misapplication of the rules must be submitted within 30 minutes of the alleged infraction. The appeal must be written and presented by the head coach to the Meet Referee. The Meet Referee will render a decision. The decision of the Meet Referee may be appealed to the Jury of Appeals. (NFHS TF Rules 3-4, 3-5)

Event: \_\_\_\_\_ Time of infraction \_\_\_\_\_

NFHS Rule # \_\_\_\_\_

State the infraction \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

School: \_\_\_\_\_ Coach's Signature: \_\_\_\_\_

\_\_\_\_\_

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Referee's initials: \_\_\_\_\_

Time of receipt: \_\_\_\_\_



Referee's decision:

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# 2023 1A Bi-District 1 & 2 Track & Field Championships

## TIME SCHEDULE

Thursday, May 18<sup>th</sup>

### FIELD EVENT FINALS

<b>3:45</b>	<b>Boys Long Jump</b>
<b>3:45</b>	<b>Girls High Jump</b>
<b>3:45</b>	<b>Girls Triple Jump</b>
<b>3:45</b>	<b>Girls Pole Vault</b>
<b>3:45</b>	<b>Girls Discus</b>
<b>3:45</b>	<b>Boys Javelin</b>
<b>5:30</b>	<b>Boys Shot Put</b>

### RUNNING PRELIMS & FINALS

<b>4:30</b>	<b>Girls 4x200m</b>
<b>4:40</b>	<b>Boys 110m HH</b>
<b>4:50</b>	<b>Girls 100m Hurdles</b>
<b>5:00</b>	<b>Boys 100m Dash</b>
<b>5:10</b>	<b>Girls 100m Dash</b>
<b>5:20</b>	<b>Boys 1600m–Final</b>
<b>5:30</b>	<b>Girls 1600m–Final</b>
<b>5:40</b>	<b>Boys 4x100m</b>
<b>5:50</b>	<b>Girls 4x100m</b>
<b>6:00</b>	<b>Boys 400m Dash</b>
<b>6:10</b>	<b>Girls 400m Dash</b>
<b>6:20</b>	<b>Boys 300m Hurdles</b>
<b>6:30</b>	<b>Girls 300m Hurdles</b>
<b>6:40</b>	<b>Boys 800m Run</b>
<b>6:50</b>	<b>Girls 800m Run</b>
<b>7:00</b>	<b>Boys 200m Dash</b>
<b>7:10</b>	<b>Girls 200m Dash</b>
<b>7:20</b>	<b>Boys 4x400m</b>
<b>7:30</b>	<b>Girls 4x400m</b>

Saturday, May 20<sup>st</sup>

### FIELD EVENT FINALS

<b>1:00</b>	<b>Boys Triple Jump</b>
<b>1:00</b>	<b>Boys High Jump</b>
<b>1:00</b>	<b>Girls Long Jump</b>
<b>1:00</b>	<b>Boys Pole Vault</b>
<b>1:00</b>	<b>Girls Javelin</b>
<b>1:00</b>	<b>Boys Discus</b>
<b>2:45</b>	<b>Girls Shot Put</b>

### RUNNING FINALS

<b>2:00</b>	<b>Girls 4x200m</b>
<b>2:10</b>	<b>Boys 110m HH</b>
<b>2:20</b>	<b>Girls 100m Hurdles</b>
<b>2:30</b>	<b>Boys 100m Dash</b>
<b>2:40</b>	<b>Girls 100m Dash</b>
<b>2:50</b>	<b>Boys 800m Run</b>
<b>3:00</b>	<b>Girls 800m Run</b>
<b>3:10</b>	<b>Boys 4x100m</b>
<b>3:20</b>	<b>Girls 4x100m</b>
<b>3:30</b>	<b>Boys 400m Dash</b>
<b>3:40</b>	<b>Girls 400m Dash</b>
<b>3:50</b>	<b>Boys 300m Hurdles</b>
<b>4:00</b>	<b>Girls 300m Hurdles</b>
<b>4:10</b>	<b>Boys 200m Dash</b>
<b>4:20</b>	<b>Girls 200m Dash</b>
<b>4:30</b>	<b>Boys 3200m</b>
<b>4:45</b>	<b>Girls 3200m</b>
<b>5:00</b>	<b>Boys 4x400m</b>
<b>5:10</b>	<b>Girls 4x400m</b>

# **1A State Track and Field Championships 2023 Qualifying Standards**

<b>Event</b>	<b>Girls</b>	<b>Boys</b>
<b>100m</b>	12.96	11.51
<b>200m</b>	26.50	23.04
<b>400m</b>	1:00.07	51.43
<b>800m</b>	2:33.31	2:00.68
<b>1600m</b>	5:13.91	4:32.79
<b>3200m</b>	11:20.95	9:58.72
<b>100h/110h</b>	16.45	16.40
<b>300h</b>	47.45	41.88
<b>4x100 relay</b>	51.06	44.71
<b>4x200 relay</b>	1:48.67	N/A
<b>4x400 relay</b>	4:11.83	3:31.18
<b>Long Jump</b>	16' 9.25"	21' 2.00"
<b>Triple Jump</b>	34' 5.50"	42' 0.00"
<b>High Jump</b>	5' 0"	6' 0"
<b>Pole Vault</b>	10' 0"	12' 10"
<b>Shot Put</b>	36' 1"	48' 10.75"
<b>Discus</b>	110' 7"	141' 8"
<b>Javelin</b>	116' 1"	159' 5"

**\*\* Any athlete or relay team who finishes outside the top four at the Bi - District meet will qualify to the state meet if they meet the state standards. \*\***

## **2023 1A Bi-District 1 & 2 Track & Field Championships GUIDELINES**

The following items have been discussed with my athletes.

- with
- A. The competitor's uniform shall be issued by the school and worn as intended. Visible undergarments must adhere to NFHS rules.
  - B. In relay races, relay members wearing visible undergarments must comply with NFHS rules.
  - C. Unsportsmanlike behavior will result in disqualification from the meet. Use of profanity will disqualify a participant.
  - D. No electronic devices in the area of competition, including earbuds.
  - E. Athletes not currently in process of warming up for an event or warming down from an event will not be in the infield area.
  - F. Removing any part of the team uniform, excluding shoes, while in the area of competition shall lead to a warning and if repeated, to disqualification.

School \_\_\_\_\_ Coach \_\_\_\_\_

**\*\*This form will be collected at the coaches' meeting on Thursday,  
May 18, 2023.\*\***

**2023 1A Bi-District 1 & 2 Track & Field Championships  
PASS LIST**

School \_\_\_\_\_

(Print)

(Sign-in Signature)

Head Coach \_\_\_\_\_

Head Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Assistant Coach \_\_\_\_\_

Athletic Director \_\_\_\_\_

Principal \_\_\_\_\_

Assist. Principal \_\_\_\_\_

Superintendent \_\_\_\_\_

School Board \_\_\_\_\_

School Board \_\_\_\_\_

School Board \_\_\_\_\_

School Press \_\_\_\_\_

School Photographer \_\_\_\_\_

**Please email this form to Harlan Kredit [hkredit@lynchs.org](mailto:hkredit@lynchs.org) before noon on Wednesday, May 17, 2023**

Current as of 4/30/2023