

2023 KINGCO 2A/3A/4A TRACK AND FIELD CHAMPIONSHIPS

May 12th, and 13th

Renton Memorial Stadium
405 Logan Ave N
Renton, WA 98057

MEET SYLLABUS

ADMISSION: All tickets sold online through GOFAN.COM

- A. Ticket Prices:
- | | |
|--------------------------------|---------|
| Adults, Students w/o ASB Cards | \$ 7.00 |
| Students w/ ASB Cards, K-6th | \$ 5.00 |
| Senior Citizens (over 65 yrs.) | \$ 5.00 |
- B. Pass Policy* (through Main Gate):
- Passes Honored:** WSSAAA Pass, WSCA Pass, Sea-King Lifetime Pass, KingCo Lifetime Pass and KingCo Scouting Passes.
- Passes Not Honored:** KingCo Faculty Pass (**good for regular season only**).
- Media Passes:** KingCo Media Passes will be allowed for free entry but **will not be** allowed for access onto the track for running events. Only those with official Media Passes/Press ID Cards will gain access to the track area. Field events are open to all.
- C. Ticket sales will be available for purchase in advance of the event at GOFAN.COM.

Meet Director – Jesse Snyder Newport HS AD, Kingco Conference Track and Field Commissioner
Office 425-456-7413 **Meet Day** 253-375-2046 **Email** snyderje@bsd405.org

Meet Referee - Geoff Newing

Responsibilities of the meet referee include:

- Supervision of all activities during the competition
- Responsible for conduct and supervision of all meet officials
- Responsible for receiving and acting on written protests / appeals
- Rule on Race infractions and interpret the rules of the meet in accordance with NFHS, WIAA, and meet syllabus
- Consult with Jury of Appeals as needed

Jury of Appeals / Games Committee

When engaged, members of the jury of appeals will recuse themselves from ruling on a situation that involves their own school or their own school's classification.

- Gabe Gutierrez (Foster HS AD, 2A Rep),
- John Hill (Bellevue HS AD, 3A Rep),
- Kealey Stanich (Inglemoor HS AD, 4A Rep),
- Roger Hansen (Kingco Track, at large rep)

COACHES MEETING:

Friday May 12 – 1:00PM Home Bleachers near the finish line

Saturday May 13 – 11:00AM Home Bleachers near the finish line

PARKING:

Please review the site map provided of Renton Memorial Stadium in this packet.

Busses and vans are to park in the main lot on the home side of the stadium. The team entrance will be located there.

TEAM TENTS:

Team tents are not permitted at Renton Memorial Stadium as there is not a suitable location for them. Teams will utilize the covered bleachers on both side of the stadium to house their teams. **No team should establish their location at the finish line.** Please keep our teams west of the 20-yard line closest to the finish line so that paying spectators can sit with prime view of the finish line.

WEIGHTS AND MEASURES:

All implements must be inspected and approved before use in a throwing event. The weights and measures area will be in the concessions stand near the north side of the facility. An implement that is rejected will be kept in the weights and measures area until the meet concludes. It is the responsibility of athletes and coaches to ensure that they pick up their implements from weights and measures.

SPECTATORS:

Spectators must remain in the designated spectator areas and are not allowed on the infield or restricted areas in the throws sector for any reason. Coaches are expected to educate parents and may be called upon to support any issues with spectators as they arise. There are designated viewing areas on the north side of the track and there will be a single path for spectators to cross the track to access the north bleachers, throws, and vault.

AWARDS:

2A, 3A, 4A Boys / Girls Team Championship trophies (one per gender, per classification)
40 Medals for individuals will be awarded to each championship team.
Medals issued for 1st through 3rd place in each event.

ENTRIES INTO KINGCO 2A/3A/4A MEET:

SEEDING MEETING: Saturday, May 6th @ Newport HS 9AM

ENTRY DEADLINE: Entries are due via athletic.net by 9AM on Saturday May 6th

SCRATCH DEADLINE: Monday, May 8th 12PM

ALTERNATES: Meet managers will contact the AD and coach of a school as soon as it is known that an alternate has been entered into the meet.

SCRATCH POLICY: After 12pm on Monday May 8th an athlete who is removed from an event will be **removed from all events**. The only exception is an athlete with a medical note that specifically prohibited them from a specific activity but permitted another.

Other Entry Information:

- An athlete may enter into no more than 4 events, including relay entries.
- Each event will have up to 16 entries unless additional entries are approved during seeding.
- Entries in the Pole Vault and High Jump must meet the minimum qualifying standard (see below)
- Only times / marks posted on athletic.net by the entry deadline can be submitted for seeding.
- A school is responsible for ensuring that all athletes are eligible by WIAA and school district standards.
- Only FAT times can be used for entry into the meet.

Relay Entries:

Each school is entitled to 1 relay entry per relay event.

In relay events, schools may use any of the 8 runners registered for the event.

No relay forms are required for this meet.

MEET SCORING: NFHS Scoring Rules will be used per section 6e of the KingCo Track Handbook

Both individual events and relays following the same scoring system:

Places	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	10	8	6	5	4	3	2	1

ADVANCEMENT TO DISTRICT CHAMPIONSHIPS – May 17 and 20 at Renton Memorial Stadium

2A Advance to Sea-King w/ District 3 Track Events –5 Field Events – 5 Relays – 5	3A Advance to Sea-King w/ Metro League Track Events –5 Field Events – 5 Relays – 5	4A Advance to Wes-King w/ District 1 Track Events – 7* Field Events – 7* Relays – 7
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*There are 6 at large entries to the Wes-King meet that will go to the 6 best qualifying marks from the Wesco and Kingco Championship meet

MEET PROCEDURES:

- A. National Federation Rules
National Federation Rules will govern the meets in all classification. Any problems that arise during the meet will be the responsibility of the Meet Referee. Any protest or appeal of a result must be submitted, in writing (see attached Protest Form) to the meet referee and with coach's signature, within 30 minutes after the results have been announced or made official.
- B. Timed Finals
The meet will be contested with timed finals, meaning there will be no preliminary heats and racers will advance based on their performance regardless of the heat they competed in. Participants will advance on time only and not on place in their heat.
- C. Drawing for Heats / Lanes (TIMED FINALS)
The first heat of each race will be the "slow heat" with the 9th – 16th fastest qualifying marks and the second heat will be the "fast heat" with qualifiers 1-8. (NFHS Section 5 Article 7) In all running events 800 M. or less, including relays, the two top-seeded qualifiers or teams will be placed in lanes 4 and 5 by chance, the next two seeded qualifiers or teams in lanes 3 and 6, and so forth. The 4x200 relay will be seeded with lanes 1 and 2 as the preferred lanes. The 1600 and 3200 will be run as a single heat of 16 runners utilizing an alley start.
- D. Running Events - Special Rules
 - 1) IMPORTANT - Relay runners must not mark track with spikes. Tape is acceptable but must be removed immediately after the race. Any runner scratching the track for take-off marks will be disqualified.
 - 2) Starting Blocks - Starting blocks will be provided. Individuals may use their own blocks only if approved by the Meet Referee and there is no delay in starting the race.
 - 3) A three-turn stagger will be used in the 4 x 200 relay and the 4 x 400 relays. The fourth runner of the 4 x 200 relay may cut. In the 4 x 400 relay, the second runner cuts on the break line in the backstretch.
- E. Special Instructions - Preliminaries and Finals
 - 1) Nine (9) competitors shall qualify for the finals in the Shot Put, Long Jump, Triple Jump, Discus, and Javelin. The order of competition in the finals shall be in the reverse order of the best performances in the preliminaries.
 - 2) In preliminaries, contestants in the Shot Put, Discus, Javelin, Long Jump and Triple Jump will compete in flights of eight (8) as per special rules (see below). Each member of a group will complete his/her preliminary throws or jumps before the next flight begins. The top NINE contestants in each event will be allowed three additional tries in the finals. The order of competition in the finals will be in the reverse of the best performance in the preliminary
- F. Field Events - Special Rules
 - 1) In all field event preliminary flights, each competitor will be allowed three trial runs.

Nine (9) competitors plus ties will advance to the finals where be allowed three additional trials. Competition will take place in reverse order in the finals with the highest seeded competitor going last.

Vaulters will be permitted 1 1/2 minutes to initiate and complete their jump after being notified by the official. Failure to comply will be recorded as a try. All other contestants in field events will be permitted 1 minute to jump or throw after being notified by the official. Failure to comply will be recorded as a try. The format for the throwing events will be one-one-one sequence.

2) Pole Vault – Starting height for the pole vault will be 6 inches below the last qualifier but shall not be lower than the KINGCO minimum standard (6'0" for boys, 5'0" for girls). For the boys pole vault the bar will rise in 6" increments to 13' and 3" increments thereafter. For the girls pole vault the bar will rise in 6" increments to 11" and 3" increments thereafter.

When the number of entries exceeds 16 the starting height will become that of the lowest qualifier and not 6" below the last qualifier as stated above, in that situation the minimum standard still applies.

3) High Jump – Starting height in the high jump is the qualifying height of the last qualifier but will be no lower than the KINGCO minimum qualifying standard (4'0" for girls, 5'0" for boys). The bar will rise in 2" increments to 6' for boys and 5' for girls and 1" increments thereafter.

When the number of entries exceeds 16 the starting height will remain the same as above and that is the height of the last qualifier, in that situation the minimum standard still applies.

4) Javelin - All javelins will be measured for length and weight. The javelin surface is a rubberized runway. Only rubber-tipped javelins will be allowed in any competition. No use of other competitor's javelin without permission. THE FORMAT WILL BE A ONE-ONE-ONE THROW SEQUENCE BY FLIGHTS. Warming up must be under the supervision of a meet official.

5) Shot Put and Discus –THE FORMAT WILL BE A ONE-ONE-ONE THROW SEQUENCE BY FLIGHTS. Warming up must be under the supervision of a meet official. Please refer to the section on implement inspection for the shot and discus. Any implement that passes inspection may be used by any competitor in the meet.

G. Contestants' Uniforms

Contestants in track meets shall wear only the legal uniforms issued by the school. Refer to the National Federation rule book. "Area of competition" is defined as inside the fence around the track and inside the fence of the field event areas. The javelin area will be within 50' of the javelin runway.

National Federation rulebook – "Prior to the start of the meet, the head coach shall be responsible for verifying to the referee that his/her competitors are properly equipped. Any questions shall be resolved prior to the meet. It is required that all jerseys be tucked in to facilitate automatic timing. Hip numbers will be issued for all running events.

H. Ties that impact advancement to SeaKing, seeding, scoring, or alternate placing must be broken consistent with NHFS rules for the event.

I. **Academic Conflict Policy:** It is the responsibility of a student-athlete with assistance from their coach to mitigate any potential conflicts because of testing or other academic demands to participate in the event. In a field event a coach may request of the meet official on behalf of an athlete a change of flight, but the event will proceed as scheduled and will not be held up to accommodate an athlete. No accommodation is available in laned events. If an athlete does not report to their event in time to race or complete their trials, the alternate will be placed in the event, and they will be disqualified from the event they failed to participate in.

G. **Protest Procedures**

The head coach first delivers the protest form to the referee; and the referee's decision is appealable. A written appeal [Protest Form] shall be submitted by the coach with their signature to the meet manager within one-half hour after the results have been announced by the P.A. or made official. The Games Committee will serve as the Jury of Appeals. They will convene to review the protest; their decision will be final.

A. The marshals have been instructed to keep the field clear of those not officiating.

B. Coaches and managers are to always remain in the stands. **It will not be necessary for team managers to be on the field at any time.** Coaches, managers, and statisticians will not be allowed in the finish area.

C. Contestants are to remain in the stands when not competing. **Coaches, please remind contestants to return to stands after completing an event.**

D. Disqualification of a contestant or relay team can only be by the Referee after complete details of the infraction have been brought to his attention. Here is language relative to disciplining an athlete or coach in Track and Field.

NFHS Rule - Section 6 – Article 2

Level I – Unacceptable Conduct (handled within the meet): Includes but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

NFHS Rule - Section 6 – Article 1

Level II – Unsporting Conduct (handled within the meet but will also result in a WIAA Ejection and the student-athlete sitting their next contest: Behavior that is unethical or dishonorable. It includes but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants, and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of coach or other school personnel shall be from further involvement in the meet.

WIAA Rule that coincides: Pages 56 and 57 of 2011-12 Handbook – **18.27.0 (Ejection from a contest)**

CHECK IN / OUT Procedures: The games committee has established the time of checkout to be up to 20 minutes at the discretion of the event judge.

- A. Changing order is only for accommodating those in other events (not for bathroom, injury, etc.)
- B. All changes fall under the “head event judge may” concept.
- C. An athlete does not have to take attempts out of order if the judge requests them to do so.
- D. Judges may rearrange the order by any method.
- E. Excused time limit is set by games committee (Maximum of 20 minutes)
- F. Athlete must check out. Official records check out time.
- G. While excused, athlete is exempt from being called up or time fouled, or having crossbar raised.
- H. While excused an athlete is not called up.
- I. When excused time expires, mark all deferred jumps as passes.
- J. The athlete with the best qualifying mark in prelims has the right to take the last trial in the event (i.e. they may choose to wait until after any excused competitors have taken all their trials.)
- K. Head judge may use judgment in extending the time excused under special circumstances.

Relay Zone Assignments:

Please provide 2 coaches for relay zone judging.

	2A	3A	4A
4x200	Issaquah / Eastlake	Inglemoor / Redmond	Bellevue / Foster
4x100	N.Creek / Wood / Skyline	Newport / Bothell / Highline	Liberty / Mercer Island / ETY
4x400	Mt Si	Sammamish	Lake Washington

Field Event Assignments:

Schools are expected to provide 2-3 volunteers to support field events as scheduled in the table below. Failure to provide adequate support may result in a coach being assigned to the role.

Renton School District Schools (Hazen, Lindbergh, and Renton) are responsible for providing and managing the hurdle crew.

FRIDAY, May 12		EVENT	Lead Official	Support School
2:00	4A	B-Shot	Jory Hamilton	Mt SI
	3A	B-Javelin	Owen Bainter	Bellevue
	2A	B-High Jump	Kelli Arrivey	Sammamish
	4A	B-Long Jump	Ed Claxton	Eastlake
	3A	G-PoleVault	Mike Miller	Interlake
	2A	G-Long Jump	Lezlie Smith	Highline
	2A	G-Discus	John Gurule	Evergreen / Tyee
4:00	2A	B-Shot	Cam Elisara	Foster
	4A	B-Javelin	Shaq B-K	North Creek
	3A	B-High Jump	Kelli Arrivey	Lake WA
	2A	B-Long Jump	Ed Claxton	Redmond
	4A	G-PoleVault	James Gasaway	Newport
	3A	G-Long Jump	Lezlie Smith	Liberty
	3A	G-Discus	John Gurule	Mercer Island
6:00	3A	B-Shot	Cam Elisara	Issaquah
	2A	B-Javelin	Owen Bainter	Bothell
	4A	B-High Jump	Kelli Arrivey	Newport
	3A	B-Long Jump	Ed Claxton	Juanita
	2A	G-PoleVault	Mike Miller	Inglemoor
	4A	G-Long Jump	Lezlie Smith	Woodinville
	4A	G-Discus	John Gurule	Skyline
SATURDAY, May 13			Official	Support School
12:00	3A	B-Discus	John Gurule	Mt SI
	4A	B-Pole Vault	James Gasaway	Bellevue
	4A	B-Triple Jump	Ed Claxton	Sammamish
	4A	G-Shot	Jory Hamilton	Eastlake
	2A	G-Javelin	Owen Bainter	Interlake
	4A	G-High Jump	Kelli Arrivey	Highline
	3A	G-Triple Jump	Steve Trachy	Evergreen / Tyee
2:00	2A	B-Discus	John Gurule	Foster
	3A	B-Pole Vault	Mike Miller	North Creek
	2A	B-Triple Jump	Ed Claxton	Lake WA
	3A	G-Shot	Cam Elisara	Redmond
	4A	G-Javelin	Shaq B-K	Newport
	2A	G-High Jump	Kelli Arrivey	Liberty
	4A	G-Triple Jump	Steve Trachy	Mercer Island
4:00	4A	B-Discus	John Gurule	Issaquah
	2A	B-Pole Vault	Mike Miller	Bothell
	3A	B-Triple Jump	Ed Claxton	Newport
	2A	G-Shot	Cam Elisara	Juanita
	3A	G-Javelin	Owen Bainter	Inglemoor
	3A	G-High Jump	Kelli Arrivey	Woodinville
	2A	G-Triple Jump	Steve Trachy	Skyline

SITE MAP



IMPLEMENT INSPECTION

All throwing implements must be certified by the Implement Inspector before warm-ups begin, regardless of if the implement(s) are to be used for warm-ups or competition.

Implements inspection will be performed in a designated space, starting **one hour prior to warm-ups**. Schools are encouraged to mark their implements in advance to reduce the check-in line (paint pen works best for shots, Sharpie is adequate for discus and javelins). Javelin throwers are encouraged to clean the dirt/mud off their javelin tips in advance.

The Implement Official will weigh, measure and inspect surfaces and/or grips of **all** implements. Only legal implements, as determined by the Implement Inspector, shall be allowed in warm-ups and competition. (***Rule 3-19-2, 6-2-10***)

Certified implements will be marked and delivered to the throwing areas in time for warm-ups. Disqualified implements will be impounded and held in the inspection area; they may be picked up after the end of the competition.

Shots certified for competition will be placed in a pool and may be thrown by any competitor. Discus and javelins

certified for competition will not be shared without permission from the school to which they belong. Only rubber-tipped javelins will be used.

There will be no throws warm-ups outside of the scheduled event warm-ups that are supervised by the head judge.

2023 Kingco Championships Events Schedule

2023 Combined 2A, 3A & 4A 2023 Kingco Championship Meet									
Coaches Meeting 1PM					Coaches Meeting 11AM				
FRIDAY, May 12					SATURDAY, May 13				
Field Events:					Field Events:				
2:00	4A	B-Shot**			12:00	3A	B-Discus		
	3A	B-Javelin				4A	B-Pole Vault		
	2A	B-High Jump				4A	B-Triple Jump		
	4A	B-Long Jump				4A	G-Shot		
	3A	G-PoleVault				2A	G-Javelin		
	2A	G-Long Jump				4A	G-High Jump		
	2A	G-Discus				3A	G-Triple Jump		
4:00	2A	B-Shot			2:00	2A	B-Discus		
	4A	B-Javelin**				3A	B-Pole Vault		
	3A	B-High Jump				2A	B-Triple Jump		
	2A	B-Long Jump				3A	G-Shot		
	4A	G-PoleVault				4A	G-Javelin		
	3A	G-Long Jump				2A	G-High Jump		
	3A	G-Discus				4A	G-Triple Jump		
6:00	3A	B-Shot			4:00	4A	B-Discus**		
	2A	B-Javelin				2A	B-Pole Vault		
	4A	B-High Jump				3A	B-Triple Jump		
	3A	B-Long Jump				2A	G-Shot		
	2A	G-PoleVault				3A	G-Javelin		
	4A	G-Long Jump				3A	G-High Jump		
	4A	G-Discus				2A	G-Triple Jump		
Track Events:					Track Events:				
4:00	2A, 3A, 4A	G-4X200			1:00	2A, 3A, 4A	B-4X100		
4:20	2A	B-1600			1:15	2A, 3A, 4A	G-4X100		
4:30	2A	G-1600			1:30	2A	B-3200		
4:50	2A, 3A, 4A	B-110 HH			1:45	2A	G-3200		
5:20	2A, 3A, 4A	G-100 HH			2:00	2A, 3A, 4A	B-300 IH		
5:50	3A	B-1600			2:30	2A, 3A, 4A	G-300 LH		
6:00	3A	G-1600			3:00	2A, 3A, 4A	B-800		
6:15	2A, 3A, 4A	B-100			3:30	2A, 3A, 4A	G-800		
6:35	2A, 3A, 4A	G-100			4:00	3A	B-3200		
6:55	4A	B-1600			4:15	3A	G-3200		
7:05	4A	G-1600			4:30	2A, 3A, 4A	B-200		
7:15	2A, 3A, 4A	B-400			4:55	2A, 3A, 4A	G-200		
7:45	2A, 3A, 4A	G-400			5:20	4A	B-3200		
					5:35	4A	G-3200		
					6:15	2A, 3A, 4A	B-4X400		
					6:30	2A, 3A, 4A	G-4X400		
*= Extra heat for Ambulatory Athlete									
**= Ambulatory Athlete added to first flight									

Kingco 2A/3A/4A Track & Field Championships

APPEAL / PROTEST 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 Manager. The Meet Manager will render a decision. The decision of the Meet Manager may be appealed to the Jury of Appeals.

Event: _____

NFHS Rule # _____

State the infraction _____

School: _____

Coach's Signature: _____

Kingco 2A/3A/4A Track & Field Championships

PASS LIST

School_____

(Print)

(Sign-in Signature)

Head Coach _____

Head Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Assistant Coach _____

Athletic Director _____

Principal_____

Assist. Principal_____

Superintendent_____

School Board_____

School Board_____

School Board_____

Event Helpers _____

Submit pass list to Gabe Gutierrez gutierrezg@tukwila.wednet.edu