

# STCU WEST COAST CHAMPIONSHIPS

THE  
FIFTH SEASON

20  
25



## PRELIMINARY MEET INFORMATION

**A Message from Title Sponsor, STCU** Welcome athletes to the 2025 STCU West Coast Championships. Unlike the big banks, STCU focuses on our members and your community, not just for profits. We would love to count you as a member, where you'll benefit from little to no fees, free financial education, and the satisfaction of being part of something great! Start now at [stcu.org/join](https://stcu.org/join).

**Dates** Competition: Saturday, February 22 - Sunday, February 23, 2025  
Practice: Saturday, February 22

**Location** The Podium Powered by STCU  
511 W Joe Albi Way  
Spokane, WA 99201

**Hotel Rates** Please see [HERE](#) for hotel rates for this meet weekend.

**Entries** Entries open on November 1, 2024 at 5 pm PST on AthleticNET.  
[REGISTER HERE](#)

Entries close on Wednesday, February 12, 2025 at 8 pm PST.

Entry into the 2025 STCU West Coast Championships is open to high school and middle school athletes only. Athletes must be currently enrolled in grades 6-12 and can compete unattached or for their club team. Unless athletes are from a state where indoor track & field is sanctioned, athletes are not permitted to compete under their school's name or wear school issued uniforms.

Please check with your State Associations to ensure eligibility requirements are met or maintained in regard to participation in this meet. Spokane Sports is not responsible for any eligibility issues that may arise.

**Registration** For help registering an unattached athlete on AthleticNET, click [HERE](#).

**Entry Fee** Entry fees are \$35 per athlete, plus an additional \$5 per event. All entry fees are due at the time of registration on AthleticNET before the close of entries.

**Entry Restrictions** Entries are limited to 4 events per athlete. Meet management reserves the right to limit entries per event in order to adhere to time schedule and maintain a manageable environment for competition. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed.

**Accepted Entries** Accepted entries will be announced by Monday, February 17 by 5:00pm PST.

**Heat Sheets** Heat sheets will be sent out and posted Wednesday, February 19.

**Jump Progressions** Jump Progressions and up-to-date logistics will be posted and sent out through AthleticNET the week of competition.

**Scratches** In order to provide the most competitive heats/sections, please notify Meet Director via email of any scratches as soon as possible. Please title the email SCRATCH: WEST COAST CHAMPIONSHIPS with name and event(s) that are being scratched.

**USATF Sanction & Membership** USATF Membership is encouraged but not required for participation. The 2025 STCU West Coast Championships meet is USATF sanctioned and will follow USATF rules. Sanction # 153865.

**Results** Timing and live results landing page will be available soon. Watch the event live on Runnerspace.

**Competition Schedule** A preliminary schedule has been posted. The time schedule will be revised based upon the entries received. The final schedule will be sent and posted on the [AthleticNET Meet Page](#) on Thursday, February 20.

**Athlete Entrance to The Podium** There will be a designated athlete/coaches entrance to The Podium. Please use main doors (located off Joe Albi Way) and look for signs when you arrive on site.

**Pre-Meet Practice at The Podium** The facility will be open for practice on Saturday, February 22 from 3:00pm-4:20pm.

**Pre-Meet Practice Rules and Regulations** Pre-Meet Practice is to serve as a shakeout/preview for the meet. This is not an opportunity to run club practices/workouts. Only individuals with coaches' bands and competing athletes will be permitted on competition floor during pre-meet practice hours. Athletes and coaches:

- Are not permitted to bring their own blocks, blocks are provided at the venue
- Must run in one direction on the track (standard/counter clockwise)
- Athletes are not permitted to have headphones on competition floor or in warm up areas
- Gear **MUST** be placed in team corrals or in cubbies in the athlete warm up area.
- If you are a pole vault athlete and planning to do any type of takeoffs during the practice window, it is **REQUIRED** that you have a coach present during practice.

**Pole Vault Drop** Access is off of N. Washington Ave, in the Cataldo Parking Lot, on the east side of The Podium. Please drop off all poles through Pole Vault Drop door. Poles will not be permitted to come in through the main entrance doors. Map coming soon. Poles can be dropped off on Saturday during pre-meet practice and Sunday beginning at 7:00am.

**Packet Pickup** Packet Pickup is located in the Multipurpose Room, the “STCU Shoebox” on the main level of The Podium. It will be split into two lines: unattached and team pick up. Please note that if your registration is under a team name, your bib will be with the team packets. You may pick up your individual packet or a coach will need to pick up for the team. Please follow signs for packet pick up once on-site.

Packet Pickup is open on:

- Saturday, February 22 from 3:00pm-7:30 pm
- Sunday, February 23 from 7:00am-11:00am

If you are unable to make it at the scheduled times, a number will be provided at packet pick up to call and someone will retrieve your packet for you. Please allow at least an additional 5 minutes if you are unable to make the listed packet pick up windows.

### **Coaches’ Wristbands**

**Team Coaches:** Coaches’ wristbands will be placed inside the boy’s team packet, depending on the total number of athletes registered (boys and girls combined). 1-3 athletes = 2 coaches, 4-6 athletes = 3 coaches, 7-9 athletes = 4 coaches, 10+ = 5 coaches.

**Unattached Coaches:** Coaches of unattached athletes **MUST** fill out a form [HERE](#) in order to be considered for a coaches’ wristband. All responses are due by **February 16 at 11:59 pm PST** and you will be notified of approval/denial by February 17. This is for active coaches of competing unattached athletes only and proof of coaching status will be verified through this form. Meet management reserves the right to approve or deny any application.

**Access to Athlete Level of The Podium**

Access to the Athlete Level of The Podium will be permitted only to those with a bib number or coaches' wristband. You will be asked to show bib number or wristband in order to access the athlete area. Headphones will not be permitted on the athlete level, as this is for your safety.

**Team Parking**

Team bus and van parking information coming soon!  
[Check out parking lots in close proximity to The Podium.](#)

**Medical**

Certified Athletic Trainers will be available for limited services. Acute and urgent care of injuries will be provided to visiting athletes. Ice available to athletes. AMR will also be provided on-site.

Trainers will be located in the medical room, and on the athlete level for the duration of the event. Teams opting to travel with their own medical team will have space on the competition floor.

**Warm Up Area**

Warm up area is located adjacent to the competition floor and is only accessible from the stairs or main elevator located by the entrance of The Podium. There will be no warm up on the competition floor once the meet has begun.

**If you are not actively warming up for your event, please stay out of the warm up area and follow the warm up area rules:**

- All bags need to be placed in cubbies. No bags will be allowed on the warm up track.
- Headphones are not permitted in the warm up area under any circumstances.
- Warm up lanes go one direction only, south to north.
- Warm up lanes are for actively warming up ONLY.
- Changing clothes in the warm up area is not permitted. There are plenty of restrooms available.
- Food & drink (besides water) are not permitted in the warm-up area.

**Team Camps**

Team camps will be located on the south side of the facility in team corrals and in bleachers across the east (back) wall. One corral per team. Main bleacher seating should be reserved for spectators. Athletes are encouraged to keep their gear/bags in team corrals or designated areas on the floor. Please no food and drink in team corrals. All food and drink (besides water) needs to be consumed on the concourse or in the spectator stands. Food or drink is not permitted on the competition floor under any circumstance.

**Implement Inspection**

Implement Inspection is located on the Athlete Level of The Podium. If possible, please check all implements in during the practice session on Saturday. Once checked in, implements will be impounded and

brought out to the pit at the event report time. All implements must meet all USATF rules and regulations. Only indoor shots will be permitted for practice and competition.

**Weight Throw:**

Girls – 20 lbs

Boys – 25 lbs

**Shot Put**

Girls – 4 kg

Boys – 12 lbs

**Spikes/Shoe  
Check**

Prior to check-in, all spikes or shoes must go through spike check, located outside of the clerking room. Only **1/4” Pyramid** spikes are allowed on all running and jumping surfaces. Spikes will be checked and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition floor or warm-up area.

- No permanent spike shoes allowed.
- No Needle Spikes or Christmas Tree Spikes allowed

**Running Events  
Check-In**

Clerking is located on the warm up level, on the north end of The Podium.

Athletes must check in at clerking **NO LATER THAN 30 minutes** before the start time of their event. Check in is advised 1 hour before your event is scheduled to begin. Upon check in, athletes must be wearing their bib and have their spikes checked. At clerking, your heat will be confirmed with you and you will be given a set of hip numbers to be placed on both hips and heart. Athletes will be asked to report to the clerking area 10 minutes prior to the start time of their race, race ready. Please listen for announcements on the overhead microphone in the athlete warm up area for directions to get lined up for your race. From there, each heat will be organized and brought out to the competition floor for the race.

All running events will have athletes marshaled out by heats or groups.

**Field Events  
Check-In**

Field events will check in at the clerk and be released to the competition site prior to the start of the event for warmups. Athletes in all field events may check in with the clerk, but not later than the following times before the scheduled start. Athletes will be escorted to the field of play at the report times listed below.

**Check In**

High Jump 65 minutes

Pole Vault 90 minutes

Horizontal Jumps\* & Throws 40 minutes

### **Horizontal Jumps\***

For horizontal jumps, please check in with the clerk no later than 40 minutes before the start of the event. Please listen in the warm up area for overhead announcements for your flight specific reporting time. Horizontal jumps will utilize a 20-minute flight specific warm up.

**Estimated report time to pit will be 30 minutes after the previous flight has begun. Again, please listen for overhead announcements in the athlete warm up space.**

### **Vertical Jumps**

Shall utilize a general warm up for all competitions. Upon check in at the advised time above, athletes will be released to the event site for general warm up.

**Estimated report time to pit will be 30 minutes after the previous flight has begun. Again, please listen for overhead announcements in the athlete warm up space.**

**Coaches' Boxes** Along the finish line, a long coaching box has been created to stretch the entirety of the straight for those actively coaching an event. Coaches must remain in designated coaches' box. The area between the coaches' boxes and the stands must be kept clear for athletes being marshalled to the track. Failure to do so will result in removal of a coach's band and the privilege to be on the competition level. With a large number of heats, this is to maintain the highest level of athlete safety. Coaches' areas will be clearly marked around the perimeter of the track for the field events. Coaches will not be permitted on the infield. Children are not permitted on the competition floor or in coaching boxes.

**Competition Area** The competition floor is for competing athletes only. The permitted persons on the competition floor are officials, medical, authorized coaches, meet management and competing athletes. When each race/flight is complete, athletes will be escorted off the competition floor into the warmup area.

**Entering & Exiting the Oval** Only competing student-athletes and track & field officials are allowed inside the oval. Medical personnel are allowed to enter in the event of an injury or illness to provide medical assistance.

**Running Event Policies** Running event order will be run with middle school first, followed by high school. Each division will run girls followed by boys. Heats will be run slow to fast, except the 200m and 400m which will run fast to slow.

**Lane Preference**

60/60H – 4-5-3-6-2-7-1-8

200/400 – 5-6-4-3-2-1

**Seeding**

**60M/60H** – Preliminary heats will be randomized seeding. Top 8 overall athletes will advance to finals. Finals will be seeded 4-5-3-6-2-7-1-8.

**200M Open**– Races will be run as a single-round timed-section final. **Entries will be seeded fast to slow.**

**200M Invite** – Top 24 verified entries will be accepted into the 200M Invite section. Races will be run as a single-round timed-section final. **Entries in the 200 Invite will be seeded fast to slow for entries in the 200M Invite, lane preferences 5-6-4-3.**

**400M** – Races will be run as a single-round timed-section final. Heats will be seeded fast to slow.

**800M** – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

**Open Mile** – Races will be run as a single-round timed-section final. Entries in the Open Mile will be seeded slow to fast.

**Mile Invite** – Top 12 verified entries will be accepted into the Mile Invite section. Races will be run as a single-round timed-section final for the Mile Invite section.

**3,000M** – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

**4x200M Relay** – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

**4x400M Relay** – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

**Long Jump/Triple Jump/Shot Put/Weight Throw** – Top 9 advance to finals. If there are less than 9 athletes in an event, they will proceed directly to finals.

**Prelims and Finals**

High school and middle school 60m hurdles and 60m will have prelims and finals. Top 8 advance to finals. All other events will be run as timed finals.

**Relay Teams**

All relay members must have matching uniforms. USATF Rule 170.25 states “All members of the relay team must be identifiable as team members...team members shall wear an identifying article such as an

identical singlet or shirt.” Batons will be provided or you may use your own. Please declare your final relay team at clerking when checking in for the event. Relay cards will be provided at packet pick up and at clerking.

**Relay Cards** All relay cards must be filled out and submitted at the time of check in at the clerk, no later than 30 minutes prior to the start of the event.

**Opening Heights** High Jump and Pole Vault opening heights will be determined once entries have closed. They will be uploaded on athletic.net.

**Horizontal Jump Boards** **Long Jump board** – 1 m (3 ft)  
**Triple Jump Boards**  
Girls – 11 m (36 ft), 8.5 m (28ft)  
Boys - 11 m (36 ft), 9.75 m (32 ft)

**Runway Marks** White athletic tape is the only mark permitted for use on runways.

**Hurdle Heights** Girls – 33” Boys – 39”

**False Starts** Per USATF rules, one false start disqualifies the person who committed the offense.

**Awards** Top 3 finishers in each event category will receive a medal. Top 3 will be escorted from finals to receive their medal. Please listen on the PA for top 3 announcements by event.

**Merchandise** Event merchandise will be sold on-site.

**Athlete Food & Drink Policies** Athletes are permitted to bring in snacks and water for competition inside their backpacks/bags. Outside catered meals and drink are not permitted in the facility.

Food or drink (besides water) is not permitted in team camp areas, the warm up area, or on the competition floor. Please help do your part to keep the track surface clean.

All efforts have been made to provide healthy snacks for purchase at The Podium. Please note that all concessions are cashless; all major credit cards, Apple Pay, and Google Pay are accepted.

**Media Policy**

Media inquiries, including team sports information directors and photographers, must fill out [Media Request Form](#). Questions should be directed to Keith Webber ([keith@spokanesports.org](mailto:keith@spokanesports.org))



Photography and videography by Spokane Sports and The Podium Powered by STCU will occur throughout the event. By participating, you consent to the use of your image for marketing and promotional efforts.

## **Spectator Admission**

### **TICKETS**

All tickets are general admission and first come first serve. Tickets are available for purchase online or at The Podium ticket window located outside of The Podium outside main spectator entrance. Senior, student and police/military/fire special pricing available at ticket window only.

### **CLEAR BAG POLICY FOR SPECTATORS**

Guests may carry one clear plastic or vinyl bag no larger than 14" x 14" x 6". One gallon clear plastic zip-top bags or small clutch bags no larger than 4.5" x 6.5" are also permitted. Backpacks and purses larger than 4.5" x 6.5" are not permitted. Exceptions will be made for medically necessary items or single compartment diaper bags (child must be present).

The Clear Bag Policy does not apply to Athletes/Coaches.

### **OUTSIDE FOOD & DRINK POLICY**

Outside food and drink is prohibited at The Podium. Spectators are permitted to bring in water.

### **PROHIBITED ITEMS**

Please look [HERE](#) for full list of prohibited items at The Podium. Please be sure to note if you have a stroller, this prohibited inside the facility.

### **PARKING**

Advised spectator parking is in [LOT C](#). Please note that this is a paid lot, make sure to pay parking fee at the entrance if staffed or at the kiosk if it is not staffed.

## **Meet Logistics**

Meet specific and up to date logistics will be sent directly to competing teams/athletes the week of competition. For additional information/scratches contact the Meet Director, Anna Alsept, at [anna@spokanesports.org](mailto:anna@spokanesports.org).