NORTH PUGET SOUND LEAGUE

TRACK & FIELD

MAY 14 & 16, 2025

3A, 4A – French Field, Kent, WA

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Kent School District
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This packet contains General Information for Coaches and Athletes.

FRENCH FIELD – Kent-Meridian High School Campus
10020 SE 256th Street

DIRECTIONS TO FRENCH FIELD
Driving south on I-5: To WA-181 S in Tukwila.

- Use the 2nd from the left lane to take exit 154A for I-405 N toward Renton
- Continue onto I-405 N
- Take exit 1 toward WA-181 S
- Turn right onto WA-181 S
- Continue onto West Valley Hwy S – continue on WA-181 S
- Use the left 2 lanes to turn left onto E Smith Street
- Continue onto WA-516 E/Canyon Drive
- Kent-Meridian High School will be on your left at the top of the hill

Driving north on I-5:

- Take exit 142A to merge onto WA-18 E toward Auburn
- Take the exit onto WA-167 N toward Kent/Renton
- Take the WA-516/Willis Street exit toward Des Moines
- Turn right onto Willis Street
- At the traffic circle, take the 2nd exit onto Willis St
- Use the middle lane to turn left onto Central Ave S
- Turn right onto E Smith Street
- Continue onto WA-516 E/Canyon Drive
- Kent-Meridian High School will be on your left at the top of the hill

PARKING/BUS PARKING
There is a parking located north of the stadium at Federal Way HS's NW Upper Bus Loop parking lot. Additionally, we offer limited space in the in the SW visitor parking lot and plenty of street parking. Please leave NO items of value in your car, i.e. wallets, purses, cameras, radios, phones, etc.

STADIUM INFORMATION
Stadium gates will be open Wednesday, May 14th and Friday, May 16th at 1:00 PM.

DIGITAL TICKETING
Daily ticket costs: All ticketing will be done through GoFan. Adults and Students w/o ASB $8.00; Students w/ASB $5.00; Military w/ ID $5.00; Children 5-12 $2.00; Senior Citizens $2.00; and Children birth-4 years are FREE. **NO CASH SALES!**

PASS LIST
Please email a copy of your FinalForms pass list to Chris Kunzelman, chris.kunzelman@kent.k12.wa.us **NO LATER THAN Tuesday, May 13th at 9:00 AM.** Anyone not listed on your team's pass list will be required to purchase a ticket through GoFan.

DRONES/ "UAV" POLICY
The use of unmanned aerial vehicles (UAB0, also known as drones, is prohibited for any purpose by any persons at NPSL tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

COACHES INFORMATION
Contestants are to enter the stadium complex utilizing the team gate at SW Visitor Entrance and the SE Team Ramp Gate at the stadium. Team packets will be available at this location. Teams/Coaches will not be allowed entry until wrist bands and/or athlete bibs are in place. Coaches will be expected to pick up their packets and manage their team's entry to the meet. Meet management will not be responsible for providing this service.

COACHES MEETING
Virtual Coaches Meeting - **Monday, May 12th at 7:00 p.m. via Zoom.**
(ALL teams with qualified athletes must have a representative in attendance.)

WARM-UP AREA
Open warm-up areas will be set up on the Federal Way HS baseball field north of the stadium behind the scoreboard – with gate access. Athletes will be allowed to warm-up in the flagged off area on the infield (after checking in at the clerk's tent). Athletes may warmup on the track/backstretch when not in use.–Athletes warming up on the track or infield are not to congregate in the areas of the of clerking, the finish area or field events.

CLERKING AREA
The staging area (clerk's tent) will be located on the south side of the facility directly in front of the locker rooms and stadium office.

EVENT CALLS
No event calls will be made – the meet schedule will be strictly followed, and events will not be contested ahead of the scheduled time. Athletes should check in at clerking well in advance of their events for instructions.

THOSE NOT COMPETING
If teams/coaches choose to sit in the stands as the competition is taking place, we ask that you please sit on the visitor side of the stadium or, South of the 50-yard line on the home side of the stadium.

TRACK/FIELD ACCESS
Coaches will not be allowed on the track or field during the meet. Participants and officials only. The only exception is for coaches with passes to designated coaching boxes adjacent to the field events on the infield. Team managers need to remain in the stands.

IMPORTANT: ***Coaches and athletes are warned that being out of the stands, running alongside competing athletes shouting instructions and encouragement is a violation of the pacing rule (NFHS 4-6-5) and will not be permitted. Competing athletes or relay teams will be disqualified if this violation occurs (NFHS Case book page 39 Situations F-J).***

ATHLETE ELECTRONICS
NO ATHLETE electronics will be allowed in the competition area (inside the fence around the track or in the athlete areas of the field events) in compliance with WIAA Qualifying meet guidelines and NFHS Rule 3-2.
Only credentialed photographers and coaches will be allowed to photograph or video inside the competition area. Athletes and coaches wishing to view competition video during **ACTIVE** competition will be required to move to a designated coaching box or leave the competition area. **NO ATHLETE may delay the progression of the meet** by viewing video. Excuse time will NOT be granted to an athlete so they may leave the competition area to view video. If an athlete misses their attempt by leaving the area to view video, they will receive a TIME FOUL and will NOT be granted an opportunity to make up for the missed attempt.

UNSPORTING CONDUCT AND UNACCEPTABLE BEHAVIOR
Failure to comply with NFHS rule 4-6-2 will result in disqualification from the event.

EXCUSE TIME FOR ANOTHER EVENT
The excuse time established for the meet will be 10 minutes for all events.

SPIKES / STARTING BLOCKS / BATONS / VENUE



- **Spikes:** Maximum spike length is ¼". Pin spikes (also called needle spikes) of any length are not allowed. Spikes will be checked at the event areas.
- **Starting Blocks:** Starting blocks in good working condition will be provided. NO personal or team starting blocks will be allowed, and no "block holders" will be allowed. Competing athletes must be able to set their blocks without assistance (with the exception of Ambulatory or Unified Competitors) or having another athlete "hold" them.
- **Batons:** Relay batons will be provided by meet management for all relays competed.
- **Venue:** Federal Way Memorial Field has an all-weather, 8-lane, metric track. Water only on the infield – no soda or any other sugar-based drinks will be allowed on the field.

UNIFORM COMPLIANCE

Uniform Rule (NFHS 4-3-1): It is the individual competitor and relay teams' responsibility to compete in the proper uniform. Failure to comply with the spirit and intent of this rule could cause a competitor or relay team to be disqualified from an event. **No competition will be allowed in sweats** or uniforms from other school sports. Uniforms shall consist of tops & bottoms that are either school issued or school approved as a competition uniform, which may include school name, school nickname, and/or school logo.

A single manufacture's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top. Bottoms may have one 2 ¼ square inch logo and may have manufacturer name/logo on the waist band.

Any visible garment(s) worn **underneath** the uniform top and/or bottom is considered a foundation (under) garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

All relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all out garments worn as a uniform, that members are from the same team.

By NFHS rule 4-3-3, no athlete may remove their uniform in the competition area.

PARTICIPATION LIMITATIONS

A contestant shall not enter nor compete in more than four (4) events. Any number of these may be relays.

VIDEO SCREEN AND REPLAYS

Per NFHS Track and Field rules, video 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 AND TRAINERS

Any athlete who requires a medical accommodation (medication patch, diabetic pump, joint brace, atomizer, etc.) during competition will need to have a medical documentation letter provided to the Meet Director, Chris Kunzelman, **prior to the start of competition on Wednesday, May 14th**. Use of KT tape does not require medical documentation.

Certified athletic trainers and staff will be on hand during the meet by Olympic Sport and Spine.

COMPETITION INFORMATION

The National Federation of High Schools (NFHS) rules will govern the running of the meet.

ALLOCATIONS
Allocations to the meet will be made in accordance with the NPSL guidelines – top 16 times/marks in all individual running and/or field events, and 1 relay team per school per relay event.

ADVANCEMENT
3A: The top 7 times from all running events and the top 7 marks from all field events will advance to the WCD3/SWD4 Bi-District Qualifying meet. All running events will be contested as a "timed final". Any athlete who meets or exceeds the WCD3 automatic qualifying standards (WCDAutoQualStandards2025) will be allowed to compete at the WCD3/SWD4 Bi-District Qualifying meet.

4A: The top 6 times from all running events and the top 6 marks from all field events will advance to the WCD3/SWD4 Bi-District Qualifying meet. All running events will be contested as a "timed final". Any athlete who meets or exceeds the WCD3 automatic qualifying standards (WCDAutoQualStandards2025) will be allowed to compete at the WCD3/SWD4 Bi-District Qualifying meet.

SCRATCH DEADLINE
All scratches must be emailed to the Meet Director – Chris Kunzelman (chris.kunzelman@kent.k12.wa.us) - **by 10:00 a.m. on Tuesday, May 13, 2025.** If the athlete is not scratched, the athlete must compete, the honest effort rule will be enforced. The meet director will email the scratching coach and the alternate's coach and will expect written/email confirmation of the addition. If that athlete does not want to compete, then notification will be made to the second alternate. **Any competitor who scratches after the 10:00 a.m. deadline on Tuesday will be scratched from all of his/her events to include relay participation as an alternate.**

SEEDING FOR RUNNING EVENTS
The 16 entries will be determined through online entry submissions based on the top 16 marks recorded during the regular season.
Lane Running Events
- There will be 2 heats of 8 with the "hot" heat being heat 2. We will utilize standard seeding rules for lane events to establish even heats as best as possible.
- For the 800M run, the 2 heats will be seeded by time in preferred lanes 4/5; 3/6; 7/8; 2/1 with the "hot" heat being heat 2. If there are extra qualifiers, the numbers in the heats will be increased to accommodate said qualifiers keeping the numbers in each heat balanced as evenly as possible.
- For the 4x200M relay, the fastest time in each heat will be in lane 1 and the balance of the heat will be seeded inside-out from there with the slowest seed in lane 8.
- For each event there will be only 1 race contested, and it will be run as a timed final.

Distance Events
- The distance races, 1600M and 3200M, will utilize alleys for the first turn (100M).
- Alley 1 will use the waterfall start for lanes 1-8 with approximately 2/3 of the contestants. Alley 2 will use a waterfall start for lanes 5-8 on the one turn stagger for approximately 1/3 of the contestants.
- For both the 1600m and the 3200m, Alley 1 will hold the 8-21 qualifiers with position determined by lot, and Alley 2 will hold the 1-7 qualifiers with positions determined by draw.

Running Event Instructions
The area of competition for all running events is anywhere on the track or the infield inside the fence surrounding the track.
- Races will be timed using a Finish Lynx FAT System and results recorded utilizing HyTek Meet Management software. Post meet results will be posted by meet management directly to athletic.net.
- 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 the line clerk for final check-in and instructions. The event's start will NOT be delayed for any athlete who reports late.
- Runners will be escorted to the starting line by the line clerk and placed in their proper lane assignments.
- Runners, at the end of each race, are to stay in their lanes until they are dismissed.
- The 400M race will be run in lanes the entire distance, compensated by the appropriate 2-turn stagger.
- The 800M run will be staggered for 1-turn and the contestants may break for the pole as they enter the straightaway at the end of the first turn. Cones will identify the break line.
- The 1600M and 3200M will be run utilizing 2 alleys on the Olympic Arc.
- The 3-turn stagger will be used for the 4x200M Relay. All runners and exchanges in the 4x200M Relay must stay in their lanes except the last runner who may cut in after receiving the baton, provided there is room to cut in safely.
- The 3-turn stagger will be used for the 4x400M Relay. The first runner must stay in their lane for the entire 400M. The second runner must stay in their lane for 1-turn or 100M. Cones will mark the break line where the second runners may cut in, provided there is room to cut safely.
- Relay team members may place up to 2 marks on the track within their assigned lane.

Throwing and Horizontal Event Instructions

The area of competition for all throwing events is anywhere inside the fenced area surrounding the throwing venues. The area of competition for the horizontal events is anywhere on the track or the infield inside the fence surrounding the track and inside the fenced area of the throwing venues.
- All throwing and horizontal events will be measured in feet and inches.
    - Horizontal jumps will be rounded down to the next closest ¼".
    - Shot Put will be rounded down to the next closest ¼".
    - Discus and Javelin will be rounded down to the next closest 1".
- No extra practice will be allowed in unused event areas before or after an event. Athletes who violate may be disqualified from the event or the remainder of the meet.
- Field event competition in prelims (shot put, discus, javelin, long jump, and triple jump) will be competed in 2 flights of 8 athletes. If additional qualifiers are identified, we will shift or adjust flights according to approved seeding. The **top 9 marks** will move into the finals.
- During the preliminary competition, each athlete will have 3 trials. Qualifying athletes will have 3 more trials in the finals. The athletes will compete in reverse qualifying order for the finals.
- In all field events competitors have 1-minute to being their attempt at a trial or pass. The athletes must announce his/her intention to pass when called "up". After 1-minute an unsuccessful attempt is charged.
- Athletes must check-in with the head official at the event before the event begins. Coaches or teammates will NOT be allowed to check athletes in – ONLY athletes competing may check-in with the official. Athletes checking in after the event has begun will not be allowed to compete.
- All field event areas will be open for warm-up approximately 45-minutes prior to the start of the event, under the supervision of the head official. The warm-ups will end 15-minutes before the event starts. The head official will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed 2 additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups. Competitors must be present at the end of the previous flight, or they risk missing their warm-ups.
- If athletes check out for another event, they must check out with the head official and tell the officials which event they are leaving for. The excuse time established for the meet will be 10-minutes for discus, shot put, javelin, long jump, triple jump, high jump, or pole vault. The athlete must notify the head official when they return. In some cases, successive attempts in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official at the time, he/she is called "up" for an attempt.
- When room is available, an athlete that will need to be excused from and 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 flight.

- 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 check -in with the clerks in the clerking area prior to the beginning of the field events for which he/she wishes to be excused.
- All ties in the finals in throwing events and horizontal jumps will be broken by the second-best trial and so on.

Vertical Event Instructions

The area of competition for the horizontal events is anywhere on the track or the infield inside the fence surrounding the track.

- All vertical jumps will be measured in feet and inches.
- All field event areas will be open for warm-up approximately 45-minutes (60-minutes for Pole Vault) prior to the start of the event, under the supervision of the head official. The warm-ups will end 15-minutes before the event starts. The head official will then give instructions to all competitors.
- In all field events competitors have 1-minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass when called "up". After 1-minute an unsuccessful attempt is charged.
- The NFHS rule about passing shall apply. If competitors have passed 3 consecutive heights for the high jump, they may have one warm-up jump without the cross bar in place. If competitors have passed 3 consecutive heights in the pole vault, there will be 2-minutes per competitor entering, to warm-up without the cross bar in place.
- Two marks are allowed on the approach apron for the high jump, and two marks are allowed outside the runway for the pole vault. All marks must be approved by the head official.
- If an athlete competing in the vertical jumps checks out to compete in an event on the track, the athlete will re-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-inch intervals until 4 contestants remain. Thereafter, the bar will be moved up in 1-inch intervals, until one contestant remains.
- In the pole vault, the cross bar will be raised in 6-inch intervals until half (8) of the contestants remain. Thereafter, the cross bar will be raised in 3-inch intervals, until one contestant remains.
- Pole vault poles will be inspected and certified at the pole vault venue by the head official. 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. The pole may be picked up after the event is 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.
- If there is a tie for the final qualifying spot (5th place) to the WCD3/SWD 4 meet for the vertical jump events, a jump-off will take place at the end of the event.
- There will be a designated coach's box near the pole vault. Coaches are reminded that they must stay inside the coaching box during the warm-up and competition. Competitors may come over to the coaches' box to talk with their coach. Coaches may **NOT** spot for their athletes. <u>NO managers or non-competing athletes are allowed in the coaches' box or in the competition area.</u>

PARA / WHEELCHAIR / UNIFIED COMPETITION

Ambulatory Throws

Para athletes compete alongside able-bodied athletes in their respective division (3A/4A). The throwing order for each attempt is: para-athletes followed by able-bodied athletes. Para athletes get three throws in flight one (which serves as their preliminary attempts) and three throws in flight two (which serves as their final attempts). Only able-bodied athletes compete in the finals flight.

Wheelchair Throws
Wheelchair throws events are listed on the schedule. Athletes will throw from the South-West end of the football field onto the field turf. Each athlete takes 6 throws in succession.

Ambulatory/Wheelchair Track Events
Ambulatory and Wheelchair track events are listed on the schedule.

Unified Track Events
Unified Athletes, those with intellectual disabilities and Unified Partners, those without intellectual disabilities will have the opportunity to participate in Co-Ed Unified Relays – 4 x 100MR and Sprint Medley Relay (100-100-200-400).