SPOKANE HS INVITATIONAL

PRELIMINARY MEET INFORMATION

Competition Dates

January 22-24, 2027

Location

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

Important Dates

Entries Open: November 18 at 12pm PST
Entries Close: January 17 at 8pm PST
Accepted Entries: January 18
Heat Sheets: January 20 **all sections of the 200m will be seeded on Saturday, January 24 (more information below)*

Entries

Entry into the 2027 Spokane High School Invitational is open to high school athletes currently enrolled in 9th-12th grade and can compete unattached or for their club team. Participants are responsible for knowing their state's association competition restrictions. Meet Management is not responsible for issues with athlete eligibility that could be incurred by entering or competing in this meet.

Entry Fee: $40 per athlete for the first event, and an additional $10 per event
All fees are due at the time of registration before the close of entries.

Restrictions: Entries are limited to 4 events per athlete. Meet management reserves the right to limit entries per event to adhere to a manageable time schedule and to select which entries will be accepted.

Divisions

There will be invite and open sections of each event, except the 5000m. Standards will be posted on athletic.net and those who have achieved marks or times within in the 2025/2026 indoor track and field season, 2026 outdoor track and field season, or 2026/2027 indoor season will qualify based on standard marks required by section.

USATF Sanction & Membership

USATF Membership is encouraged but not required for participation. The 2027 Spokane High School Invitational meet is USATF sanctioned and will follow USATF rules

Competition Schedule

Please always refer to the schedule located in 'Download Meet Files' on the athletic.net page. The time schedule will be revised based upon the entries received. The final schedule will be sent and posted on Wednesday, January 20.

Scratches

Please notify Meet Director via email of any scratches as soon as possible. Please title the email SCRATCH: SPOKANE HS INVITE with name and event(s) that are being scratched.

Coaches' Wristbands

Team Coaches: Coaches' wristbands will be placed inside the team packet, based 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 Athlete Coaches: Coaches of unattached athletes MUST fill out a form in order to be considered for a coaches wristband. There is one form for the whole season. To be considered for the event, responses are due by **Wednesday, January 20 at 11:59PM PST** and you will be notified of approval/denial no later than January 21.

This is for *active coaches* of competing unattached athletes only and proof of coaching status for will be verified through this link. Examples of approved coaches verification would be a link to a website listing you as a coach or uploading a copy of a coaches certification. Meet Management reserves the right to approve or deny any application.

UNATTACHED ATHLETE COACHES FORM

Pre-Meet Practice Rules and Regulations

Friday, January 22

- 12:00pm–4:00pm (oval) 12:00pm–3:15pm (inside oval),
- ~30 minutes following the conclusion of competition

Saturday, January 23

- 7:30am–8:45am (oval only)
- ~30 minutes following the conclusion of competition

Sunday, January 24

- 7:30am–8:45am (oval only)

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
- 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
- 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.

Spike check will be open during practice hours on Friday. Highly encouraged to go through spike check during this time to avoid lines on Saturday.

Packet Pickup

Packet Pickup is located in 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.
Packet Pickup is open on:

- Friday from 12:00pm-6:00 pm
- Saturday from 7:30am-1 pm
- Sunday from 7:30am-11am

If you arrive after packet pickup is closed, there will be a phone number to call to assist with your packet.

Athlete Entrance to The Podium

Please use main doors (located off Joe Albi Way) and look for signs when you arrive on site.

Pole Vault Drop

Access is off of N. Washington Ave, in the Cataldo Parking Lot, on the east side of The Podium. Poles will not be permitted to come in through the main entrance doors. Poles can be dropped off on Friday during pre-meet practice and Saturday beginning at 7:15am. There will be a phone number posted on the door, please call when you arrive for access.

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.

Team Parking

Suggested team bus and van parking is located in LOT C. This is a paid lot, be sure to pay fee at the kiosk to avoid parking tickets.

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. Shriners will be on-site providing pre-meet taping and icing services.
Trainers will be located in the medical room, and 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. Bags will not 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.
- 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. One corral per team. Food or drink (besides water) is not permitted on the competition floor under any circumstance. Food may be consumed in the bleachers or on the concourse.

Implement Inspection

Implement Inspection is located in the Athlete Zone of The Podium. If possible, please check all implements in during the practice session on Friday. 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

Spike check will be available during pre-meet practice times. Please utilize spike check during this time to reduce long waits once competition begins.

Running Events Check-In

Clerking is located in the Athlete Zone. 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.

Before heading to clerking, please scan the QR code, found posted in the Athlete Zone, and check your heat number, you will be asked for it at check in. Upon check in, athletes must be wearing their bib and have their spikes checked. At clerking, heat will be confirmed with the athlete and they will be given their hip numbers. 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 released to the field of play at the report times listed below.

Check In

High Jump	40 minutes
Pole Vault	60 minutes
Horizontal Jumps* & Throws	30 minutes

Horizontal Jumps*

For horizontal jumps, please check in with the clerk no later than 30 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.

Coaches' Boxes

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.

Running Event Policies

Running event order will be girls followed by boys.
Heats will be run slow to fast, except the 200m, 300m and 400m which will run fast to slow.

Standards

Please refer to the attachment 'Event Standards' located in the 'Download Meet Files'.

Lane Preference

60/60H – 4-5-3-6-2-7-1-8 200/400 – 5-6-4-3-2-1

Seeding

All athletes with verified entry times that meet the Invite section standard will be accepted into the Invite section for that event. Seeding information below applies to Invite and Open sections.

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 - Races will be run as a single-round timed-section final. Races will be seeded fast to slow. To ensure the best competition for athletes, we will be seeding all levels of the 200m after check in on event day. All athletes competing in these events must check in to the clerk to declare their intent to compete at least 60 minutes prior to the start of the event. Athletes who do not check in during this window will be scratched. The event will be seeded based on the final confirmed list of runners.
Heat and lane assignments will be determined 30 minutes prior to the start of each event and published on the live results page at that time. Once posted, all confirmed athletes must return to clerking to receive their hip numbers no later than 10 minutes prior to their scheduled race start.

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.

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

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

5,000M – Races will be run as a single-round timed-section final.

4x200M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast. The relay will be conducted with a three-turn stagger

4x400M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast. The relay will be conducted with a two-turn stagger.

Mixed 4x400M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast. The relay will be conducted with a two-turn stagger. The relay must be run in the following order – Boy, Girl, Boy, Girl.

4x800M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast. The relay will be conducted using a two-turn ally.

Long Jump/Triple Jump/Shot Put/Weight Throw – Top 8 advance to 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.” Please try and match all bottoms for all members of a relay.
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

clerking. Incomplete teams will not be permitted to run. **Unattached relay teams will not be permitted.**

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.

Horizontal Jump Boards

Long Jump Board – 1 m (3 ft)

Triple Jump Boards
Girls – 11m (36 ft), 8.5m (28ft)
Boys - 11m (36 ft), 9.75m (32 ft)

Runway Marks

White athletic tape is the only mark permitted for use on runways unless given marker by event officials.

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.

Merchandise

Event merchandise will be sold on-site by Fine Designs located on the concourse on Friday during practice and packet pickup as well as all day Saturday.

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 is not permitted in team camp areas 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 Media policies can be found HERE. Questions should be directed to Jess Kennedy (jess@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.