

CBBN /GSL 3A/4A REGIONAL TRACK & FIELD CHAMPIONSHIPS STANDARD OPERATING PROCEDURES

TOURNAMENT GENERAL INFORMATION:

- DATE:** The CBBN /GSL 4A/3A Regional Track & Field Championships will be held on the Friday and Saturday prior to the State Track & Field Championships. In 2010 the Regional meet will be held on May 21st and 22nd.
- SITE ROTATION:** The Regional Meet will rotate between sites in the Columbia Basin Big Nine League and the Greater Spokane League on a yearly basis. In even-numbered years the meet will be hosted by the CBBN; the GSL in odd-numbered years. In 2010 the Regional meet will be hosted by Eisenhower High School in Yakima.
- INCOME DISTRIBUTION:** The host league will be responsible for all finances and keep the profit.
- INFORMATION PACKETS:** The Meet Director will provide passes for supervisors/coaches, numbers for athletes, and district results to each school at the meet site. Results of the district meet, seeding for the Regional meet, and Regional results will be posted on the Internet. The 10 passes provided to each school are to be used by coaches, managers, trainers and supervisors. Athletes must wear their numbers to pass through the gates or to enter the infield for competition. Participant numbers must be worn on the front of the participant's uniform during competition; pole vaulters may wear their number on the back. Failure to wear participant numbers during competition could result in disqualification. Supervisors/coaches must have their ribbons/pass visible to enter the computer area for results or to pass through the entrance gate. School busses must park in the designated areas. Teams must enter the facilities through the designated gate(s). A map of the facilities should be distributed to each team. Questions about the Regional facilities should be directed to the Meet Manager. The meet manager for 2010 is James Thomas and he can be reached at 509-961-0943 or by email at James@SunfairRun.com.
- ADMISSIONS:** The CBBN and the GSL will jointly determine admission prices. They should be the same as those charged at other Regional competitions.
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|----------------|--------|
| SINGLE DAY | |
| Adult | \$6.00 |
| Student/Senior | \$4.00 |
- SCORING & AWARDS:** Eight places will be awarded in the regional meet. Scoring will be 10-8-6-5-4-3-2-1. There will be an awards stand and an awards presentation. Awards will be presented as soon as official results for each event are determined. Athletes need to report to the infield for awards as announced. Medals will be awarded to all State qualifiers. 3A/4A participants will receive medals for 1st through 4th places and ribbons for the next 4 places. A first place plaque will be given to each winning boys and girls team. Official results will be available at the end of each session.
- COACHES MEETING:** A coaches meeting will be held one hour prior to the start of the Field events on Friday. For 2010 the coaches meeting will be held at 2:15 p.m. at the finish line.

TOURNAMENT RULES:

- GAMES COMMITTEE:** A Games Committee of 5 knowledgeable track persons representing the GSL and CBBN shall be appointed by the meet manager, to assist the manager as needed, and to arbitrate and resolve all disputes. The track and field coordinator (or their designee) will be included from each league. **DECISIONS OF THE GAMES COMMITTEE ARE FINAL, AND CANNOT BE CHANGED BY SUBSEQUENT APPEAL TO THE WIAA UNLESS IT CAN BE SHOWN THAT A DECISION IS IN VIOLATION OF WIAA OR NATIONAL FEDERATION RULES.** Coaches must remind their athletes to remain in the stands except when competing. Coaches are not permitted on the field once the meet begins. The rules permit coaches to make protests and direct questions to the Meet Manager. Videotaping is allowed but can NOT be used as a coaching aid by either coaches or parents or to review the decisions of event judges.

- MEDICAL FACILITIES:** Trainers will be on site. Medical assistance will be on the infield near the finish line. Water will be available on site.
- EVENT JUDGES:** All starting-line, finish-line, and event officials and workers are to be adults who are experienced or have been trained in their specific duties and responsibilities. At no time should high school-age workers be given duties or responsibilities related to determining contestant performance. There should be a minimum of 4 adults in each exchange zone for all relays. Timers will time a place not a lane.
- UNIFORMS:** Contestants must wear only school issued jerseys and shorts. National Federation and WIAA rules pertaining to uniforms will be enforced. No other apparel will be permitted. If any member of a relay team wears a body suit, all members of that relay team shall wear body suits of the same color. No jewelry will be allowed and may be grounds for disqualification. The Games Committee will rule on any questionable items. Quarter-inch pyramid spikes must be worn on the track, if spikes are worn.
- MARSHALING AREA:** Teams and/or individuals must report prior to running events to the marshaling area where the clerk of the course is located. The marshaling area will be located in the infield near the start line for each event.
- F.A.T. TIMING:** A Fully Automatic Timing system will be in use during the meet and the marks recorded will be the official times for athletes advancing from the Regional meet to the State meet. Qualifying state standards, listed each year in the coaches meet information packet, can only be made during the finals. ??? The Eisenhower F.A.T. Crew will be using 2 separate FinishLynx systems for timing of the running events.
- LANE ASSIGNMENTS:** Lane assignments will be made from the results of the two District track meets:
 4A: (Odd years) CBBN 10 and GSL 6 entries. Relays: CBBN 6 and GSL 2 entries.
 (Even years) CBBN 11 and GSL 5 entries. Relays: CBBN 5 and GSL 3 entries.
 3A: GSL 8 and CBBN 4 entries. Relays: GSL 4 and CBBN 2 entries.
 Seeding into running events will be by order of finish at the district meets. Relay teams of 4 to 6 members must be the same as those identified for the district meets. District Meet Directors should include each school's list of relay team members to the Regional Meet Manager along with the District Meet results. Lanes 1-8 or 2-9 will be used as the site will allow. Eisenhower will be using lanes 1-8 for 4A and 2-7 for 3A. Following is the seeding schedule for the Regional meet:
- 4A Boys/Girls High Hurdles, Boys/Girls 400 Meter Dash, Boys/Girls 800 Meter Run:**
 Heat 1: Lane 4-CBBN Seed #1, Lane 5- CBBN Seed #3, Lane 3-GSL Seed #2, Lane 6-GSL Seed #3,
 Lane 2- CBBN Seed #6, Lane 7- CBBN Seed # 8, Lane 1- CBBN Seed # 9,
 Lane 8- CBBN Seed #11/GSL Seed #6
 Heat 2: Lane 4-GSL Seed #1, Lane 5- CBBN Seed #2, Lane 3 CBBN Seed #4, Lane 6- CBBN Seed #5,
 Lane 2- CBBN Seed #7, Lane 7-GSL Seed #4, Lane 1-GSL Seed #5, Lane 8- CBBN Seed #10
- 3A: Boys/Girls High Hurdles, B/G 400 Meter Dash, B/G 800 Meter Run:**
 Heat 1: Lane 4-GSL Seed #1, Lane 5-GSL Seed #3, Lane 3- CBBN Seed #2, Lane 6- CBBN Seed #3,
 Lane 2-GSL Seed #6, Lane 7-GSL Seed # 8
 Heat 2: Lane 4- CBBN Seed #1, Lane 5-GSL Seed #2, Lane 3-GSL Seed #4, Lane 6-GSL Seed #5,
 Lane 2-GSL Seed #7, Lane 7- CBBN Seed #4,
- 4A Boys/Girls 100 Meter Dash, Boys/Girls 300 Meter Hurdles, Boys/Girls 200 Meter Dash**
 Heat 1: Lane 4-GSL Seed #1, Lane 5- CBBN Seed #2, Lane 3 CBBN Seed #4, Lane 6- CBBN Seed #5,
 Lane 2- CBBN Seed #7, Lane 7-GSL Seed #4, Lane 1-GSL Seed #5, Lane 8- CBBN Seed #10
 Heat 2: Lane 4- CBBN Seed #1, Lane 5- CBBN Seed #3, Lane 3-GSL Seed #2, Lane 6-GSL Seed #3,
 Lane 2- CBBN Seed #6, Lane 7- CBBN Seed # 8, Lane 1- CBBN Seed # 9,
 Lane 8- CBBN Seed #11/GSL Seed #6
- 3A: Boys/Girls 100 Meter Dash, B/G 300 Meter Hurdles, B/G 200 Meter Dash**
 Heat 1: Lane 4- CBBN Seed #1, Lane 5-GSL Seed #2, Lane 3 GSL Seed #4, Lane 6-GSL Seed #5,
 Lane 2- GSL Seed #7, Lane 7- CBBN Seed #4,
 Heat 2: Lane 4-GSL Seed #1, Lane 5-GSL Seed #3, Lane 3- CBBN Seed #2, Lane 6- CBBN Seed #3,
 Lane 2-GSL Seed #6, Lane 7-GSL Seed # 8

4A: Boys/Girls 3200

#1- CBBN Seed #1, #2-GSL Seed #1, #3- CBBN Seed #2, #4- CBBN Seed #3, #5-GSL Seed #2, #6- CBBN Seed #4, #7- CBBN Seed #5, #8-GSL Seed #3, #9- CBBN Seed #6, #10- CBBN Seed #7, #11-GSL Seed #4, #12- CBBN Seed #8, #13- CBBN Seed #9, #14-GSL Seed #5, #15- CBBN Seed #10, #16- CBBN Seed #11/GSL Seed #6.

3A: Boys/Girls 3200

#1-GSL Seed #1, #2- CBBN Seed #1, #3-GSL Seed #2, #4-GSL Seed #3, #5- CBBN Seed #2, #6-GSL Seed #4, #7-GSL Seed #5, #8- CBBN Seed #3, #9-GSL Seed #6, #10-GSL Seed #7, #11- CBBN Seed #4, #12-GSL Seed #8

4A: Boys/Girls 1600

#1- GSL Seed #1, #2- CBBN Seed #1, #3- GSL Seed #2, #4- GSL Seed #3, #5- CBBN Seed #2, #6- GSL Seed #4, #7- GSL Seed #5, #8- CBBN Seed #3, #9- CBBN Seed #6, #10- CBBN Seed #7, #11- CBBN Seed #4, #12- CBBN Seed #8, #13- CBBN Seed #9, #14- CBBN Seed #5, #15- CBBN Seed #10, #16- CBBN Seed #11/GSL Seed #6.

3A: Boys/Girls 1600

#1- CBBN Seed #1, #2-GSL Seed #1, #3-GSL Seed #2, #4-GSL Seed #3, #5- CBBN Seed #2, #6-GSL Seed #4, #7-GSL Seed #5, #8- CBBN Seed #3, #9-GSL Seed #6, #10-GSL Seed #7, #11- CBBN Seed #4, #12-GSL Seed #8

4A: 4 x 100 Relay Lane Assignments:

Lane 4- CBBN #1, Lane 5- GSL #1, Lane 3- CBBN #2, Lane 6- CBBN #3, Lane 2-GSL #2, Lane 7- CBBN #4
Lane 1- CBBN #5, Lane 8- CBBN #6/GSL #3

3A: 4 x 100 Relay Lane Assignments:

Lane 4-GSL #1 Lane 5- CBBN #1, Lane 3-GSL #2, Lane 6-GSL #3, Lane 2- CBBN #2, Lane 7-GSL #4.

4A: 4 x 200 & 4 x 400 Relay Lane Assignments:

Lane 4-GSL #1, Lane 5- CBBN #1, Lane 3- CBBN #2, Lane 6- CBBN #3, Lane 2-GSL #2, Lane 7- CBBN #4,
Lane 1- CBBN #5, Lane 8- CBBN #6/GSL #3

3A: 4 x 200 & 4 x 400 Relay Lane Assignments:

Lane 4- CBBN #1, Lane 5-GSL #1, Lane 3-GSL #2, Lane 6-GSL #3, Lane 2- CBBN #2, Lane 7-GSL #4.

FINALS SEEDING:

Seeding into the finals will use the following formula:

The top 3 finishers in each heat plus the next two fastest times will qualify for the finals. Seeding will be as follows: Winners for both heats will be in lanes 4 and 5 with the fastest in lane 4. Second place finishers will be in lanes 3 and 6 with the fastest in lane 3. Third place finishers will be in lanes 2 and 7 with the fastest in lane 2. The two additional qualifiers will be in lanes 1 and 8 with the fastest in lane 1.

RELAY EVENTS:

In relay events, no more than 6 individuals may be listed as entries, any 4 are eligible for each race starting with the Regional meet and ending with the State Finals. These entries must be on file with the Meet Manager prior to the meet on Friday. This counts as an event for those individuals that compete in the relay. Coaches should be familiar with the State Meet Regulations.

STARTING BLOCKS
& RELAY BATONS:

Only spiked type starting blocks may be used. The host site will provide blocks for athletes needing blocks. Schools will provide their own batons that will be inspected by the starter prior to each relay event.

SHOTS, JAVELINS,
& DISCUS:

Shots, javelins and discus will be weighed and measured each day. Schools will need to furnish their own equipment. No school or privately owned implements may be brought on the field after the weigh-in has closed. Weigh-in times on Friday will be between 1:30 p.m. and 3:00 p.m. (Friday events only) and on Saturday between 9:00 a.m. and 10:30 a.m. (Saturday events only). The weigh-in will be conducted in the Track Shed behind the Timing Booth in the Southeast corner of the stadium.

FIELD EVENT CHECK-IN:

Field event contestants must report to their respective events at least 15 minutes prior to the start of competition in that event. Once competition in a field event begins, each contestant will have one and one-half (1 1/2) minutes to complete a trial once an event judge has called his/her name. As per National Federation rules, each competitor will have 10 minutes from the time they are excused before they must be available for their next event.

FIELD EVENT FLIGHTS:

Flights for the field events will be determined by using the distances and height results from the district meets and will be seeded worst to best.

4A: 2 flights of 8 will be made from the 16 competitors for each event.

3A: 2 flights of 6 will be made from the 12 competitors for each event.

Each member of a group will be allowed one try in turn until all three preliminary tries have been completed before the next group begins competition. Ten minutes of warm-up will be allowed between each flight and between preliminaries and finals. The top eight competitors in each event will be taken into the finals of each event where each will be allowed three additional tries. Finals for each of these events will be held 10 minutes after the preliminary rounds have been completed.

In the pole vault and high jump, the rotating flight system of 5 jumpers will be in effect. Starting heights for pole vault and high jump will be based upon the district results. Starting height will be the height obtained by the lowest regional meet qualifier at the district meet.

**REPLACING REGIONAL
CONTESTANTS:**

In case a qualified contestant cannot participate in the Regional meet, it is the responsibility of the Principal and coach of the school of the indisposed contestant to notify the Meet Manager, who in turn will notify the Principal and coach of the next qualified contestant. The replaced participant will not be allowed to participate in the regional meet in any events. There are to be no substitutions after the official start of the meet on Friday

SITE SPECIFIC INFORMATION:

BUS DROP OFF & PARKING:

Buses may drop off teams in the main parking lot of Eisenhower High School on 40th Avenue and should then go around the block and park on the east side of 44th Avenue. We are looking for other alternative offsite parking options for buses.

COACHES PACKETS:

Coaches packets with meet information, passes and competitor numbers will be at the Team entry gate at the Southwest corner of Zaepfel Stadium.

TEAM ENTRY GATE:

Teams will need to enter Zaepfel Stadium through the Southwest gate. Implements will need to be taken to the Track Shed in the Southeast corner of the stadium for weigh-in.

TEAM TENTS:

Tents will be allowed on the baseball field and in the upper level of the North stands (visitor's side). Please do not block access to the top 2 rows so spectators will have access to watch the Javelin and Discus competitions. Tents will not be allowed on the infield or Northwest corner of the track.

**COACHES HOSPITALITY
ROOM:**

There will be a coaches hospitality room located under the Southwest corner of the stands.

SHIRT SALES:

Shirts will be for sale at the meet. Short sleeve: \$20.00, Long sleeve: \$25.00

Adopted 10/99
Revised 10/02
Revised 06/06
Revised 10/07
Revised 4/08
Revised 5/10