

# WIAA/DAIRY FARMERS OF WASHINGTON 2A/1A/B TRACK and FIELD CHAMPIONSHIPS

May 27-29, 2004 - Woodward Field - Cheney, Washington  
Eastern Washington University

## KEY PHONE NUMBERS (Area Code of numbers is 509)

<b>Title</b>	<b>Name</b>	<b>E-Mail</b>	<b>Day Phone</b>	<b>Night Phone</b>	<b>FAX</b>
Meet Manager	Jay Rydell	rydell1203@aol.com	999-2841	255-6260	255-5099
Facilities Coordinator	Lawson Van Kuren	cheneytrackclub@aol.com	235-4762	235-4762	
Entries/Results Coord.	Dave Cook	dcook@mail.ewu.edu	359-6334	235-4672	359-2828
Medical Services	Nichole Kaiser	nkaiser@rockwoodclinic.com	869-7996	869-7996	624-0403
Spokane Regional Sports Commission	Jan Neumann	jan@spokanesports.org	456-5812	Call for lodging info	

Emergency Numbers: 9-1-1 (for police or medical emergency), 498-9235 (police business office), 359-7275 (EWU Parking Services)

Schedule, heat/flight sheets and results for the 2004 State 2A/1A/B Track and Field Championships will be available on the internet via the WIAA website. Access track meet information at: <http://wiaa.com/tourn/tournlist.html>

## SCHEDULE OF EVENTS

### Thursday, May 27th

- 12:00 p.m.– 3:00 p.m. Coaches Packet Pickup - Finish Line Tent at Woodward Field  
- Any coach/team that arrives prior to this time is subject to disqualification  
- Teams will receive heat sheets, passes and competitor numbers.  
- A short coaches meeting (attendance not required) will take place at approximately 1:30 p.m.
- 12:00 p.m. - 3:00 p.m. Woodward Field Available for Practice  
- Javelin and discus area will also be available.
- 12:00 p.m. - 3:30 p.m. Implement Weigh-In - Woodward Field Clerking Area  
- See implement section for more information how implements will be checked, as well as impounding procedures.
- 3:00 p.m. Gates Open/Ticket Sales For General Public - Upper and Lower Woodward Field entrances.
- 4:00 p.m. Competition Begins
- 4:00 p.m. - 6:00 p.m. Spaghetti Dinner sponsored by EWU Dining Services - Reese Court Circular Drive - \$6 per person (all-you-can-eat) - Call 359-6857 for more information
- 4:30 p.m. - 6:30 p.m. Ticket pre-sale for Friday/Saturday available at the upper gate.

### Friday, May 28th

- 7:45 a.m. Gates Open/Ticket Sales - Upper and Lower Woodward Field entrances.
- 8:00 a.m. - 3:00 p.m. Coaches Packet Pickup - Lower Woodward Field Ticket Booth
- 9:30 a.m. Competition Begins
- 4:00 p.m. - 5:00 p.m. Implement Weigh-In - Woodward Field Clerking Area  
- This time has been set aside for late-arriving schools that might have missed Thursday's session.

## **Saturday, May 29th**

7:45 a.m.	Gates Open/Ticket Sales Begin - Upper and Lower Woodward Field entrances.
9:15 a.m.	Opening Ceremonies
9:30 a.m.	Competition Begins

## **GENERAL INFORMATION**

**Important Note:** *Because of construction of the new EWU Donor Suites/Media Center at Woodward Field, some seating will be unavailable. Because the main upper gate will be blocked off, two special gates will be available in the upper Northwest and Southwest corners. As a result of the limited seating, tents and tarps will not be allowed anywhere inside Woodward Stadium. Tents and tarps will be allowed in the grass areas outside Woodward Field and the Special Events Pavilion (Reese Court). The circular drive area outside Reese Court is unavailable until after 6 p.m. on Thursday because of the spaghetti feed.*

**FACILITY:** Woodward Field is located on the West end of the Eastern Washington University campus. The main grandstand seats 5,000 spectators, with outstanding viewing of the start and finish, pole vault and shot put. Approximately 2,000 additional bleacher seats are on the East side of the stadium with outstanding views of the long/triple jump and high jump.

**BUS/TEAM PARKING:** Buses and team vans will be allowed to park in Lot DH at the EWU Surplus Sales Building (on "G" Street between 1st and 2nd streets). A shuttle service from the lot to Woodward Field will be available for drivers.

**SPECTATOR PARKING:** School at EWU will be in session on Thursday, May 27 and Friday, May 28, therefore, limited space is available in EWU parking lots. However, there is parking all three days in EWU Parking Lot P12 behind the Woodward Field pressbox on a space-available basis. Other lots on campus will be available on Saturday, May 29 and after 5 p.m. on Thursday and Friday.

**RV PARKING:** Because of limited parking, no day use or overnight recreational vehicle parking will be permitted on campus lots. Below is a list of area campgrounds:

- Peaceful Pines Campground - 1231 W 1st Street - Cheney - 235-4966
- Yogi Bear's Camp-Resort - I-90 Exit 272 - Spokane - 1-800-494-7275 or 747-9415
- Overland Station - I-90 Exit 272 - Spokane - 747-1703
- Williams Lake Resort - 18617 Williams Lake Road - Cheney - 235-2391
- Picnic Pines On Silver Lake - 9212 S Silver Lake Road - Medical Lake - 299-3223

**SHUTTLE:** "Eagles Connection" will be offering a shuttle bus service around Cheney for a cost of \$1 per person one-way. The bus will make a continuous loop along Washington Street, Betz Road and First Street, with periodic stops including the bus/team parking lot (see above). Transportation from campgrounds is also available (at a higher cost), but reservations are required. For more information, call Ed McIntire at 235-2740.

**ADMISSION:** Athletes will be admitted to the facility when they show their competitor number. Coaches will be admitted via a wrist band that will be included in coaches packets. Coaches and supervisors are not allowed on the infield during competition.

**TICKETS:** Tickets will be sold at both the upper (West) and lower (Southeast) Woodward Field entrances on Thursday, Friday and Saturday. Single day adult admission is \$8, with senior citizens and students admitted for \$6. (Students are considered senior and junior high school students with ASB card or other persons 12 years of age or younger; senior citizens are considered age 55 and older). Three-day passes cost \$13 for adults and \$9 for students and senior citizens.

**ENTRANCE POLICIES:** No alcoholic beverages, fireworks or weapons will be allowed into the Stadium, and are subject to search. Smoking is not allowed inside the stadium.

**LOCKER ROOMS:** Showers are available in the student locker rooms at the Sports and Recreation Center complex. Athletes must provide their own towels.

**WARM-UP AREAS:** Thorpe Fieldhouse and surrounding athletic fields will be open and available to use during all times prior to competition. However, athletes are responsible for reporting to the clerking area prior to the start of their event.

**MEDICAL SERVICES:** An athletic training staff, headed by Nichole Kaiser from Rockwood Clinic Sports Medicine Services in Spokane, will be available during competition. They will be located next to the concession stand near the finish line (see map). **Schools are responsible for their own supplies**, so you are asked to bring tape (enough for three days), pre-wrap, band-aids (assorted fabric), Neosporin, gauze and 4" and 6" ace wraps (2 to 4).

**LOST & FOUND:** Following the end of the meet, call the EWU equipment room at 509-359-2211 for retrieval of lost and found items. During the meet, lost and found items will be located at the clerking area and/or the appeals tent.

## SPECIFIC MEET INFORMATION

**DISCUS/JAVELIN:** The discus competition takes place in the hammer/discus ring located next to the baseball field, and the javelin takes place on the baseball field. Seating is available at both locations, and athletes will be introduced via a portable public address system.

**SEED TIMES:** Because some districts are utilizing fully automatic timing, hand times submitted by other districts will be converted for seeding purposes. A factor of .24 will be added to ALL hand times.

**CLERKING PROCEDURES:** The clerking area is located in the large tent near the starting line on the North end of the track. Athletes in running as well as field events will only be admitted to the infield through this location. (Entrants in the javelin and discus should check-in with the head official at the competition site). Three calls for each event (distinguished by gender and classification) will be made at approximately five-minute intervals beginning 25 minutes prior to the scheduled start of the event. In running events, only after the first call has been made will athletes be allowed to enter the designated warm-up area on the infield of the track. **At the third and final call, athletes must report to the clerking area to receive instructions and be escorted to the starting line.** If a call was not made or heard, it is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet. Head coaches are allowed to check-in athletes competing in other events at the same time. Field event athletes will be allowed on the field one hour prior to the scheduled start of their event, and should check-in and receive meet instructions from the head officials.

**HIP NUMBERS:** In all races, hip numbers will be given to athletes in the clerking area. These are for the benefit of timers and umpires. They shall be worn on both the left and right hip.

**IMPLEMENTS:** Implements (discus, shot put, javelin) will be impounded and not be available to use again until the start of the event. Shot puts will remain in the "pool" for the entire duration of the event (all classifications) and therefore be available for all competitors to use. Meet management will also provide approved implements. No unapproved implements (including over-weight or under-weight shot puts) will be allowed during practice prior to the event. The following items will be checked: **Shot Put:** 1) Visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip); 2) Weight; 3) Circumference. **Discus:** 1) Visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip); 2) Weight; 3) Diameter of the discus; 4) Thickness of the center of the discus. **Javelin:** 1) Visual inspection; 2) Weight; 3) Length of the javelin; 4) Length of binding; 5) Check balance; 6) Maximum distance from the point of the javelin to the balance point.

**POLE VAULT POLES:** The pole vault weight verification form should be sent to EWU as soon as possible. Pole vault poles will be checked before each jump to make sure the competitor is using an approved pole rated at or above his weight. Weights included on the weight verification form will be listed on the event sheets.

**SECTORS:** A 40-degree sector will be utilized for the discus and shot put competitions.

**LONG/TRIPLE JUMP:** All long jump competitions will be contested in the North pit (near the discus ring). All triple jump competitions will take place in the South pit. Multiple takeoff boards in the long jump and triple jump as long as prior notification is made to the event judge before jumping.

**STARTING BLOCKS:** Athletes may use their team starting blocks, however, they are responsible for the care and movement to appropriate positions on the track. These blocks will not be pooled, and will be inspected by the starters prior to races. Eight sets of blocks will be provided for competitors to use.

**RELAYS:** At any time prior to a relay event, coaches may give to the clerking area their final declarations, listing leg number, competitor number and competitor name. However, to assist the public address announcer and subsequently spectators, meet management requests coaches to submit this list as soon as possible prior to the start of the event -- one hour prior if possible. Athletes will be allowed to place two pieces of tape not to exceed a total of 24 inches in their lane on the track. Two half-tennis balls are allowed, but are not recommended. The desired alternative is to utilize thin strips of rubber that will be made available by meet management. Batons must be smooth with no dents, and are subject to approval by the clerking area. Please refer to the national federation rulebook for specifications. Batons will not be pooled. Remember that the 4x200 and 4x400 relays now utilize three-turn staggers.

**SPIKES:** 1/4" pyramid spikes are recommended. Pin or needle spikes, and spikes longer than 1/4" are not allowed. Spikes may be purchased in the lower concession stand Thursday, Friday and Saturday for 10 cents each. Non-replaceable Christmas tree spikes (1/4" or shorter) will be allowed.

**INTRODUCTIONS:** Athletes in running events will be introduced in their starting positions just prior to the start of the race. In field events, athletes will be lined up and introduced by a field events announcer.

**FIELD EVENT TIME LIMITS/UMPIRES:** Officials will be enforcing time limit rules in field events, which are now one minute (pole vault is still 1 1/2 minutes). Also, a large group of umpires will be on hand to enforce running event rules. Depending on how stringently rules were enforced at meets during the season, you may want to review rules with your athletes to alleviate any problems or questions they may have during the meet.

**FINISH PROCEDURES:** Please inform your athletes that they are to remain in their lanes and return to the finish line at the conclusion of the race. They will be released by finish line officials. At the conclusion of running event preliminaries, athletes may pick-up their sweats at the athlete exit area between the scoreboard and finish line. In running event finals, sweats will be located at the awards clerking area beneath the large tent near the finish line.

**AWARDS:** The top eight finishers in each event will be recognized by the public address announcer. Following an event final, these eight athletes will be escorted to the large tent at the finish line where athletes in running events will be able to retrieve sweats and be interviewed by the media. After final results have been determined, athletes will be introduced and given their awards on the awards stand in front of the main grandstand.

**APPEALS:** An appeals area will be located in a tent by the exit gate located between the scoreboard and finish line. Appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement and posting of the results in that event. Any such appeal must be submitted in writing by the head coach to the referees. The referees shall render a decision after reviewing the appeal. The decision of the referees may be appealed to the jury of appeals. Head coaches only may take part in the appeal process.

**FAT TIMING:** Fully automatic timing will be used for all running events. Timing system operators will not recall races in the event of FAT malfunction, thus, hand timers will have to be utilized instead. If a malfunction occurs during a preliminary heat, hand times will be used for all heats to determine advancement and seeding in the finals.

**RESULTS/LANE ASSIGNMENTS:** Results and lane assignments will be announced and posted. Each school will be given one set of results following each day of competition. In addition, lane assignments for Saturday's competition will also be available after competition concludes on Friday. These copies for coaches will be distributed underneath the scoreboard approximately 15 minutes following the conclusion of the last event. If coaches choose not to wait for results, they will be available Saturday at the concession stand. Additional results will be available for purchase at the concession stand or by mail. **Because complete results will be available on the internet (see first page), no results will be mailed unless a request is made at the concession stand.**

**JEWELRY/HEADPHONES:** Jewelry is prohibited with the exception of religious or medical medals. No headphones will be permitted in the competition areas.

**OPENING CEREMONIES:** Teams should gather at the scoreboard end of the stadium at 9 a.m. on Saturday to participate in the opening ceremonies, which begin at 9:15. Teams will walk in front of the main grandstand and be introduced by the public address announcer.

**For Further Specific Meet Information, Consult the WIAA Tournament Guidelines  
& The National Federation Rule Book**

## **COACHES: ROSTERS NEEDED BY MAY 20**

Mail or E-mail typed roster with year in school of athletes who may compete. This roster will be used to verify information (particularly spellings) received by district site managers. *E-mail or Mail this information AS SOON AS POSSIBLE to: DCOOK@MAIL.EWU.EDU* - Dave Cook - Athletics; Eastern Washington Univ.; 207 Physical Education Building; Cheney, WA 99004-2476. We must receive the roster by May 20th to guarantee it will be used for proofing before program deadlines. If you are unable to e-mail or mail it in time, you may FAX it to 509-359-2828.

***Note: If you input your roster at the WIAA web site by May 20th, you do not need to forward your roster to EWU.***