

# WIAA/Dairy Farmers of Washington/Les Schwab Tires 2009 1B, 2B, 1A TRACK and FIELD CHAMPIONSHIPS

May 29-30, 2009 - Woodward Field - Cheney, Washington  
Eastern Washington University

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

<i>Title</i>	<i>Name</i>	<i>E-Mail</i>	<i>Day Phone</i>	<i>Night Phone</i>	<i>FAX</i>
Meet Manager	Jay Rydell	jsrydell@comcast.net	999-2841	255-6260	
Facilities Coordinator	Lawson Van Kuren	cheneytrackclub@aol.com	235-4762	235-4762	
Entries/Results Coord.	Dave Cook	dcook@mail.ewu.edu	359-6334	280-2502 (cell)	359-2828
Medical Services	Kyle Havercroft	khavercroft@rockwoodclinic.com	838-2531	701-1796	
Spokane Regional Sports Commission	Juli Jones	julij@spokanesports.org	363-2682		

*Emergency Numbers: 9-1-1 (for police or medical emergency), 498-9235 (police business office), 359-7275 (EWU Parking Services)*  
*Equipment Assistants: Chad Chambers & Brody Faire      Ticket Manager: Brandon Pang*  
*EWU Event Planning: Tom Shaffer (979-8430)*

Schedule, heat/flight sheets and results for the 2009 State 1B, 2B, 1A Track and Field Championships will be available on the internet via the WIAA website. Access track meet information at: <http://wiaa.com/athletics/track>

## SCHEDULE OF EVENTS

### *Thursday, May 28*

- 3:00 p.m. – 6:00 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 programs, passes and competitor numbers.*  
*- A short coaches meeting (attendance not required) will take place at approximately 4:30 p.m.*
- 3:00 p.m. – 6:00 p.m. Woodward Field Available for Practice  
*- Javelin practice area and discus area will also be available, but PLEASE have a coach present.*
- 3:00 p.m. – 6:30 p.m. Implement Weigh-In - East Side of Reese Court (see map)  
*- See implement section for information on implement checking and impounding procedures.*

### *Friday, May 29*

- 8:30 a.m. Gates Open/Ticket Sales - Upper and Lower Woodward Field entrances
- 8:30 a.m. - 3:30 p.m. Coaches Packet Pickup - Lower Woodward Field Ticket Booth
- 10 a.m. Competition Begins (field events at 10 a.m.; running events begin at 10 a.m.)
- 4:00 p.m. - 5:00 p.m. Implement Weigh-In - East Side of Reese Court (see map)  
*- This time has been set aside for late-arriving schools that might have missed Thursday's session.*

### *Saturday, May 30*

- 8:30 a.m. Gates Open/Ticket Sales Begin - Upper and Lower Woodward Field entrances
- 8:30 a.m. - 2 p.m. Coaches Packet Pickup - Lower Woodward Field Ticket Booth
- 9:15 a.m. Opening Ceremonies
- 10 a.m. Competition Begins (field events at 10 a.m.; running events begin at 10 a.m.)

## GENERAL INFORMATION

**FACILITY:** Woodward Field is located on the West end of the Eastern Washington University campus. The track was re-surfaced in summer 2008. The main grandstand seats 5,000 spectators, with outstanding viewing of the start and finish and pole vault. 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. Seats in the North end zone will not be accessible to fans, coaches and non-checked-in athletes.

**TENTS & TARPS:** Tents and tarps will not be allowed anywhere inside Woodward Field. Tents and tarps will be allowed in the grass areas outside Woodward Field and the Special Events Pavilion (Reese Court). PLEASE, no set-up prior to noon Thursday, May 28.

**DONOR SUITES & MEDIA CENTER:** Except for meet staff, accredited media and suite holders (who must purchase tickets to the meet), this area will be closed to the public. Suites may not be sub-leased to schools or individuals.

**BUS/TEAM PARKING:** Buses and team vans will be allowed to drop off athletes at the lower entrance in Lot P9 (see map), but must park in Lot P18 ("Red Barn" lot located off Washington Street to the south of Woodward Field).

**SPECTATOR PARKING:** School at EWU will be in session on Thursday, May 28 and Friday, May 29, 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 30 and after 5 p.m. on Thursday and Friday. Parking meters on Cheney streets will be enforced on May 28 and 29. Parking in unauthorized areas such as service drives, fire lanes, safety zones, along yellow curbs or yellow zones, within 16 feet of a building and in designated "no parking" areas are safety issues and will be enforced, with violators subject to fines or towing.

**RV PARKING:** Because of limited parking, no day use or overnight recreational vehicle parking will be permitted in campus lots. However, RV parking on a space-available basis can be utilized at the Ampco-owned lot at Elm and North 9th Street. This is a private lot and will require the posted fees to be paid for each parking space utilized. The lot is monitored on the weekend. Also, below is a list of area campgrounds:

Peaceful Pines Campground - 1231 W 1st Street - Cheney - 235-4966  
Ponderosa Falls RV 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  
Ruby's on Silver Lake - 17207 W. Medical Lake Four Lakes Rd. - Medical Lake - 299-7829

**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 their 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 Friday and Saturday. Single day adult admission is \$9, with senior citizens and students admitted for \$7. (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). Two-day passes cost \$15 for adults and \$10 for students and senior citizens. Children under the age of five will be admitted free of charge.

**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 will be available during competition (not on Thursday). 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). **If you have a medical provider and/or certified athletic trainer with your team, please have he/she check-in at the medical services tent.**

**LOST & FOUND:** Following the end of the meet, call the EWU Sports and Recreation Center at 509-359-6207 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

**POLE VAULT:** Because new WIAA regulations that went into effect in 2004, weigh-ins will take place in the pole vault. The weigh-ins will take place when poles are checked and approved by event officials during warm-ups before each event. A new pole vault weight verification form will be required to be filled out and signed by the team's coach when the pole check/weigh-in takes place.

**IMPLEMENTS:** The implement weigh-in area is on the East side of Reese Court (see map). 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.

**DISCUS/JAVELIN:** The discus competition takes place in the hammer/discus ring located to the Northwest of Woodward Field. The javelin takes place on the intramural fields in that same vicinity. Those locations may be accessed by walking along the North side of Reese Court or walking across the upper parking lot behind the Woodward Field Donor Suites and Media Center. Seating is available at both locations. See map for locations.

**SECTORS:** A 34.92-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 (toward the end zone seating). All triple jump competitions will take place in the South pit (toward the scoreboard end). Multiple takeoff boards in the long jump and triple jump are available as long as prior notification is made to the event judge before jumping.

**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.

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

**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:** Because the track was recently re-surfaced, 1/4" pyramid spikes are now required. Pin or needle spikes, and spikes longer than 1/4" are not allowed. Spikes may be purchased at the Thursday practice session for 10 cents each. Non-replaceable Christmas tree spikes (1/4" or shorter) will be allowed. Competitors may use up to 1/2" spikes in the javelin (grass runway).

**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.

**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 in the finish line tent 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 finish line tent prior to competition. **Because complete results will be available on the internet (see first page), no results will be mailed.**

**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 Track and Field Information Syllabus and the WIAA Bound for State Regulations (located at: <http://wiaa.com/athletics/track>), as well as the National Federation Rule Book.

## ***1B, 2B, 1A TRACK & FIELD COACHES:***

### **ROSTER & YEAR IN SCHOOL NEEDED FOR PROOFING PURPOSES**

*To help verify accuracy of information (particularly spellings and year in school) received by districts, we will utilize team rosters for proofing purposes. These rosters need to be obtained in one of two ways (we will utilize them in the order below):*

- 1) Mailed or E-mailed team roster with **year in school** of athletes who may compete. Send to [dcook@ewu.edu](mailto:dcook@ewu.edu) or mail to Dave Cook - Athletics; Eastern Washington Univ.; 207 Physical Education Building; Cheney, WA 99004-2476. **Please submit information by Friday, May 22.** If you are unable to e-mail or mail it in time, you may FAX it to 509-359-2828.
- 2) Roster information available via [www.athletic.net](http://www.athletic.net). If **correct** spellings and year of school are included on this site, there is no need to e-mail a roster.