WIAA // GESA CREDIT UNION

POSTSEASON STANDARD OPERATING PROCEDURES

TRACK & FIELD

May 28-30, 2026

2A, 3A, 4A – Mount Tahoma HS (Tacoma)

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GENERAL REGULATIONS

MOUNT TAHOMA STADIUM LOCATION

4634 South 74th Street, Tacoma, WA 98409

DIRECTIONS TO MOUNT TAHOMA STADIUM

Driving South on I-5: Take Exit 129, S 72nd Street/S 84th Street

- Take the S 74th Street West ramp
- Turn right onto S 74th Street
- Go straight for 1.6 mi
- The stadium will be on your left-hand side

Driving North on I-5: Take Exit 129, S 72nd Street

- Turn left off the ramp S 72nd Street
- S 72nd Street will become S 74th Street
- Go straight for 1.7 mi
- The stadium will be on your left-hand side

PARKING/BUS PARKING

There is parking located near the stadium, near the school on S 74th Street, and two large parking lots behind the stadium off Verde Street. Please review the facility map for specific locations.

All school buses/vans/cars will park in the large grass parking area off Verde Street, just past the stadium. Verde Street is the street directly before the stadium. **Please leave NO items of value in your car.**

PRACTICE TIME

There will be no practice time before the meet begins on either Wednesday or Thursday, except for the Pole Vault. See Pole Vault section for details.

COACHES MEETING

Virtual Coaches Meeting - **Tuesday, May 26 at 7:30 pm via Zoom - HERE**

FINAL LANE ASSIGNMENTS AND FINAL RESULTS

Final lane assignments and results will be posted in real time on the WIAA website and displayed on screens in various places around the stadium. Lane/Flight assignments will be posted on the WIAA website no later than Wednesday.

COACHES INFORMATION TENT

The coaches information tent will be located at the south entrance of the Main grandstand (bell tower) once the facility is open. Coaches will pick up their packets on Thursday and Friday at this location.

PROTEST AREA

If coaches need to protest, protest forms will be available at the Coaches Information Tent and must be submitted to the referee by filling them out and submitting them at the Coaches Information Tent. All WIAA State Tournaments will follow the Protest Process outlined in Rule 29.0.0 of the WIAA Handbook. Please visit the Postseason Protest Procedures resource page for general and sport-specific guidelines. Judgement calls may not be protested. Each protest is $100 and will be invoiced to the school if upheld.

JURY OF APPEALS

If after the protest to the referee, the head coach still feels the rule has been misapplied or misinterpreted; the head coach can appeal to the jury of appeals immediately. The Jury of Appeals shall serve as the final board of appeals.

PACKET PICK-UP

Wednesday	Coaches Tent (south entrance near bell tower)	3:00pm-7:00pm
Thursday	Coaches Tent (south entrance near bell tower)	11:00am-7:00pm
Friday	Coaches Tent (south entrance near bell tower)	8:00am-6:00pm

TEAM TENT LOTTERY

Upon arrival at Mt. Tahoma for packet pick up, coaches will have the opportunity to draw for their tent location. Tent spots will be designated for either a 10x10 tent or a 10x20 tent. Once your tent spot has been drawn, Marshalls will assist you in locating your tent location on either the north or south sides of the stadium, outside the fencing area. **EACH TEAM IS ALLOWED ONE TENT ONLY!** Teams will not be allowed to begin setting up their tents until **Thursday at 11:00 am**. If tents are set-up before this time or without participating in the lottery, they will be taken down by meet management. There is ample space on both ends of the facility for tents.

Teams should not leave their pop-up tents overnight at the facility. If you choose to leave items overnight, the WIAA and Tacoma School District are not responsible for those items that might be lost, stolen or damaged.

TRAINERS

Certified athletic trainers and staff will be on hand during the meet. The training facility is located on the field near the finish line and additional certified athletic trainers will be located at the pole vault and throwing venues.

LOCKER ROOMS

Locker rooms under each grandstand are accessible from the field and available for athletes and officials as restrooms only. These spaces are not for team camping or warm up/cool down. The men's locker room is on the home side (bell tower). The women's locker room is on the visitor side.

GATES

The gate at the clerking tent is open to athletes and authorized coaches. This is the single point of entry. The gates near the finish line and 100 start line are closed to coaches and athletes. The gate at the center of the visitors stands and at each end of the visitors stands are closed to coaches and athletes.

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. The Mount Tahoma Video Screen will NOT be an approved replay mechanism for the 2A, 3A, 4A WIAA Track and Field Championships.

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 north of the 50-yard line on the home side of the stadium.

WARM-UP AREA

Open warm-up areas will be set up in the grass outside the stadium behind the scoreboard – with gate access adjacent to the clerking tent. Athletes may warm-up on the track/backstretch when not in use. Athletes will be allowed to warm-up/cool down in the flagged off area on the infield. Personal items, such as water bottles or backpacks, and any athletes who are stationary (i.e. stretching), must stay near the sidelines to leave the field clear for athletes to warm up.

Athletes on the football field who run alongside teammates during a race may be disqualified for unacceptable conduct and cause their teammate to be disqualified for pacing

STAGING AREA

The staging area (clerking tent) will be located on the visitor side directly behind the north end long jump pit.

SPIKES

¼" pyramid spikes are recommended. Maximum spike length is ¼", except in Javelin and High Jump, where maximum spike length is 3/8". Pin spikes (also called needle spikes) of any length are not allowed. Track spikes will be checked at the clerking tent. Field event spikes will be checked at the event areas.

CALLS

No calls will be announced for any event. Calls will be shown on the scoreboard.

INTRODUCTIONS

Introductions for each track event (preliminaries and finals) will be at the starting line of each event. Introductions for each field event will be at the event venue.

TIMING

Races will be timed using the Finish Lynx system.

EXCUSE TIME FOR ANOTHER EVENT

The excuse time established for the meet will be 15-minutes for all events with the caveat that once all athletes present have completed their attempts for that height/flight/finals, any remaining excuse time is capped at 5 minutes. Example: At the end of a height, if the athlete has 3 minutes of excuse time remaining, the bar will be held for 3 minutes. If an athlete has 9 minutes of excuse time remaining, the bar will be held for 5 minutes.

When room is available, an athlete that will need to be excused from an event may request a change of flights per approval of the Field Event Referee, if this request is made prior to the athlete starting their warm-up attempts. 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.

Excuse time/check out procedures must be followed by participants. Coaches must assume responsibility of ensuring athletes advise event judges of participation in another event, are excused by the judge, and return within the time limit given by the judge. If athletes "check out" for another event, they must notify the head judge and tell the judge which event they are leaving for. The excuse time will be established by the games committee at each site. The athlete must check back in within the established excuse

time or missed trials will be marked as passes. The athlete must notify the head event judge when they return. Athletes in running events must check-in with the clerk prior to the start of their field event. There is no excuse time for injuries.

To accommodate the field event athlete to be excused and make the disruption of 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 clear this with the Clerks in the Clerking area prior to the beginning of the running event for which he/she wishes to be excused.

THROWING EVENTS

The Shot Put is located near the south side of the stadium. The Discus and Javelin Throws are located near the south side of the stadium and will be thrown into the grass.

A coaches' box will be marked off adjacent to each event. Coaches need to rotate to allow each other to view and confer with their athletes.

Implement Inspection: The discus, javelin and shot implement inspection will be located at the throwing facility outside of the main stadium (south end). Implements must be turned in for inspection at the certification area, at least one hour prior to competition.

Implement inspection opens:

Thursday	11:00am
Friday	8:00am
Saturday	8:30am

Check Marks: Two check marks are allowed outside of the runway for the javelin. Approved markers and thumb tacks will be provided by the head officials. **No chalk is to be used**.

LONG JUMP/TRIPLE JUMP

Long Jump will be held in the **NORTH** pit and Triple Jump will be held in the **SOUTH** pit.

Board Distance established by the Games Committee:

Boys & Girls Long Jump	12-foot
Boys Triple Jump	36-foot
Girl Triple Jump	26-foot and 32-foot

A coaches' box will be marked off in the stands adjacent to each event. Coaches need to rotate to allow each other to view and confer with their athletes.

Check Marks: Two check marks are allowed outside of the runway for the long/triple jump Approved markers and thumb tacks will be provided by the head officials. **No chalk is to be used**.

HIGH JUMP

Coaches must coach from outside the fence. An area will be provided for athletes to stand next to the fence to confer with coaches. The officiating crew can help an athlete physically set their initial marks.

Check Marks: Two check marks are allowed on the approach apron for the high jump. No marks may be placed in the area where athletes plant to take off. Marks must be flat tape, but **no duct tape is to be used**. Thumbtacks are allowed. **No chalk is to be used**. One (1) coach may assist their athlete(s) with setting their marks prior to the start of competition. Once competition begins, coaches must return to the designated coaches' box.

POLE VAULT

Pole vault competition is in the center of the field in front of the visitorside grandstands on raised runways. There will be two events conducted simultaneously on a staggered timeline.

To accommodate athletes and coaches a pole vault practice session will be hosted. Overnight pole storage will be available on-site beneath the home grandstand.

Pole Vault Practice Schedule – Thursday

3A Boys/Girls – 3:00-4:30 p.m.

4A Boys/Girls – 4:30-6:00 p.m.

2A Boys/Girls – 6:00-7:30 p.m.

Anyone helping an athlete carry poles into or out of the pole vault area must possess a wrist band or a bib number. The officials will coordinate carrying poles onto the field. Poles must be carried out through the gate at the clerking tent.

A coaches' box will be marked off adjacent to each event. Each school is allowed 2 representatives in the coaching box per event.

Pole Inspection: Poles will be inspected in the pole vault area of the main stadium starting 90 minutes prior to each event.

Check Marks: Two check marks are allowed for the pole vault on a raised runway. Only tape attached to the side of the runway or a cone on the astroturf are allowed. No chalk is to be used. One (1) coach may assist their athlete(s) with setting their marks prior to the start of competition. Once competition begins, coaches must return to the designated coaches' box.

INCLUSIVE COMPETITION – Ambulatory/Wheelchair/Unified

NOTE: For more information, please make sure to visit Inclusive Division Resources for more information.

Ambulatory Throws:

Ambulatory throws events are listed on the schedule. They will be conducted at the regular throwing venues. There will be one flight with four attempts. No finals. Competitors will utilize standard high school implements.

Wheelchair Throws:

Wheelchair throws events are listed on the schedule. Athletes will throw from the north end of the football field (near the unused pole vault runway) onto the field turf. Each athlete takes 4 throws in succession. No finals. Competitors will utilize standard high school implements.

Ambulatory/Wheelchair Track Events:

Ambulatory and Wheelchair track events are listed on the schedule.

Unified events:
Co-ed Unified Shot Put competitors will throw from the north end of the football field (near the unused pole vault runway) onto the field turf.

SPORT-SPECIFIC REGULATIONS

RULES

All National Federation Rules will govern the running of the track and field meets except as noted in the Track and Field postseason SOP.

SPORTSMANSHIP

Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the entire meet.

SEEDING RULES

If there are more than 24 qualifiers in an event, the games committee will adjust the following plans on a case- by-case basis.

1600M and 3200M run
Alleys will be used in lanes 1-8 and 5-8. The top seeded competitors, based on time only, will utilize a waterfall start (random position placement) at lane 5 one-turn stagger. The remaining competitors will utilize a waterfall start (random position placement) at lane 1. A 3-meter walk up line will be utilized.
Number of competitors:

12 or fewer – Waterfall start with random position placement
13, 14 & 15 – Top five in alley in lanes 5-8; remaining competitors in alley in lanes 1-8.
16, 17 & 18 – Top six in alley in lanes 5-8; remaining competitors in alley in lanes 1-8.
19, 20 & 21 – Top seven in alley in lanes 5-8; remaining competitors in alley in lanes 1-8.
22, 23 & 24 – Top eight in alley in lanes 5-8; remaining competitors in alley in lanes 1-8.

800M run
Competitors will be placed in preliminary heats via serpentine seeding, based on time only, and randomized in lanes 4/5, 3/6, 7/8, 2/1. There will be a maximum of nine (9) in a heat, with the heat(s) with the most competitors going last; the lowest-seeded competitor(s) will be listed as #9 on the heat sheets and share lane 1 and utilize the Olympic curve.
Number of competitors:

12 or fewer – One heat with top 8 placed as above. Next four seeds share lanes 1,3,5,7 respectively.
13 & 14 – Two heats of 6-7, 7-7 respectively. Lane 1 will be left open, and, if necessary, lane 8.
15 & 16 – Two heats of 7-8, 8-8 respectively. Lane 1 will be left open if necessary.
17 & 18 – Two heats of 8-9 and 9-9 respectively. 9th seed in the heat shares lane 1.
19, 20 & 21 – Three heats of 6-6-7, 6-7-7, and 7-7-7 respectively. Lane 1 will be left open, and, if necessary, lane 8.
22, 23 & 24 – Three heats of 7-7-8, 7-8-8, and 8-8-8 respectively. Lane 1 will be left open if necessary.

The top two finishers of each heat plus the next fastest times will fill a field of eight in the finals, randomized in pairs 4/5, 3/6, 7/8, 2/1.

100M/200M/400M run, 110M/100M/300M hurdles, 4X100M/4X400M Relay

Competitors will be placed in preliminary heats via serpentine seeding, based on time only, as follows:

(a) With 16 qualifiers, heat 1 will contain #'s 1, 4, 5, 8, 9, 12, 13, 16 and heat 2 will contain #'s 2, 3, 6, 7, 10, 11, 14, 15.

(b) If there are additional qualifiers (17 -24), 3 heats will be run. For example, with 24 competitors heat 1 will contain #'s 1, 6, 7, 12, 13, 18, 19, 24 – heat 2 will contain #'s 2, 5, 8, 11, 14, 17, 20, 23 – and heat 3 will contain #'s 3, 4, 9, 10, 15, 16, 21, 22.

Preliminaries: Once the heat assignments are established, competitors will be seeded by time only. Lanes are assigned with the top two seeds randomized in lanes 4/5, the next two seeds randomized in lanes 3/6, and so on for lanes 2/7, 1/8.

Finals: Regardless of the number of heats, the top finisher of each heat plus the next fastest times advance to a field of eight (8) in the finals. Advancers are grouped and seeded according to rule 5.6.5, weighing place first and time second. Lanes are assigned with the top two seeds randomized in lanes 4/5, the next two seeds randomized in lanes 3/6, and so on for lanes 2/7, 1/8.

4X200M relay

The heats for the 4X200M relay will be filled as is done with the other relays. Lane assignments will be set utilizing an inside out placement from lane 1 to lane 8 with the top qualifier in lane 1 the next in lane 2, etc.

GENERAL FIELD EVENTS

The official qualifying marks will be submitted to the state meet manager for seeding purposes. For the horizontal jumps and the shot put, marks will be to the lesser ¼-inch. For the remaining throws, marks will be to the lesser 1-inch. For the high jump and pole vault marks will be in inches without fractions. That is, the bar is to be set at 6'2" not 6'2 ¼". The only exception to this is when the final jumper or vaulter chooses the bar height. When all Qualifying marks are in, the qualifying athletes and relay teams will be ranked from best to worst. For qualifiers with identical marks those positions will be assigned randomly. The place at the qualifying meet will not be considered when ranking.

HIGH JUMP and POLE VAULT

The qualifying athletes, including extra qualifiers, will be placed in a single flight in reverse order of entry marks.

LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS THROW, and JAVELIN THROW

The qualifiers, including extra qualifiers, will be placed in 2 flights. The first flight will be the bottom half of the athletes from the entry marks in reverse order. The second flight will include the top half of the athletes from the entry marks in reverse order. If the number of qualifiers is odd the second flight will have an extra qualifier

SPECIAL RULES FOR RUNNING EVENTS

FAT TIMING SYSTEM

Fully automatic timing system will be used for all running events. The timing system operators may recall races in the event of the FAT system malfunctioning. If a malfunction occurs during a preliminary heat, backup systems may be used for all heats to determine advancement and seeding to the finals. State Meet Managers are authorized to use official pictures of the finish to assist meet officials in making final decisions. This would include videotaping. These pictures are to be used by and are available to meet officials only.

STARTING BLOCKS

Starting blocks will be provided for competitors to use. No personal blocks or block holders will be allowed on the track.

ATHLETE CHECK IN

Entries must be checked in with the Clerk of the Course prior to an event. There will be three notifications and/or calls for all events. All event notifications will be distinguished by gender and classification. All contestants should report to the Clerk of the Course when first called, approximately 25 minutes prior to the start of the event. It is the ultimate responsibility of the athletes to check in with the clerk to find out the progress of the meet. **Any contestant not checked in to the clerking area by third call risks being scratched from the event.**

For relay teams, only the four members running the race shall check in at the clerking tent. The remaining alternates may warm up in designated area. After this time, should any alternate need to run, the team shall re-check in at the clerking tent.

Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes or position.

If a competitor 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 a Clerk for final check-in and instruction. The event start will NOT be delayed for any athlete who reports late.

FINISH

For races finishing in assigned lanes, runners at the end of each race are to stay in their lanes until they are dismissed.

STAGGERS

The 400M run will be run in lanes the entire distance, compensated for by the appropriate stagger.

The 800M run will be staggered for one (1) turn and the contestants must stay in their lanes until after they have crossed the break line (cones) at the end of the first turn.

The three-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.

The three-turn-stagger will be used for the 4x400M relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until after they have crossed the break line (cones) at the end of the first turn.

RELAY MARKS

Relay team members may place up to two marks on the track. Tape and half-tennis balls are the only allowable markers. **All markers MUST BE PLACED in your lane. No chalk is to be used**. Markers must be removed following the events. Batons will be provided at the start line for all relay teams.

SPECIAL RULES FOR FIELD EVENTS

EXTRA PRACTICE

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.

PRELIMINARIES & FINALS

In throws and horizontal jumps, each athlete will have three (3) trials. Advancing athletes will receive three (3) additional trials in the finals.After the preliminaries, the top 9 athletes and any ties for best mark for the last qualifying place will compete in the finals in reverse order from their preliminary marks.

IMPLEMENTS

Implements will be marked, collected, and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. For additional guidance on Implement Inspection, see Site Specific Information.

Implements must be turned in for inspection at the certification area, at least one hour prior to competition. The host site will also furnish certified discuses and shots, if needed. Implements will be sequestered until they are delivered to the competition site prior to competition.

All practice throws shall be taken within the competition area for each event under the direction of the head official. All implements will remain at the venue until the competition is completed.

Implements certified for competition will not be shared without permission from the school to which they belong.

Unified, Ambulatory and Wheelchair implements must meet NFHS standards.

ATHLETE CHECK IN

Athletes must check-in with the head judge at the event before the event begins. If athletes check in after the event has begun, they will not be allowed to compete.

WARM UPS

Vertical jumps: Warm-ups open 40 minutes prior to the start of the High Jump and 60 minutes prior to the start of the Pole Vault, under the supervision of the head judge. Warm-ups end 10 minutes prior to the start of the event to allow the announcer to do introductions, and the head judge to give instructions to all competitors.

Throws and horizontal jumps: Warm-ups open 40 minutes prior to the start of the event under the supervision of the head judge. There will be 15 minutes of general warm-ups. At twenty-five (25) minutes before the event starts there will be 15 minutes of flight one only warm-ups. Warm-ups end 10 minutes prior to the start of the event to allow the announcer to do introductions, and the head judge to give instructions to all competitors.

For subsequent flights there will be 15 minutes of warm-ups followed by instructions. For finals there will be 10 minutes of warm-ups. Competitors not present at the end of the previous flight risk missing their warm-ups.

All events: With an inordinately large number of entrants due to allocations or qualifying mark ties, the games committee may increase warm-up time. At qualifying meets that do not do introductions the games committee should delay the timeline by 5 minutes.

VERTICAL JUMPS - HIGH JUMP/POLE VAULT

The NFHS rule about passing shall apply. When an athlete returns from competing in another event, the athlete will enter the competition at the height in progress. The bar will not be raised during the excuse time. The bar will not be lowered.

Starting heights will be one interval below the lowest qualifying height rounded down to the nearest whole inch.

In the high jump, the cross bar will be raised in 2" intervals until four (4) or fewer contestants remain. Thereafter, the bar will be moved up in 1" intervals, until one contestant remains.

In the pole vault, the cross bar will be raised in 6" intervals until four (4) or fewer contestants remain. Thereafter, the cross bar will be raised in 3" intervals, until one contestant remains.

For the pole vault event, each contestant, prior to the warm-up, must present to the head event judge a WIAA weight certification form (State Vaulter Weight Verification). This form must be filled out, dated, and signed by the appropriate parties. A contestant will not be allowed to warm-up or compete without a properly completed form.

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 impounded and 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.

NOTE: Pole Vault poles MUST be clearly labeled with the pole rating on a ¾-inch minimum label in a contrasting color. Etchings alone shall not replace the requirement of the manufacturer's pole rating label. Contact the manufacturer directly to acquire new or replacement labels.

Each team must have a certified pole vault coach on site during practice and competition.

INCLUSIVE DIVISION (Ambulatory/Wheelchair/Unified)

All inclusive division athletes/partners must meet the rules established by the WIAA and individual school districts, and must qualify to the state meet through the District/Regional meet. At this meet, ambulatory and wheelchair athletes must meet or exceed the minimum standards established by the WIAA. Unified athletes/partners will qualify through an allocation process established by the WIAA. In order for a student to participate in postseason and state tournament playoffs, the student must be a member of a WIAA member school squad and have been included on the school's team roster for at least 50% of the regular season, competed at the sub district meet and have met the qualifying standard at that meet. All para-athletes must be registered with WIAA by the deadline and have competed and met the qualification standards at their District/Regional competition for advancement to the State meet.

UNIFIED RELAYS

Co-Ed Unified Sprint Medley Relay (100m/100m/200m/400m): Consists of 2 boys & 2 girls – relay must include 2 Unified Athletes (w/ IDD) and 2 Unified Partners (w/o IDD). A Unified Athlete must run one of the 100m legs. The Sprint medley utilizes a 2-turn stagger. The first 2 handoffs utilize the 4x1 exchange zones. The 3rd handoff utilizes the straight across 4x400 exchange zone. A 30m exchange zone will not be used here. All runners and exchanges must stay in their lanes except the last runner who may cut in after receiving the baton.

Co-Ed 4x100 Meter Relay: Consists of 2 boys & 2 girls – relay must include 2 Unified Athletes (w/ IDD) and 2 Unified Partners (w/o IDD). The 4x100MR will utilize a 2-turn stagger and will utilize standard 4x100MR exchange zones.

Relay Alternates: 4 alternates are allowed (total of 8 members on a team) with a maximum of 2 athlete alternates and 2 partner alternates. After substituting an alternate, the 2 boys & 2 girls requirement must still be met.

UNIFIED PAIR EVENTS

Co-Ed Unified Shot Put: Unified Pairs (boy/boy; girl/girl or boy/girl) are made up of 1 Unified Athlete (w/ IDD) and 1 Unified Partner (w/o IDD). Each athlete and partner take 3 throws and will utilize standard high school implements. The average of the best Unified Athlete and best Unified Partner mark will become the team's final mark.

Co-Ed Unified 100 meters: Unified Pairs (boy/boy; girl/girl or boy/girl) are made up of 1 Unified Athlete (w/ IDD) and 1 Unified Partner (w/o IDD). Competitors will race in pairs in lanes next to each other – traditional seeding rules will not be utilized. Each athlete and partner run their own race and are not expected to finish at the same time. The average of the Unified Athlete and Unified Partner times will become the team's final time.

QUALIFYING & PARTICIPATION

STATE QUALIFIERS

- Qualifying Meets must be held by the Saturday before the State Track Meet.
- The League/Sub-district and District/Regional meets are part of the WIAA Track & Field postseason pathway to the State Championships.
- "District" may denote a single or combined WIAA Districts for athlete qualification.
- The District/Regional meet is the final event before the State Meet.
- Districts can include athletes who did not qualify at the Sub-district meet among their allowed allotted entries provided the sub-district board or delegated committee involved gave consent and participant(s) were on their schools eligibility roster by the 50% dates..
- Track and field allocations are given to WIAA Districts.
- Additional District entries are permitted if WIAA Minimum Standards are met.
- Ties affecting State Meet qualification must be resolved at the District/Regional Meet.
- For field event ties, follow NFHS rule book procedures. Running event ties require a run-off.
- Inclusive Division-athletes must be registered with the WIAA by the April 3 deadline.
- Inclusive Division-athletes must meet or exceed WIAA minimum standards at the final Qualifying Meet prior to the state meet to advance to the State Meet.
- Contestants meeting State Meet Minimum Standards at the District/Regional Meet may qualify as extra entrants.
- Qualifying marks are based on the middle three values from the past five years' sixth-place state meet finishers.
- No extra entries for newly added events until they've been in the State Meet for three years.
- Running event contestants must meet qualifying marks in the finals if not qualified by place.
- Field event contestants can meet qualifying marks in preliminary or final trials.

Replacing a qualified contestant follows WIAA postseason protocols.

QUALIFYING MEETS

Qualifying meets are to be held no later than Saturday prior to the State Track Meet. Any expenses incurred by the qualifying meet shall be paid by the District involved. For the purposes of qualifying athletes to the State Meet, District may refer either to a single WIAA District or to the WIAA Districts which combined their allocations. The district level meet is the final qualifying event held prior to the state meet.

SPECIAL REGULATION - DISTRICT ENTRIES

A District has the prerogative of including a contestant who did not qualify in the League/Sub-district-level meet among their allowed allotted District entries provided the League/Sub-district-level Board or delegated committee involved gave consent and each participant was on a school's eligibility roster for at least 50% of the regular season.

ALLOCATIONS

All allocations in track and field are made to the WIAA Districts. Additional district entries will be allowed, in which the WIAA-established minimum standards are met. If there is a tie in any heat/event which affects qualification for the State Meet, **THE TIE MUST BE RESOLVED** at the qualifying meet site. If ties for allocations occur in field events, the procedure for determining first place listed in the NFHS Track and Field Rule Book shall be followed. For ties in running events, there must be a run-off between the ties. Qualifying meets may choose to jump off for 1st or 2nd alternate in vertical jumps.

STATE MEET MINIMUM STANDARDS POLICY

In addition to the allocations, contestants in the state qualifying meet who meet or exceed a minimum standard (Qualifying Standards) may qualify to participate in the State meet as an extra qualifier. The policies regarding these extra qualifiers are as follows:

- The qualifying mark will be established by averaging the middle three values over the previous five years' sixth - place finisher from the State meets. Where there is not a sixth-place finisher, the next highest finisher will be used in its place.
- There can be no additional entries for events which are added to the State meet until after the new event has been in the State meet for a three-year period in order to have established a minimum standard.
- In the running events, contestants who have not qualified to state on place must achieve the qualifying mark in the finals.
- In the field events, contestants who have not qualified to state on place can achieve the qualifying mark in either the preliminary trials or the final trials.

WIAA POST-SEASON PARTICIPATION

The League/Sub-district and District/Regional meets are qualifying meets to the State Championships and consist of the WIAA Track & Field postseason.

- Once the Qualifying meets are confirmed, a contestant must compete in all those events for which he/she has qualified. Each League and District is responsible for establishing a confirmation deadline for entries to the Qualifying meet.
- Once the Qualifying meet entries to the State Championship meet are confirmed, a contestant must compete in all those events for which he/she has qualified.
- If a contestant or relay team is disqualified from the League/Sub-district meet (in the prelims or finals) then that contestant or relay team WILL NOT advance to the District/Regional meet.
- If a contestant or relay team is disqualified from the District/Regional meet (in the prelims or finals) then that contestant or relay team WILL NOT advance to the State Championship meet.

HONEST EFFORT

Once a contestant has qualified for an event, participation is required in that event. If the contestant does not compete in all of the events for which he/she has qualified, or in the judgment of the Referee, fails to make a reasonable effort in any track or field event, that contestant shall be disqualified from the meet and subsequent entries in events. The results of any previously completed event will stand.

WIAA POST-SEASON SCRATCHES AND ALTERNATES

In case a qualified contestant, or a member of a qualified relay team, cannot participate in the State meet for medical or disciplinary issues, the Athletic Director or designee of the school of the indisposed contestant is responsible for notifying Meet Management no later than Tuesday, the week of the event, by 4:00pm. Any relay team members who have qualified to participate in individual events will still be allowed to compete in those events assuming the proper notification was given to the Meet Manager.

If an alternate is inserted into the State meet, we will reseed up to the time the meet program is sent. After this time, the athlete will be inserted in the vacated position. Once the meet has officially started, no alternates will be used to fill in for scratches.

If an alternate is inserted into the District/Regional meet, we will reseed up to the scratch deadline. After this time, the athlete will be inserted in the vacated position. Once the meet has officially started, no alternates will be used to fill in for scratches.

An alternate may be inserted into the League/Sub-district meet up until the start time of each individual event. Alternates should warm up with the other competitors.

PARTICIPANT LIMITATIONS

An individual athlete MAY be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete MAY NOT COMPETE in more than four (4) events (individual and/or relays) TOTAL. Coaches - be reminded that the individual event competition limitation of four (4) events is both an NFHS and WIAA rule. An athlete listed on the relay form is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet.

RELAYS

The DEFINITION OF A RELAY TEAM MEMBER is as follows: Up to eight (8) members are listed and only those listed are eligible to run. Any four of those listed are eligible for each race starting with the preliminary heat of the qualifying meet and ending with the State finals. The relay counts as an event for those who run.

Only one (1) team per school may compete. The relay team roster submitted at your District/Regional qualifying meet will be your roster for the State meet. No substitutes are allowed. Coaches are instructed to use Athletic.net to submit Relay Team participants to the Qualifying Meet Manager. The same eight runners will be the only members allowed to compete at the State meet once the form is submitted to your Qualifying Meet Manager. FOR THE QUALIFYING MEET RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS – COACHES ARE PERMITTED TO LIST A MAXIMUM OF EIGHT (8). If any of the submitted runners becomes ineligible, the roster must remain the same. If the relay entries are not turned in by the start of the qualifying meet, the team will not be allowed to participate.

See Inclusive Division section for additional guidance in those relays.

ATHLETE/TEAM REGISTRATION

All schools must register their track and field qualifiers for the qualifying meets on the athletic.net website. All official qualifiers to the state meet will be automatically uploaded to the state meet roster registration from the qualifying meet report.

PASS GATE - PASS LIST

- A list for additional staff for the pass gate needs to be updated on the Final Forms site by a school administrator.
- This document includes information that is used to provide ALL additional passes needed for auxiliary personnel for each State Meet site.
- The school athletic director has access to the Final Forms site.

- Athletes will be admitted to the facility when they show their competitor number.
- Coaches will be admitted by showing a coach/supervisor bracelet or their Washington State Coaches Association ticket from GoFan.
- Each school with at least one entry into the State Meet is entitled to the following passes:
    - Coach Passes:
        - 1-2 Athletes (Boys & Girls Separate) = 2 Coach passes
        - 3-9 Athletes (Boys & Girls Separate) = 3 Coach passes
        - 10+ Athletes (Boys & Girls Separate) = 4 Coach passes

THOSE NOT COMPETING

Coaches will not be allowed on the track or field during the meet, except when in or transitioning to an authorized coaches box. Coaches, managers and supervisors must be outside the fenced area of the track for running events and field events in the stadium and outside the fenced area in the throwing areas. Coaches are responsible for seeing that their team members comply with the warm-up regulations.

IMPORTANT: Coaches and contestants are warned that running alongside contestants while shouting instructions and encouragement may lead to disqualification.

If there is an injury to one of their own team members, coaches may be beckoned onto the field or track. They may also leave to the appropriate protest area to consult with the Coach Liaison/Referee/Jury of Appeals if there is a question concerning a ruling in an event.

OFFICIAL START

Official Start of the State Meet is the earliest of the first scheduled track event or the first scheduled field event warm-up period on the first day of the meet.

SCORING

Eight (8) individuals/relay teams will score in each event.

STATE RECORDS

Only records established in the preliminaries or finals of the State meet shall count as State records. All applications for National records must be made in accordance with the NFHS Track and Field Rules Book.

AWARDS

After the final results have been determined, athletes will be introduced and given their awards on the awards stand in front of the main grandstand. All team awards will take place at the end of the meet.

UNIFORM INFORMATION

The NFHS Track and Field Rules Book uniform rule 4-3 will be enforced. It is the individual athlete and relay teams' responsibility to compete in the proper uniform. Failure to comply with the spirit and intent of the rule could cause a competitor or relay team to be disqualified from an event. All contestants, in both the running and field events must wear their numbers when competing.

Competitor numbers will be worn on the front of the uniform, with the exception of pole vault competitors who may wear their number on the back.

The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked. This will be enforced by the clerk and starters. Hip numbers will be used for all running events and will be worn on the hip facing the FAT camera.

Religious head-coverings are allowed. Other head coverings such as hats/bandanas/handkerchiefs are allowed but must be a single solid color with a total of one manufacturer's logo allowed on the head. Logo must meet the same size limit as the uniform rule.

Any item which is costume-like is not allowed.

Removing any part of the team uniform, excluding shoes, while in the area of competition, is illegal.

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

NOTE: The official should be able to observe that all members are from the same team.

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. These items include but are not limited to cell phones, earbuds, and headphones.

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 area or leave the competition area. Athletes may view video over the fence with the coach in a designated coaching 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 the missed attempt. Electronic communication devices, unofficial video, and video screen replays may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

ATHLETE MEDICAL INFORMATION

- Any athlete who requires a medical accommodation (medication patch, diabetic pump, joint brace, atomizer, inhaler, etc.) during competition will need to provide a medical documentation letter to the Meet Director prior to the start of competition at the State Meet.
- Use of KT tape does not require medical documentation.
- The wearing of a medical alert with the alert visible is encouraged for risk minimization.

2025-26 GENERAL SOPS

ALLOCATIONS

Postseason berths are allocated to WIAA Districts based on the total number of schools offering the sport in that classification/gender. Additional information can be found on the WIAA's Tournament Berths page.

STATE TOURNAMENT TICKETS

The WIAA partners with GoFan to offer digital ticketing. Fans are encouraged to buy tickets online in advance but can also purchase digital tickets onsite. Limited paper tickets will be available at most sites on event day.

- The Tacoma Dome, Yakima Valley SunDome, and Spokane Arena manage their own tickets. Venue-imposed fees apply.
- Visit the WIAA's State Tournament Tickets page for detailed ticket information.
- Service fees apply to all tickets

TOURNAMENT PROGRAMS

Programs are offered exclusively online, via each sport's Tournament Central page. Programs will no longer be printed and sold physically on-site. Programs are expected to be available online roughly 48 hours before the State Tournament, and can also be accessed directly through Issuu.

INSURANCE

Leagues, WIAA Districts, and the WIAA maintain General Liability for their respective tournaments. The WIAA also provides catastrophic insurance for its postseason events. All other coverage, including accident insurance, is the responsibility of participating schools and/or individuals.

GAMES COMMITTEE

Tournament Managers will appoint a Games Committee available onsite or by phone for all postseason qualifying and State events. Full details regarding the members and duties of the Games Committee can be found in Rule 22.0.0 of the WIAA Handbook.

INCLEMENT WEATHER: TEAMS/INDIVIDUALS UNABLE TO ARRIVE FOR A STATE EVENT

Teams and individuals qualifying for State Events should have their participation rights protected, while participants must also understand these events follow specific facility, officiating, and operational restrictions. For safety reasons, uncontrollable weather may require delaying, postponing, or canceling a contest or tournament, though the goal is to accommodate teams/individuals by rescheduling. Detailed information regarding the WIAA's Inclement Weather Policy and procedures for postponement or rescheduling can be found in Rule 25.4.0 of the WIAA Handbook.

Thunder & Lighting:

- If thunder is heard or lightning is seen, play is suspended for at least 30 minutes and people are immediately moved to a designated safe location.
- After suspension, wait at least 30 minutes after the last thunder or lightning before resuming play. Any new thunder or lightning resets the clock to another 30 minutes.

TEAM CEREMONIES

Except for postgame awards, team ceremonies before or after contests must occur in the locker room or on the sideline to avoid delaying the contest or affecting other teams.

UTILIZING STUDENTS FOR SUPPORT POSITIONS AT ATHLETIC EVENTS

Students younger than high school age may only hold support positions at WIAA State Championships if the parent signs the Underage Worker Form on the Tournament Registration Page and assumes all risk.

SUPERVISORY PERSONNEL

Participating schools must register a Supervisory Staff member on their Pass Gate with the following expectations:

- Upon arrival, Supervisor will check in with Event Staff at the Pass Gate and receive a WIAA-issued 'Supervisor' pass to be worn for easy identification during their team's contests.
- Supervisor will monitor fan and student behavior for their crowd as outlined in the WIAA's Fan Expectations and assist the facility security staff or Event Staff when necessary.

FAN/SPECTATOR EXPECTATIONS

- The WIAA supports social justice, racial equity, and sportsmanship. Derogatory cheers, slurs, and hateful comments about identity (race, ethnicity, gender, disability, religion) are prohibited. Tournament Managers and event staff may remove offenders. Witnesses can report incidents using the WIAA's Discrimination & Harassment Reporting Form.
- Schools are encouraged to share the WIAA's Fan Expectations with their communities and students prior to attending State Events for policies regarding cheers, signs, artificial noisemakers, mascots, face painting, continuous standing, clean-up, drones and more.

TEAM ARRANGEMENTS

- LODGING: Participating teams are responsible for their own lodging and must provide supervision for all school representatives at their place of lodging.
- LOCKER ROOMS: Teams must be supervised by school personnel while in their assigned locker room.
    - Participants are responsible for leaving locker rooms in undamaged condition.
    - Tournament Management is not responsible for lost or stolen items.
- PHYSICIANS/TRAINERS: Teams interested in supplying their own physician/trainer must complete the School Athletic Trainer/Physician Form and return it to the Tournament Manager.

RETURN TO PLAY AUTHORIZATION

Athletes removed from participation and attended to by a physician cannot re-enter competition until authorized by the physician who made the original decision.

STATE TOURNAMENT IDENTIFICATION AND MERCHANDISE

The WIAA has registered the WIAA logo and identification term, "State High School Championships," with the Secretary of State, establishing the ownership of events through legal action and WIAA Executive Board policies.

- The WIAA has licensed Rush Team Apparel to print, sell, and/or distribute WIAA-registered merchandise. Schools are encouraged to contact the WIAA Staff for information regarding that partnership.
- Only official, pre-approved merchandise will be sold on-site before, during, or after the event.
- Schools interested in producing merchandise using any of the approved phrases listed above must do one of the following:

1. Contact the WIAA Staff to procure merchandise through Rush Team Apparel, or,
2. Remit a percentage of the gross revenue of merchandise sold to the WIAA. The percentage will be agreed upon by the school and the WIAA.

- Permission to distribute items onsite at a State Event must be approved by the WIAA Staff.

SPONSORSHIP/VENDOR PRESENCE

Advertising or recognition of non-school organizations/products is limited to WIAA-approved sponsors. Political displays and/or solicitation are prohibited.