

WIAA // GESA CREDIT UNION

SITE SPECIFIC INFORMATION

TRACK & FIELD

MAY 23-25, 2024

2A, 3A, 4A – Mount Tahoma Stadium – Tacoma



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This packet contains Site Specific information related to the WIAA 2A, 3A, 4A State Track & Field Championships at Mount Tahoma Stadium on May 23, 24, and 25.

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/S84th Street

- Take the S 74th Street West ramp
- Turn right onto S 74th Street
- Go straight for 1.6 miles
- 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 miles
- 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 grassy 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, i.e. wallets, purses, camera, radios, etc.

PRACTICE TIME

There will be no practice time before the meet begins on either Wednesday, May 22 or Thursday, May 23, except for the Pole Vault. See Pole Vault section for details.

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.

PACKET PICK-UP

Wednesday, May 22	Coaches Tent (south entrance near bell tower)	3:00pm-7:00pm
Thursday, May 23	Coaches Tent (south entrance near bell tower)	1:00pm-7:00pm
Friday, May 24	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 of the fencing area. **EACH TEAM IS ALLOWED ONE TENT ONLY!** Teams will not be allowed to begin setting up their tents until Thursday, May 23 at 1:00pm. 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.

COACHES MEETING

Virtual Coaches Meeting - **Monday, May 20 at 7:00 p.m. via Zoom.**

(ALL teams with qualified athletes must have a representative in attendance.)

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 will be allowed to warm-up in the flagged off area on the infield (after checking in at the clerk's tent). Athletes may warmup on the track/backstretch when not in use.

STAGING AREA

The staging area (clerk's tent) will be located on the visitor side of the facility directly behind the north end long jump pit.

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.

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, May 22.

THOSE NOT COMPETING

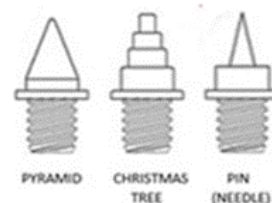
If teams/coaches choose to sit in the stands as the competition is taking place, we ask that you please sit on the visitor side of the stadium or, north of the 50-yard line on the home side of the stadium.

EXCUSE TIME FOR ANOTHER EVENT

The excuse time established for the meet will be 15-minutes for all events.

SPIKES

$\frac{1}{4}$ " pyramid spikes are recommended. Maximum spike length is $\frac{1}{4}$ ", except in Javelin and High Jump, where maximum spike length is 1". Pin spikes (also called needle spikes) of any length are not allowed. Spikes will be checked at the event areas.



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 coach's 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

A coach with wristband may enter the competition area to help an athlete physically set their initial marks.

Coaches must coach from outside the fence. An area will be provided for athletes to stand next to the fence to confer with coaches.

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 designated coaches' box.

POLE VAULT

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

To accommodate athletes and coaches a pole vault practice session will be hosted for all qualified competitors on Thursday, May 23. Overnight pole storage will be available on-site.

Pole Vault Practice Schedule – Thursday, May 23:

2A Boys/Girls – 3:00-4:30 p.m.

3A Boys/Girls – 4:30-6:00 p.m.

4A 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.

A coach's box will be marked off adjacent to each 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 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 designated coaches' box.

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 coach's 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 1:00pm

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.**

PARA & UNIFIED COMPETITION

NOTE: *There are major changes to the Para competition this year and the addition of Unified events. For more information, please make sure to visit www.mywaa.waa.com/track-field-resources/.*

Ambulatory Throws:

Para athletes compete alongside able-bodied athletes in their respective divisions (2A/3A/4A). The throwing order for each attempt is: para-athletes followed by able-bodied athletes. Para athletes get three throws in flight one (which serves as their preliminary attempts) and three throws in flight two (which serves as their final attempts). Only able-bodied athletes compete in the finals flight.

Awards will be presented on Saturday during the Field Event Awards Session of the final division competition for that event.

Example: the last Girls Javelin is the 3A on Saturday morning Session 6. Ambulatory Girls Javelin awards are presented during Field Event Awards-Session 6.

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 6 throws in succession.

Awards will be presented on Friday during Field Event Awards Session 4.

Ambulatory/Wheelchair Track Events:

Ambulatory and Wheelchair track events are listed on the schedule.

Unified Track Events:

Unified Athletes, those with intellectual disabilities and Unified Partners, those without intellectual disabilities will have the opportunity to participate in Co-Ed Unified Relays – 4 x 100MR and Sprint Medley Relay (100-100-200-400).

Awards will be presented after the conclusion of each race.

TIMING

Races will be timed using the Finish Lynx system.

PROTEST AREA

If coaches need to protest, protest forms (available at the Coaches Information Tent) must be submitted to the referee by filling them out and submitting them at the Coaches Information Tent.

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.

TRAINERS

Certified athletic trainers and staff will be on hand during the meet. The training facility is located under the home grandstand, and additional certified athletic trainers will be located at the pole vault and throwing venues.