

# 41<sup>st</sup> Annual SHORELINE INVITATIONAL



## COED TRACK & FIELD MEET SATURDAY – April 30, 2022

Shoreline Stadium  
18560 1st Ave NE  
Shoreline, WA 98155

Meet Director: Don Dalziel; Director of Athletics Shoreline School District  
**All events will begin at 9:00am**

**THE DEADLINE FOR ENTERING ATHLETES IS TUESDAY, APRIL 26th @ 9:00AM.**

*We will again be using athletic.net for all meet entries for the Shoreline Invitational.*

- There is a minimum entry standard recommendation for all events. One entry in all events is allowed provided the performance mark is close to the entry recommendation.
- One **second** entry is allowed. But the qualifying standard for the event must be met by BOTH entries for a second entry to be allowed.
- *(See attached page for entry standard recommendations AND 2<sup>nd</sup> entry qualifying standards)*
- The Meet Director has discretion to limit the number of entries based on entry numbers.

When registering your entries on athletic.net, you must include entry marks. No over-rides allowed when registering. Note: If an entry mark is not listed, the individual or team will be entered in the slowest heat.

**PLEASE BE SURE TO INCLUDE ENTRY TIMES FOR ALL RELAYS** including Distance Medley and Boys 4x200 relay best estimates.

You may only use entry marks that have been achieved THIS season.

Enter your **3200m runner** in the Varsity heat on athletic.net. Refer to #16 in this bulletin's instructions for explanation of where your runner will be placed in the meet. Please note this year that the dividing mark will be 9:45.0 for Boys and 12:00.0 for Girls.

All track events will have timed heats to determine final places. Following the coaches meeting on Saturday morning, we *may* re-seed laned races based on the number of scratches and changes. This will allow for full heats and better efficiencies for the participants

The entry fee is \$225.00 per school or \$40.00 per individual athlete. Entry fees must be paid in advance. No refunds will be issued if cancellations occur after Friday, April 29, 2022. All proceeds from this event go to support the Shoreline School District athletic programs.

*Please note that we adhere to WIAA sanctions and that all participants must be accompanied by a coach while at the stadium for the entire time of competition. Athletes or parents will not be allowed to pick up the team packet.*

*We look forward to seeing you at the meet!*

### INVOICE

Entry Fee: \$225 per school or \$40 per individual  
No refunds if cancellations occur after Friday, April 22, 2022  
Make checks payable to: *Shoreline School District*  
Mail to: Shoreline School District  
Attn: Vicki Klein  
18560 1<sup>st</sup> Ave N  
Shoreline, WA 98155

# Shoreline Invitational

## Shoreline Stadium - Saturday, April 30, 2022

### Instructions to Coaches and Athletes

#### General Instructions

1. You may enter one individual per event plus an additional entrant if both athletes meet the qualifying standard for the event. To maintain the quality of the meet please adhere to this request.
2. The stadium has an all weather track so the following rules will apply:
  - a. Short spikes (1/4") must be used for all events including the field events.
  - b. Starting blocks will be provided. Bring your own shot, discus, javelin and batons. All throwing implements are to be registered with the games committee.
  - c. All track events will be electronically timed by using Eagle Eye and HyTek.
3. Medals will be given to the top eight places. In the event of a tie, the awards will be determined as outlined by Federation Rules. If the rules determine that a tie still exists, then the awarding of the medal will be determined by a coin toss.
4. All National Federation Rules will govern the track meet except for the special ones outlined in the instructions to the coaches. Team scoring will be 10, 8, 6, 5, 4, 3, 2, 1. Judges will be on all turns and straight-aways. (No pacing or picket lines.)
5. Please register your entries on Athletic.net **by 9:00 AM TUESDAY, APRIL 26<sup>th</sup>**. Only the current season's best marks should be used for your athletes so we can accurately assign lane and heat selections.
6. T-shirts (\$15-\$35) and sweatshirts (\$25-\$50) will be for sale at the meet.
7. Ticket Prices:

Adults	\$8.00
Students w/ASB, Senior Citizens and Children	\$5.00

#### Coaches Information

8. Coaches are to meet in the Track Field House by the 100m start line at **8:00 a.m.** to meet the officials and make necessary heat changes. Please bring your completed Pole Vault Weight Verification Form to the meeting. Questions concerning the meet will be answered at this time.
9. Running event and relay event scratches and changes must be reported at the coaches meeting. Changes in the field events can be reported to the field event judge for that event in the morning. All field event entry changes must be completed before **8:30am**.

#### Athlete Information

10. Please be ready to go. The starter will assume you have checked in with the clerk of the course and will not have to wait to give instructions for each race. Starting blocks will be provided at the starts.
11. Athletes are to remain in the stands or team areas when not participating. If you must be on the field, do not stand alongside the track or at the finish line.
12. At the end of each race, runners are to stay in their lane until they are placed and dismissed.
13. Contestants are to remain at the award stand until they receive their award. Field event awards presentation will be made as soon as all contestants are at the stand and the event results are announced.
14. Numbers are to be worn by all contestants. The numbers will be in the team packets. If you have additional athletes, please register them at the coaches meeting where you will be given an additional # for that athlete. Athletes should attach the numbers to the FRONT of their uniform.

### Event Information

15. Heats will be seeded by time in all track races.
16. The 3200 Meter Run will be split into two sections. Each team is still only allowed one entry. If your **Boys** runner's time is 9:45.0 or less, he will be entered into the Elite Heat at 5:40 p.m. If his time is more than 9:45.0 he will be entered into the earlier heat at 9:00 a.m. In the **Girls**, if your runner's time is 12:00.0 or less, she will be entered into the Elite Heat at 5:55 p.m. If her time is more than 12:00.0, she will be entered into the earlier heat at 9:15 a.m.
17. Each team may have one Frosh 1600 entry and one Varsity 1600 entry. The top 16 Varsity runners will be placed in the Elite Sections.
18. **Boys High Jump** will start at 5'6" and will progress at 2" intervals until the height reaches 6'4" then the bar will move at 1" intervals. **Girls High Jump** will start at 4'6" and will progress at 2" intervals until the height reaches 5'4" then the bar will move at 1" intervals. **The Boys Pole Vault** will start at 10'0" and move up 6" until it reaches 13', then it will move up at 3" intervals. **The Girls Pole Vault** will start at 7'6" and move up 6" until it reaches 11', then it will move up at 3" intervals.
19. Flights will be used in field events for the discus, shot put, javelin, and long and triple jump. Each contestant will be allowed three throws or jumps in the preliminaries. Each flight will take three jumps or throws until all flights are done. The top nine contestants will then jump or throw in the finals (reverse order). Each finalist will be given three jumps or throws. The attempts will not be consecutive.
20. The revolving Flight Plan as outlined by Federation Rules will be used in the pole vault and high jump.
21. In the field events, all warm-ups and run-throughs must be completed before the event begins. All marks must be made during this warm-up time. Twenty minutes will be allowed before each event for warm-up. One run-through will be allowed before each flight to each contestant of that flight and one toss to each thrower as warm-up. No extra practice will be allowed in unused event areas before or after an event.
22. Each individual toss in the shot put, javelin and discus will be measured.

## MEET SCHEDULE – *Subject to change pending # of entries*

Event	Gender	Time of Day	Field Events:
3200 OPEN	Boys	9:00 AM	<u>First Round start at 9:00am</u>
3200 OPEN	Girls	9:15 AM	Long Jump/Boys
4x200	Boys	9:35 AM	Long Jump/Girls
4x200	Girls	9:50 AM	High Jump/Boys
DMR	Boys	10:10 AM	Pole Vault/Girls
DMR	Girls	10:40 AM	Shot/Boys
110 H	Boys	11:10 AM	Discus/Girls
100 H	Girls	11:30 AM	Javelin/Boys
100m	Boys	11:50 AM	
100m	Girls	12:10 PM	<u>Second Round at 1:30pm</u>
1600 Frosh	Boys	12:30 PM	Triple Jump/Boys
1600 Frosh	Girls	12:40 PM	Triple Jump/Girls
4x100	Boys	12:50 PM	High Jump/Girls
1600 Open	Boys	1:10 PM	Pole Vault/Boys
1600 Open	Girls	1:20 PM	Shot/Girls
4x100	Girls	1:30 PM	Discus/Boys
1600 Elite	Boys	1:50 PM	Javelin/Girls
1600 Elite	Girls	2:00 PM	
400m	Boys	2:10 PM	
400m	Girls	2:30 PM	
300 H	Boys	2:45 PM	
300 H	Girls	3:10 PM	
800m	Boys	3:35 PM	
800m	Girls	3:55 PM	
200m	Boys	4:15 PM	
200m	Girls	4:30 PM	
3200m Elite	Boys	4:50 PM	
3200m Elite	Girls	5:05 PM	
4x400m	Boys	5:25 PM	
4x400m	Girls	5:40 PM	
Awards		6:05 PM	



## 2022 Shoreline Invitational Track Meet

### BOYS

#### RECOMMENDED

Minimum recommended  
Standard for **FIRST** entry

Event	Recommended Minimum Entry
100	12.0
200	24.5
400	56.5
800	2:10
1600 Elite	top 16
1600 Frosh	5:20
1600 Open	5:00
3200 Open	11:00
3200 Elite	9:45
110H	18.1
300H	45.5
4x2	
4x1	
4x4	
DMR	
High Jump	5'4"
Pole Vault	9'6"
Long Jump	17'
Triple Jump	36'
Shot	36'
Discus	95'
Javelin	115'

#### REQUIRED

**2<sup>nd</sup>** entry standard for both  
athletes if a 2<sup>nd</sup> entry requested

Event	Qualifying Standard for 1 <sup>st</sup> & 2 <sup>nd</sup> entry
100	11.0
200	22.9
400	50.9
800	1:58.5
1600 Elite	top 16
1600 Frosh	4:45
1600 Open	4:24
3200 Open	
3200 Elite	9:28
110H	15.8
300H	41.0
4x2	
4x1	
4x4	
DMR	
High Jump	6'
Pole Vault	13'
Long Jump	20' 10"
Triple Jump	42"
Shot	47' 5"
Discus	142'
Javelin	145'

## 2022 Shoreline Invitational Track Meet

# GIRLS

### RECOMMENDED

Minimum recommended  
Standard for **FIRST** entry

Event	Recommended Minimum Entry
100	13.6
200	28.8
400	66.5
800	2:38
1600 Elite	top 16
1600 Frosh	6:30
1600 Open	6:10
3200 Open	13:00
3200 Elite	12:00
100H	18.1
300H	53.0
4x2	
4x1	
4x4	
DMR	
High Jump	4' 4"
Pole Vault	7' 6"
Long Jump	13' 6"
Triple Jump	29' 6"
Shot	26'
Discus	75'
Javelin	75'

### REQUIRED

**2<sup>nd</sup> entry** standard for both  
athletes if a 2<sup>nd</sup> entry requested

Event	Qualifying Standard for 1 <sup>st</sup> & 2 <sup>nd</sup> entry
100	12.8
200	26.7
400	61.1
800	2:22
1600 Elite	top 16
1600 Frosh	5:31
1600 Open	5:08
3200 Open	
3200 Elite	11:20
100H	16.2
300H	48.5
4x2	
4x1	
4x4	
DMR	
High Jump	5'
Pole Vault	10' 3"
Long Jump	16' 5"
Triple Jump	34' 5"
Shot	36'
Discus	112'
Javelin	105'