



# Lake Washington Track & Field

Neil Hanson  
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Meet Directors

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February 9<sup>th</sup>, 2009

Dear Coach,

We are please to invite you to the 34<sup>th</sup> annual Roger Hansen (Lake Washington) Girls' Invitational Track Meet to be held on Saturday, May 2<sup>nd</sup> **at Eastlake High School\*\***. The meet is sponsored by Lake Washington High School and the Kang Track Booster Club. For the last 31 years this meet has been the largest, high-quality, all-girl meet in the state of Washington. We hope you choose to attend and use this meet to prepare your top athletes for the kind of competition they will face at the end of the year.

Our philosophy for this meet has always been to provide your athletes with an opportunity for high level competition in as relaxed an atmosphere as possible. Your athletes all have goals and aspirations for the end of the year and we can help prepare them for the championship meets with this kind of high quality meet.

For all but one extra event, there are qualifying standards which must be met in competition THIS YEAR. Please only use marks from this year when entering. If your athlete has a better lifetime best and you feel the athlete should be seeded higher than their this year mark, please send an E-mail to [jajohnson@kangtrack.org](mailto:jajohnson@kangtrack.org). This information helps us in seeding the meet. Please be honest.

The meet has all of the events contested at state, except we substitute the 1500 and 3000 for the 1600 and 3200. In addition, we add the 4x800 relay.

The entry deadline is **Tuesday, April 26<sup>th</sup>, 6:30 PM – ALL ENTRIES MUST BE MADE AT ATHLETIC.NET.**

Late entries will only be allowed if there is room in events. Please send an e-mail to [jajohnson@kangtrack.org](mailto:jajohnson@kangtrack.org) if you miss the deadline.

The entry fee is \$75 per team, or \$15 **per individual, per event** (one athlete in two events would be \$30, for example), if you have five or fewer entries. Mail your check as soon as possible.

**Please pay before meet day!**

This year we are incorporation [www.athletic.net](http://www.athletic.net) to our entries for the meet. This is a free service to coaches that allows for quick entry of athletes and their marks. If you have questions about this service see the instructions on page 5 or feel free to call us. **PLEASE send a confirmation e-mail along with your contact information** to [jajohnson@kangtrack.org](mailto:jajohnson@kangtrack.org) when you have finished entering your athletes. I will send a confirmation reply to let you know that I have your entries. Changes can be made on athletic.net until Tuesday, April 26<sup>th</sup>, after the deadline you may send scratches to [jajohnson@kangtrack.org](mailto:jajohnson@kangtrack.org). Late additions will be entered as alternates and added only if space is available and based on entry mark. Alternates must check in with the clerk or event official to be considered for a spot.

During the last 15 years, we have averaged over 70 schools at this meet. These include schools from all 6 state classifications. Your team's participation is important to us and will greatly benefit your athletes. Have a great season and we hope to see you May 2<sup>nd</sup>!

Sincerely,  
Neil Hanson and James Johnson  
Head Track and Field Coaches  
Meet Directors

Contact Info  
Neil's cell: 425.444.0493  
James's cell: 425.301.6568  
Office phone: 425.828.3371  
Email: [nhanson@lwsd.org](mailto:nhanson@lwsd.org)  
[jajohnson@kangtrack.org](mailto:jajohnson@kangtrack.org)  
FAX: 425.828.3411

Website: <http://www.kangtrack.org/>

Entries: <http://www.athletic.net>

**DUE BY APRIL 28<sup>th</sup> 6:30 PM**

## **\*\*Directions to Eastlake High School\*\***

**\*\*This year's meet will be held at Eastlake due to improper track installation at Lake Washington High School. Next year we'll be back and Lake Washington with a brand new track!**

**EASTLAKE HIGH SCHOOL – 400 228<sup>th</sup> Ave NE, Sammamish, WA 98074**

**Directions:** From I-405: Take the 520 East exit, towards Redmond. Take the Redmond Way/SR 202 Exit off 520. At the light at the end of the exit ramp turn right. Go straight on Redmond/Fall City Road (SR 202). At the Gray Barn, turn right onto Sahalee Way. Stay on Sahalee for several miles (the road changes names to 228th Ave. NE). The entrance to the school is just past the Sammamish Highlands shopping center on the left. At the stop light, turn left onto NE 4th, which goes directly into the school. Student and visitor parking is on the right as well as behind the school.

**From I-90:** Take Exit 15 -- Lake Sammamish State Park -- at Issaquah. Go north on 17th Ave. NW and bear right at the first stop light (road name changes to NW Sammamish Road) and drive past Costco. Just after the railroad tracks turn left on East Lake Sammamish Parkway. Turn right at SE 43rd Way. Take this road up the hill past Pine Lake Park and Skyline High School (road name changes to 228th Ave.). Turn right onto NE 4th (stop light), which goes directly into the school. Student and visitor parking is on the right as well as behind the school.

## **Contact information for the May 2<sup>nd</sup> Shoreline Invitation (Boys)**

Don Dalziel  
Athletic Director  
Shoreline School District  
Phone: (206) 368 – 4470  
E-mail: [don.dalziel@shorelineschools.org](mailto:don.dalziel@shorelineschools.org)

## MEET INFORMATION

### **ENTRY FEE for Lake Washington Track and Field Invitational, May 2<sup>nd</sup>, 2009**

Teams with more than 5 entries: \$75.00

or per entry: \$15.00

(1 athlete, 2 events = \$30.00)

Make Checks payable to: **Lake Washington Track**

Send payment to: Lake Washington High School, c/o Neil Hanson, 12033 N.E. 80<sup>th</sup> Street, Kirkland, WA 98033

If paying by P.O. please also fax a confirmation of PO to 425.828.3411

### **PLEASE USE THE ABOVE INFORMATION AS YOUR INVOICE**

#### Entry Standards

-Athletes that have met this mark in competition this year, athletes that are close will be considered as space is available-

100m - 12.9	Shot Put - 35-0
200m - 26.9	Discus - 105-0
400m - 62.0	Javelin - 110-0
800m - 2:27.0	High Jump - 5-2
1500m - 5:30.0 for 1600m	Long Jump - 16-0
3200m - 12:05 for 3200m	Triple Jump - 33-0
100mH - 16.2	Pole Vault - 9-0
300mH - 49.0	
4x100R - 52.5	4x200R - 1:52.5
4x400R - 4:18.0	4x800R - none

**SPIKES:** Synthetic track, jumping and javelin areas. No spikes longer than ¼ inch allowed.

**ENTRIES:** All entries should be made through <http://www.athletic.net>, see instructions on pages 5. Entries can be made and altered at the athletic.net website until Tuesday, April 28<sup>th</sup>, 6:30 PM. A preliminary list of entries and alternates will be sent via e-mail and posted on <http://www.kangtrack.org> on Wednesday, April 29<sup>th</sup>. **If you have late scratches**, please update those entries on athletic.net through Thursday evening. Friday scratches must be e-mailed to [jjohnson@kangtrack.org](mailto:jjohnson@kangtrack.org). A final entry list with alternates will be sent out Friday. All late entries will be placed into the meet as alternates. **Please make only scratches and updates to seeding times online after Tuesday...all late additions will be seeded as alternates. Send questions by email to [jjohnson@kangtrack.org](mailto:jjohnson@kangtrack.org).** The earlier you give us changes, the faster our stat process will be. Last minute changes can still be made at check-in on Saturday morning at the gym foyer.

**ATHLETE CHECK-IN: All athletes must check-in at first call!** We do not seed the events until after first call, if your athlete misses first call, they may lose their spot in the race! We have a long waiting list in many events and athletes that do not check in will be replaced. Using this procedure also ensures that all heats will be full and competitive.

**ALTERNATES:** Alternates should check in at first call with other competitors. Any scratches or no shows at first call will be replaced with alternates. Alternates should check back at second call to find out if they have been seeded.

**COACHES CHECK-IN** Coaches should pick up programs and coaches passes at the EHS gym foyer. If you have late adds in relays or running events, you may get them in on Saturday if there are open lanes. We will not take late adds in field events. The process of adding during check-in only works if all coaches get scratches in as soon as possible.

**ADMISSION:** Each team will be given a maximum **4 tickets for coaches and managers**, please have your boosters pick up the admission price for additional coaches. Please do not give these passes to parents or students. We have not increased the entry fee for this meet for several years because we are able to charge admission. If admission totals go down, entry fee costs will go up.

*Participants will be admitted at main gate if wearing uniforms.*

***Admission is \$5 for adults and students, children 6 and under are free.***

**AWARDS:** Trophies to top 3 teams. Medals will be awarded to places 1-6.

**SCORING:** Team points will be awarded 10-8-6-5-4-3-2-1

**DRESSING FACILITIES:** Locker room will be open in gym for dressing – no lockers or towels  
**FIRST AID/TRAINER:** a trainer will be available for emergencies. If you need to be taped, bring your own supplies. Ice will be available.  
**STARTING BLOCKS WILL BE PROVIDED.** Do not bring yours without permission from the meet director.  
**TIME LIMITS:** Federation time limits will be imposed.  
**TIMING:** Electronic timing with manual back-up will be used  
**100m, 100mH, and 4x100m relay:** These events will have equally seeded prelims and finals.  
**4x200, 4x400, 4x800, 300mh, 200m, 400m, 800m, 1500m, and 3000m:** These events will have seeded timed finals.  
**4x200 and 4x400 will use 3 turn stagger.**  
**800m. run:** Top 8 in 1-turn stagger last heat. Previous heats – 16 per heat with double barrel waterfall start.  
**4x800m and 3000m run (possibly 1500m):** Will use alley starts. Outside group can cut in after first 100 meters.

**JAVELIN:** Bring your own – throw from rubber runway.  
**SHOTS and DISCUS:** Competition shots will be provided; discuses will be inspected for even surface and wear.  
**HIGH JUMP:** Jumping starts at 4-08 – up 2” until 5-6 – 1” from there.  
**POLE VAULT:** Vaulting will start at 8’ 06 – up 6” until 10-0 – up 3” from there.

**CONCESSIONS:** Will be open all day.  
**T-SHIRTS:** Limited supply will be available. Tell your kids to buy early.  
**RUNNING EVENT WARM-UP:** Not allowed on the track – athletes may warm-up inside flagged area at mid-field.  
**FIELD EVENT WARM-UP:** All warm up and run throughs must be completed before event starts. One run through or throw will be allowed before each flight.

**NO THROWING WARM UP ANYWHERE UNTIL MEET OFFICIAL IS PRESENT.**

**COACH/ATHLETE POSITIONING:** No coaches will be allowed inside outer lane of track after 10:30 AM. Shot must be viewed from behind flagged area. Discus and javelin must be viewed from inside stadium – top of visitor’s stands is the best view.

**STATISTICS:** All marks will be posted behind stands upon completion of events. Top 8 will be published soon after completion of event (deeper results will follow as time to enter them permits). Printed results will be available later in the evening at the Shoreline Invitational. Many results will be posted on Athletic.net on Saturday evening. Complete results will be posted on Athletic.net by Sunday evening. If you want a hardcopy mailing, you must request this—a mailed set of results will not be sent out. Results can also be found at [www.kangtrack.org](http://www.kangtrack.org)

**LIVE RESULTS:** We will be experimenting with live results on <http://www.kangtrack.org/> this year.

	<u>Contact Info</u>	
Neil Hanson and James Johnson	Neil’s cell:	425.444.0493
Head Track and Field Coaches	James’s cell:	425.301.6568
Meet Directors	office phone:	425.828.3371
	email:	<a href="mailto:nhanson@lwsd.org">nhanson@lwsd.org</a> or <a href="mailto:jajohnson@kangtrack.org">jajohnson@kangtrack.org</a>
	FAX:	425.828.3411

**WEBSITE:** <http://www.kangtrack.org/>  
**ENTRIES:** <http://www.athletic.net>

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# How to Submit Meet Entries Online

**Athletic.net** is a resource for high school Track & Field and Cross Country coaches, offering free **statistic tracking**, easing **meet registrations**, and providing free tools to simplify common coaching tasks. Follow the 4 steps below to get started:

## 1. Locate your school and sign up for a free coach account

In a web browser, go to the website: [www.athletic.net](http://www.athletic.net)  
Locate your state, and then your school  
Once on your school's page, locate the "**Sign Up Here**" link, click it and follow the instructions  
After you have received the confirmation email, you may proceed to the next section

## 2. Enter your season calendar

Use your email address and password to sign into the website, and again locate your school's page  
Click on "**Edit Calendar**" from the Coaches Tool Bar on your school home page  
Where it says "Add meet to the Calendar" select the date **5/2/2009** and click **Continue >**  
For Region, select: **Washington**  
Click **Select** on line that says: **Lake Washington HS, Kirkland, Lake Washington Invitational**  
\*The location this year will be *Eastlake HS, Sammamish*  
Review the information and click **Save**  
Repeat this process for the rest of your calendar  
Verify on the "Edit Calendar" page that all your meets have been entered correctly. If you see a mistake, use the Edit button next to the meet to make corrections.

## 3. Enter past meet results to be used as seed times

Seed times for meet entries are automatically drawn from past meet results. While some meet hosts will accept "override seed marks", which you can enter on the meet registration page, it would be beneficial to enter the marks as results in your past meets. Doing this will ensure that your schools homepage will have current results on it.

Click "**Enter Meet Results**" from the Coaches Toolbar, on your schools page  
Add an athlete to the roster (repeat for all athletes)  
Select the gender and the **older meet** from the drop-down menus near the top of the page (you do not want to enter results for the meet you are registering for)  
Select an event to enter results  
In the "Edit/Add Results" box, begin typing the last name of an athlete, type result and place  
Click "**Add**"  
Repeat for each result

## 4. Register athletes for the Lake Washington Invitational

Again on your school's page, click "**Meet Registration**"  
Locate **Lake Washington Invitational** in the right column and click on it  
Use the boxes on the bottom of the page to add any additional athletes  
Click on either an Athlete or an Event  
Select the athletes you want to compete, the division they are competing in, and verify their seed mark  
Be sure to click the Update button to save your changes after updating the athlete or event  
To remove athletes from an event, select the '--' line  
Print your entries for use at the meet

Large teams often have each of their coaches sign into the website to assign the athletes that they are responsible for to events. By printing out and faxing your entries, you can use the meet registration feature of Athletic.net for all your meets!