



34th Annual LAKE WASHINGTON INVITATIONAL GIRLS TRACK MEET

SATURDAY – May 1, 2010

Lake Washington High School, 12033 NE 80th Street, Kirkland, WA 98033

FIELD EVENTS @ 10:00 AM

RUNNING EVENTS @ 10:00 AM

ENTRY FEE: \$75 per team or \$15 per individual

Late entries or payment will result in \$10 late entry fee.

Please respect our deadline for program and seeding purposes.

Payments for teams must be received by 3:00 p.m. Monday, April 26th.

We will again be using Athletic.net for meet entries.

Last year the Lake Washington Invitational was pleased to host 70 teams. Preliminaries will be run only in the 100 Hurdles, 100 meter, and 4x100 meter relay.

All other track events will have timed heats to determine final place. All athletes that meet qualifying standards will be guaranteed entry, others will be seeded as space provides.

Please note that we adhere to WIAA sanctions, and that all participants must be accompanied by a coach at the stadium for the entire time of competition.

We look forward to seeing you at the meet!



Lake Washington Track & Field

James Johnson
425-301-6568 (cellular)
jajohnson@lwsd.org

February 9th, 2010

Dear Coach,

We are please to invite you to the 34th annual Roger Hansen (Lake Washington) Girls' Invitational Track Meet to be held on Saturday, May 1st at **Lake Washington High School**. The meet is sponsored by Lake Washington High School and Juanita High School. For the last 35 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@lwsd.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 deadlines is:

Tuesday, April 27th, 6:30 PM – ALL ENTRIES MUST BE MADE AT ATHLETIC.NET

A copy of all entries will be posted on <http://www.kangtrack.org/> on Wednesday. Changes and scratches can be made on athletic.net until Thursday, April 29th, 3:00 pm. Programs will be printed at that time. All changes that need to be made after that time should be sent to jajohnson@lwsd.org and will not be reflected in the meet program.

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 incorporating www.athletic.net for our meet entries. 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@lwsd.org when you have finished entering your athletes. I will send a confirmation reply to let you know that I have your entries.

Scratches, updated entry marks, and relay changes can be made on athletic.net until Thursday, April 29th; after the deadline you may send scratches to jajohnson@lwsd.org.

Late additions will be entered as alternates and added only if space is available and based on entry mark and number of scratches.

Alternates must check in with the clerk or event official to be considered for a spot.

During the last 17 years, we have averaged 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 1st!

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

Contact Info
Neil's cell: 206.369.4778
James's cell: 425.301.6568
Office phone: 425.828.3371
Email: nkells@lwsd.org
jajohnson@lwsd.org
FAX: 425.828.3411

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

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

DUE BY APRIL 27th 6:30 PM

****Directions to Lake Washington High School****

LAKE WASHINGTON HIGH SCHOOL – 12033 NE 80th St, Kirkland,
WA 98033

Directions: From I-405: Take exit 18, towards Redmond. At the first light on NE 85th, turn right onto 120th Ave NE. Go straight through the light at NE 80th onto Lake Washington High School's campus.

Contact information for the May 1ST Shoreline Invitation (Boys)

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

LAKE WASHINGTON MEET INFORMATION

ENTRY FEE for Lake Washington Track and Field Invitational, May 1st, 2010

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. 80th 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 will be guaranteed an entry spot, 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 - 12:05.0 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 27th, 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 28th. **If you have late scratches**, please update those entries on athletic.net through Friday morning, 8 AM. Late scratches must be e-mailed to ajohnson!lwsd.org. A final entry list with alternates will be sent out Friday.

All **late entries** will be placed into the meet as alternates and will not appear in the meet program. **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 ajohnson@lwsd.org. The earlier you give us changes, the faster and more accurate our stat process will be. Last minute changes can still be made at check-in on Saturday morning at the gym foyer. (where you'll also find coaches hospitality...coffee and more)

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 LWHS 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 **6 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, 300m, 200m, 400m, 800m, 1500m, and 3000m: These events will have seeded timed finals.

4x200 and 4x400 will use 3 turn stagger.

800m. run: All heats will run 8 in lanes for first 100m.

4x800m and 3000m run (possibly 1500m): Will use alley starts. Outside group can cut in after first 100 meters.

JAVELIN: Bring your own, they will be sight inspected by event official – throw from rubber all-weather 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.

Late purchases can be made via web page.

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

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

Neil Kells and James Johnson
Head Track and Field Coaches
Meet Directors

Contact Info

Neil’s cell: 206.369.4778
James’s cell: 425.301.6568
office phone: 425.828.3371
email: nkells@lwsd.org or
jajohnson@lwsd.org
FAX: 425.828.3411

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

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

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
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 **5/1/2010** and click **Continue >**
For Region, select: **Washington**
Click **Select** on line that says: **Lake Washington HS, Kirkland, Lake Washington Invitational**

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!