



**WEST CENTRAL DISTRICT III
TRACK & FIELD**

MEMO: Jan. 22, 2025



4A League Track & Field Meet Dates 4A NPSL May 7 & 9, 2025 @ Federal Way 4A SPSL May 8 & 10, 2025 @ Olympia 4A WCD /SWD May 21&23@ French Field (Kent)	3A League Track & Field Meet Dates 3A NPSL May 7 & 9, 2025 @ Federal Way PCL 3A / May 14 & 16, 2025 @ Mt Tahoma SSC 3A / May 6 & 8, 2025 @ North Thurston
2A League Track & Field Meet Dates OL Champs May 8-10, 2025 @ NMHS OL Subs May 8-10, 2025 @ NMHS SPSL May 14-16, 2025 @ Mt. Tahoma 2A WCD III @ Bremerton HS May 21-23, 2025	1A League Track & Field Meet Dates Nisqually May 17, 2024 @ Vashon 1A WCD III @ Vashon May 17-20, 2025

1B Quad District @ Franklin Pierce Top * boys, * girls advance to WIAA State 2025
Right side of the /
***Boys = D1=6, D2=4, D3=2, D4= 4 into Quad District meet (16 total)**
***Girls = D1=4, D2=4, D3=2, D4= 2 + 4 next best times or marks into Quad District meet (16 total)**

WCD III Entries
4A @ French Field (Kent) May 21 & 23 SPSL (12)=10 / NPSL(8)=6 (16 total entries)+GSL = 3 (19 Total)
SPSL(12) NPSL(8) GSL (4) Total Schools (24)
3A @ French Field (Kent) May 21 & 23 **NPSL = 7, PSL = 10, = 17 total + GSL = 3, = 20 Total Entries**
NPSL (9) PSL (12) + GSL = (5) Total Schools (26)
2A @ Mt. Tahoma May 23-24 Olympic = 6 / SPSL = 6 (12 total entries)
1A @ Vashon May 17-20 Olympic Boys = 2 / Nisqually (8 total entries)
1A @ Vashon May 17-20 Olympic Girls = 2 / Nisqually (8 total entries)
1B @ Franklin Pierce May 15 Dist. 1-2-3-4 = (16 total entries) **#* boys / #* girls advance to state 2025**
Boys Dist. 1 = (6), Dist. 2 = 4, Dist. 3 = 2, Dist. 4 = 4, = 16 total entries
Girls Dist. 1 = 4, Dist. 2 = 4, Dist. 3 = 2, Dist. 4 = 2, = 12 + the next best 4 =16
*Double the allocation for these districts' numbers

WIAA entries to State 2025
4A WCD to State = * Boys entries to state 2025 | * Girls entries to state 2025
3A WCD to State = * Boys entries to state 2025 | *Girls entries to state 2025
2A WCD to State = * Boys entries to state 2025 | * Girls entries to state 2025
1A WCD to State = * Boys entries to state 2025 | * Girls entries to state 2025
1B Quad to State = * Boys entries to state 2025 | * Girls entries to state-2025 (Quad-District meet)

Timed Finals
4x200R, Prelims seeded inside out = Hot heat only in this race (#2 Heat)
800m Follow 800 WIAA Guidelines posted
Protect #1 only and seed by Time | Use WIAA processes for Syllabus

Dwayne Johnson
PASD Athletic Director, CMAA
WCD III Track & Field Chair
coachdjohnson@live.com
304 East Park Ave Port Angeles, WA. 98362
360-565-1608 AD Office 360-477-7280 AD Cell



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4A NPSL	4A SPSL	3A NPSL	3A PSL	
Auburn Auburn Riverside Kennedy Catholic KentrIDGE Kentwood Mt. Rainier Stadium Tahoma	Bethel Bonney Lake Curtis Emerald Ridge Graham Kapowsin Olympia Puyallup Rogers (Puyallup) South Kitsap Spanaway Lake Sumner Yelm	Auburn Mountainview Decatur Enumclaw Federal Way Kentlake Kent-Meridian Thomas Jefferson Todd Beamer White River	Bellarmine Capital Central Kitsap Gig Harbor Lakes Lincoln Mt. Tahoma North Thurston Peninsula River Ridge Silas Timberline	
Allocation from League to WCD III =5	Allocation from League to WCD III =8	Allocation from League to WCD III =5	Allocation from League to WCD III =5	
GSL = 3		GSL = 3		20 Total Entries

2A Olympic	2A SPSL		1A Nisqually	1B North Olympic
Bainbridge Bremerton Kingston North Kitsap North Mason Olympic Port Angeles Sequim	Clover Park Eatonville Fife Foss Franklin Pierce Orting Steilacoom Washington		Annie Wright Bellevue Christian Cascade Christian Charles Wright Acad. East Jefferson Klahowya Life Christian Acad. Seattle Christian Vashon Island	Clallam Bay Crescent Neah Bay Chief Kitsap
Allocation from League to WCD III = *Top 6	Allocation from League to WCD III = *Top 6		Allocation from League to WCD III = Top 8	Allocation from League to WCD III = Top 2 + 3 at large
1B District #1 Cedar Park Christian (Lynwood) Evangel Classical School Fellowship Christian Grace Academy Lopez Island Lummi Nation Providence Classical Christian Shoreline Christian Skykomish Tulalip Heritage ***** Concrete Darrington	District #2 1B Concordia Christian Crosspoint Evergreen Lutheran Muckleshoot Tribal Northwest Christian (Lacey) Northwest Yeshiva Pacific Christian Pope John Paul II Puget Sound Advent Quilcene Rainier Christian Sound Christian Summit Classical Christian School	District #3 1B *North Olympic Clallam Bay Crescent Neah Bay Chief Kitsap	Dist. #4 1B Columbia Valley Columbia Adventist Firm Foundation Oakville Pe Ell Three Rivers Christian Wahkiakum Washington School for the Deaf	Dist #4 1B Coastal Lake Quinault Mary M. Knight Naselle Ocosta Taholah Willapa Valley Wishkah Valley



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2022-24 Spring Allocations - Updated 3/23/2023

4A	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8
Boys Track (51)	4/5		7/7		-	2/2	-	3/2
Girls Track (51)	4/5		7/7		-	2/2	-	3/2

3A	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8
Boys Track (79)	5/4	6/6	7/7		-	-	-	2/3
Girls Track (79)	5/4	6/6	7/7		-	-	-	2/3

2A	D1	D2	D3	D4	D5	D6	D7	D8
Boys Track (62)	3/2	6/6		4/4		2/2	-	1/2
Girls Track (62)	3/2	6/6		4/4		2/2	-	1/2

1A	D1	D2	D3	D4	D5	D6	D7
Boys Track (59)	1/2	3/3	3/2	3/3	3/2	1/2	2/2
Girls Track (59)	1/2	3/3	3/2	3/3	3/2	1/2	2/2

1B	D-1	D-2	D-3	D-4	D-5	D-6	D-7	D-8	D-9
Boys Track (50)	3/3	2/2	1/1	2/2	-	2/3	3/3	-	3/2
Girls Track (39)	3/2	1/2	1/1	1/1	-	2/2	1/2	-	3/2