

26th ANNUAL GEORGE YAMAMOTO INVITATIONAL

- MEET LOCATION:** Date: Saturday, March 5, 2011
Time: Coaches meeting at 2:30pm for Field Events Only - Optional
Coaches meeting at 4:30pm for Running Events - **Mandatory.**

Field events start at 3:00 pm
Running events start at 5:00 pm

Site: Mililani High School Track
- ENTRY DEADLINE:** Date: Thursday, March 3, 2011
NO POST ENTRIES ACCEPTED
Deadline: 5:00 pm, March 3, 2011, Thursday.
Email entries to: Raiderstime@aol.com,
- SEEDING MEETING:** Date: March 4, 2011 Friday
Time: 6:00 pm
Site: Mililani High School
Closed seeding meeting. Seeding to be done by Mililani HS Athletic Dept.
- ELIGIBILITY:** Participants must meet the eligibility rules of their respective schools, member leagues and the OIA.
- OFFICIAL RULES:** This shall be governed by the National Alliance Edition of Track and Field Rules, published by the National Federation of State High School Athletic Association.
- PARTICIPATION:** Participation is unlimited. Open substitution.
- FIELD EVENTS:** These are individual events, NOT team relay, and will be scored accordingly. Each school may enter no more than four (4) athletes per field event. Athletes are subject to the following meet rules. Pole Vault: Boys & Girls will jump together as bars approach opening heights for each. Warm-ups allowed according to Book of Rules.
- | | |
|------------------|--|
| POLE VAULT | Opening height 5'6" ft. (girls), 7 ft. (boys) |
| HIGH JUMP | Opening height 4 ft. (girls), 5 ft. (boys) |
| LONG/TRIPLE JUMP | Each athlete will receive 4 jumps. All jumps are final. |
| SHOTPUT/DISCUS | Each athlete will receive 4 throws. All throws are final.
In the discus, best 2 marks will be measured. |
- ***Participants and coaches are requested to remain in their respective assigned seating areas except when warming up for an event. Failure to comply may result in disqualification.
- RULES OF ENTRY:** Each school may enter only one team in each relay event. Relay cards will be given to coaches at the Coaches' Meeting. Cards must be submitted to the Clerk of Course upon final call of event.
- AWARDS:** The top five (5) finishers in each of the events shall receive ribbons. Team plaque is awarded to the top Boys and Girls team. A plaque will be awarded to the Outstanding Boy and Girl Performer in the meet as selected by the Awards Committee.

SCORING: Scoring in all individual events, unless specified as a non-scoring event, shall be 6-4-3-2-1 respectively. Scoring in all relays, unless specified as non-scoring events, shall be 10-8-6-4-2 respectively.

REPORTING: All participants of field events must report to their designated areas properly and promptly on last call or be scratched.

All relay team members must report to Clerk of Course on last call or the team may be scratched. Relay cards must be submitted at this time.

All participants of individual running events must report to Clerk of Course on last call or be scratched.

THERE WILL BE TWO (2) CALLS: FIRST AND LAST

OFFICIALS: Each school may be held responsible for providing two (2) officials during the meet.

MISCELLANEOUS RULES: ATTENTION COACHES Please read the following rules and stipulations for the individual and novelty events.

1. INVITATIONAL 1600M RUN - (Scoring Event)
Each team may enter four (4) boys and four (4) girls. There will be two (2) heats of each. Runners will run in heat of like ability. Score will be according to best 5 times, regardless of heat.
2. INVITATIONAL 100M DASH - (Scoring Event)
Each team may enter two (2) boys and two (2) girls. There will be two (2) heats of each. Runners will be placed in heats with runners of like ability. Score will be according to best 5 times regardless of heat. Ribbons will be awarded to top five (5) of each heat.
3. INVITATIONAL 400M DASH – (Scoring Event)
Each team may enter two (2) boy and two (2) girl participant. There may be two (2) heats of each. Scoring will be the best 5 times in a “timed finals” format.
4. WEIGHTMAN'S/WEIGHTWOMEN'S RELAY - (Non-Scoring Event)
Participants must have thrown the shot put or the discus prior to this meet to qualify for this event. Coaches are reminded that this is NOT a scoring event. Therefore, it is not calculated into the final team score. This event is for the enjoyment of the spectators as well as the athletes involved. May be mixed, boys and girls. You may mix with other teams with that coaches OK.
5. ALUMNI/COACHES OPEN MEDLEY RELAY (100 - 100 - 200 – 400) - (Non-Scoring Event)
Open to all teams participating in meet. Runners only need to be affiliated with team as alumni, coach, parent, etc. Please notify us of intention to participate prior to meet. May be mixed male/female.

GEORGE YAMAMOTO INVITATIONAL

Entry Form: Boys / Girls (Scratch out one)

School: _____

Entry Deadline: Thursday March 3, 2011

Coach: _____

Cell: (808) 255-5278

No later than 5:00 pm, Thursday March 3, 2011

Phone Number: _____

Running Events

Pick One

1. 720m Shuttle Low Hurdles Yes / No

2. 4 X 200m Relay Yes / No

3. George Yamamoto Invitational 1600 Run

First/Last Name

MUST HAVE ENTRY TIME

Best time this year or best estimate

1. _____

2. _____

3. _____

4. _____

4. George Yamamoto Invitational 100 Dash

First/Last Name

MUST HAVE ENTRY TIME

Best time this year or best estimate

1. _____

2. _____

5. George Yamamoto Invitational 400 Dash

First/Last Name

MUST HAVE ENTRY TIME

Best time this year or best estimate

1. _____

2. _____

6. 4 X 100m Weight Relay Yes / No

7. 4 X 800m Relay Yes / No

8. 4 X 100m Relay Yes / No

9. 4 X 400m Relay Yes / No

Field Events **Boys / Girls** **(Scratch out one)** **School:** _____

1. Pole Vault **First/Last Name** **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

2. High Jump **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

3. Long Jump **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

4. Triple Jump **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

5. Shot Put **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

6. Discus **Best mark this year**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |

GEORGE YAMAMOTO INVITATIONAL

Order of Events - Track Events

4:30 Coaches Meeting

Running Events

5:00 720m Shuttle low hurdle Relay (Girls)
5:10 720m Shuttle low hurdle Relay (Boys)
5:20 4x200m Relay (Girls)
5:25 4x200m Relay (Boys)
5:30 George Yamamoto Invitational 1600m Run (Girls)
5:50 George Yamamoto Invitational 1600m Run (Boys)
6:10 Invitational 100m Dash (Girls)
6:15 Invitational 100m Dash (Boys)
6:20 Invitational 400m Dash (Girls)
6:25 Invitational 400m Dash (Boys)
6:30 4x100m Relay (Girls)
6:35 4x100m Relay (Boys)
6:40 4x100m Weightwomens' Relay
6:45 4x100m Weightmens' Relay
6:50 4x800m Relay (Girls)
7:05 4x800m Relay (Boys)
7:20 4x400m Relay (Girls)
7:30 4x400m Relay (Boys)
7:40 Alumni/Coaches Relay (100, 100, 200, 400)
7:50 Awards Presentation

Order of Events - Field Events

	2:30	Coaches Meeting - Field Events Only	
22.	3:00	Discus	Boys/Girls
23.	3:00	Pole Vault	Girls/Boys
24.	3:00	High Jump	Girls/Boys
25.	3:00	Shot Put	Girls/Boys
27.	3:00	Long Jump	Boys: South Pit
28.	3:00	Long Jump	Girls: North Pit
29.	5:00	Triple Jump (follows Long Jump)	Boys: South Pit
30.	5:00	Triple Jump (follows Long Jump)	Girls: North Pit

***Field Events must close by 6 pm.**