

**Honolulu Marathon Track and Field Meet**  
**April 12, 2013**  
**Mililani High School**

1. Specific Objectives:

- a. To encourage sportsmanship for athletes competing in track and field.
- b. To recognize the combined efforts of all the individual participants and participating schools in the tournament.
- c. To encourage the highest principals and standards of general behavior.
- d. To provide a competitive meet for athletes to qualify for either state or league championships.

2. Each contestant must be eligible under the rules of their respective league.

3. Rules Governing the Tournament:

This meet shall be governed by the rules published by the National Federation of State High School Athletic Association. In addition:

- a. Each school may enter a maximum of 4 athletes in each individual event and one team in each relay event.
  - No substitutions will be allowed
  - Relay cards will be turned in at the call of the event.
- b. Participants may enter any two (2) individual track and field events.
  - Participation by an individual shall be subject to the qualify standards. (attached)
  - Entry in an event shall constitute participation.
- c. Events will be seeded and qualifying times must be accurate to insure accurate seeding
- d. All participants must have a mark (Distance or time) from a previous meet in the same season.
- e. Athletes and coaches are expected to remain in their respective team areas except when warming up or warming down from an event.
- f. A time schedule:
  - A time schedule will be distributed to all teams.
  - The order of events will be adhered to.
  - Actual calling and starting times may vary according to the pace of the meet.
  - It is the responsibility of the athlete to report on time for their respective event.

4. Officials:

Schools may be asked to provide assistance during the operation of the meet. It is not the responsibility of the host league or site to provide complete coverage or operation of the meet.

5. Entries:

- a. The ENTRY DEADLINE is Monday, April 8, 2013 no later than 7:00pm. Email electronic Team Manager entries to Jeff Meister (jmeister@punahou.edu) Electronic entries to include entry file as well as team roster. Athletes not included on the roster will not be allowed to compete.
- b. Entries not submitted electronically may be faxed to Jeff Meister. Fax is 944-5864. Fax entries must contain mark/time, site and date of submitted mark/time.

#### 6. Meet Format:

- a. There will be two (2) calls for each event: First and last. All participants must report promptly. Failure to do so will lead to a scratch of the athlete from that event.
- b. Participants in running events will report to the clerk of the course at the designated area.
- c. Participants in field events will report to the clerk of the course at the designated area.
- d. Relay teams will be given relay cards at the Coaches meeting. Completed cards must accompany the team to check-in of the respective event. All team members must be present upon check-in for relays.
- e. Seeded heats will be held for individual events.
- f. 1500m and 3000m events will be attempted to be run as one heat.
- g. Field events will begin at 3:45pm. Running events will begin at 4:15pm. See attached time schedule for additional detail.

#### 7. Awards:

- a. Medals will be given to the top eight (8) finishers in all individual events.
- b. Ribbons will be given to the top eight (8) teams in relay events.

#### 8. Uniforms:

- a. All participants must be attired in their school uniforms as defined by their respective leagues.
- b. Weight people may compete in school designated sweat suits or identical school t-shirts.
- c. Spikes must be pyramid type and be no longer than 3/16"

#### 9. Miscellaneous Information:

- a. Host School/league will designate a games and appeal committee. Committee shall consist of three or more members selected from the following: Host School's Athletic Director, Meet Director, League Coordinators, and current Head Coaches.
- b. Updating of meet records shall be the responsibility of the host school/league at the conclusion of the event/meet.

10. Tents are the responsibilities of each school and may be put up along the far straight-away and on the opposite side of the finish line.

# Qualifying Standards

Girls			Boys	
Electronic	Hand		Hand	Electronic
23.24	23.00	100/110m Hurdles	18.00	18.24
15.24	15.00	100m Dash	12.00	12.24
6:05.24	6:05.00	1500m Run	5:05.00	5:05.24
1:03.24	1:03.00	4 x 100m Relay	53.00	53.24
1:13.24	1:13.00	400m Dash	59.00	59.24
1:00.24	1:00.00	300m Hurdles	50.00	50.24
2:59.64	2:59.00	800m Run	2:25.00	2:25.24
30.74	30.00	200m Dash	25.20	25.44
13:45.64	13:45.00	3000m Run	11:50.00	11:50.24
4:59.24	4:59.00	4 x 400m Relay	3:50.00	3:50.24
7' 00"		Pole Vault	8' 00"	
4' 00"		High Jump	5' 04"	
13' 06'		Long Jump	18' 06"	
25' 06"		Triple Jump	36' 06"	
70' 00"		Discus	117' 00"	
26' 06"		Shot Put	40' 06"	

Honolulu Marathon Association Meet

Friday, April 12, 2013

Mililani High School

<b>Field Events</b>	<b>Order</b>	<b>1st Call</b>	<b>Last Call</b>	<b>Event Start</b>
Discus	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls		Follows Boys Discus	
Shot Put	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follows Girls Shot Put	
Long Jump	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls		Follows Boys Long Jump	
Triple Jump	Boys		Follows Girls Long Jump	
	Girls		Follows Boys Triple Jump	
High Jump	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follows Girls High Jump	
Pole Vault	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follows Girls Pole Vault	
<b>Running Events</b>	<b>Order</b>	<b>1st Call</b>	<b>Last Call</b>	<b>Event Start</b>
100m High Hurdles	Girls	3:55 PM	4:05 PM	4:15 PM
110m High Hurdles	Boys	4:00 PM	4:10 PM	4:20 PM
100m Dash	Girls	4:10 PM	4:20 PM	4:30 PM
	Boys	4:25 PM	4:35 PM	4:45 PM
1500m Run	Girls	4:35 PM	4:45 PM	4:55 PM
	Boys	4:45 PM	4:55 PM	5:05 PM
4 x 100m Relay	Girls	4:55 PM	5:05 PM	5:15 PM
	Boys	5:00 PM	5:10 PM	5:20 PM
400m Dash	Girls	5:05 PM	5:15 PM	5:25 PM
	Boys	5:15 PM	5:25 PM	5:35 PM
300m Hurdles	Girls	5:25 PM	5:35 PM	5:45 PM
	Boys	5:35 PM	5:45 PM	5:55 PM
800m Run	Girls	5:45 PM	5:55 PM	6:05 PM
	Boys	5:55 PM	6:05 PM	6:15 PM
200m Dash	Girls	6:05 PM	6:15 PM	6:25 PM
	Boys	6:20 PM	6:30 PM	6:40 PM
3000m run	Girls	6:30 PM	6:40 PM	6:50 PM
	Boys	6:40 PM	6:50 PM	7:00 PM
4 x 400m Relay	Girls	7:00 PM	7:10 PM	7:20 PM
	Boys	7:10 PM	7:20 PM	7:30 PM