

Honolulu Marathon Track & Field Meet

April 11, 2014 – Finals, Kamehameha Kapalama

1. Specific Objectives

- a. To encourage sportsmanship for athletes competing in Track & Field.
- b. To recognize the combined efforts of all the individual participants and participating schools in the tournament.
- c. To encourage the highest principles and standards of general behavior.
- d. To provide a competitive meet for athletes to qualify for either State or League Championships.

2. Eligibility

- a. Each contestant must be eligible under the rules of the respective leagues rules. The meet is intended as a Varsity meet designation.

3. Rules Governing Tournament

This meet shall be governed by the National Alliance Edition of Track and Field Rules, published by the National Federation of State High School Athletic Association

1. Each school may enter only one team in each relay event; cards are to be submitted at the start of the event.
2. Participants may enter any two (2) individual track and field events.
 - a. Participation by an individual shall be subject to the qualifying standards. Entry in an event shall constitute participation.
 - b. Individuals may enter any relay event regardless of individual events entered.
3. Qualifying for the finals.
 - a. Events will be seeded. Qualifying times must be accurate to insure that the best deserving athletes are in the final heat.
4. When times and distances are required. All participants must have a mark (distance or time) from a previous practice or championship meet. No post entries will be allowed.
5. All schools (coaches and participants) are required to remain in their respective assigned seating areas except when warming up for an event. Failure to adhere may result in an athlete disqualification.
6. The order of events will be strictly adhered to, however, the actual times for the performance of specific events may vary. The time schedule is a guide. It is the responsibility of the individual teams or contestants to report on time for all events.

4. Entries

- a. Entry deadline: Monday, April 7, 2014 Email @ 7:00 p.m. – Send entries to Jeff Meister (944-5816) email address (jmeister@punahou.edu). No post entries will be accepted.
- b. The Official Entry is your Team Manager Export File Disk and a hard copy. Disk must also contain an updated roster. Any athlete not listed on the database will be disqualified.

- c. Fax hard copy of entries to 944-5864 .All entries must have a mark, time, site and date of event.
- d. Questions pertaining to meet are to be directed to Dennis Swart at 372-3255.

5. Meet Format

- a. All participants must report promptly on last call or be scratched. There will be two calls first and last. Participants in the running events will report to the Clerk of Course. The clerk will be located at a designated area specified by the host school.
 - i. Relay teams will submit their cards to the clerk. All team members must be present upon check in for the relays.
 - ii. Participants in the field events will report to their respective areas in person on the last call.
 - iii. Any participant failing to report by the last call for their respective events will be scratched.
- b. Seeded heats will be held for individual events. Final heat will be held with eight (8) to qualify with the exception of the 1500 and 3000-meter runs, which will be attempted to be run as one heat only. .
- c. Prior to each meet, the host school will conduct an assignment and scratch meeting 45 minutes before the start of the first event. The purpose of this meeting is to eliminate the loss of time due to scratches, reseeding, and informing first alternates before the scheduled event.

6. Tournament Time Schedule

- a. Field events will start at 3:45 p.m. First running event will start 1/2 hour after the start of the first field event. Tents are to be located in upper bleachers and far ends of lower seating.

| <u>Finals</u> | <u>Events</u> |
|---------------|-------------------------------------|
| 3:25 | Coaches Meeting |
| 3:35 | Discus (Boys/Girls) |
| | Shot Put (Girls/Boys) |
| 3:45 | Pole Vault (Girls/Boys) |
| | Long Jump (Girls/Boys) |
| | High Jump (Boys/Girls) |
| 5:30 | Triple Jump (Girls/Boys) |
| 4:15 | 100 M High Hurdles (Girls) |
| | 110 M High Hurdles (Boys) |
| 4:45 | 100 M Dash (Girls/Boys) |
| 5:15 | 1500 M Run (Girls/Boys) |
| 5:45 | 400 M Relay (Girls/Boys) |
| 6:05 | 400 M Dash (Girls/Boys) |
| 6:25 | 300 M Low/Int. Hurdles (Girls/Boys) |
| 6:50 | 800 M Run (Girls/Boys) |
| 7:15 | 200 M Dash (Girls/Boys) |
| 7:40 | 3000 M Run (Girls/Boys) |

8:20

1600 M Relay (Girls/Boys)

7. Awards

- a. Medals will be given to eight finishers in all individual events.
- b. Ribbons will be given to first eight team finishers in relay events.

8. Uniforms

- a. All participants must be attired in their school uniforms (as defined in the book of rules) in both the trials and finals or face disqualification. Weight people may compete in school designated sweat suits.
 - i. Weight people will be allowed to wear identical school T-shirts when in competition. Shirts worn by weight team must be identical to one another.
- b. When participating on all-weather surfaces, spikes will be no longer than ¼ inch and must be needlepoint type only. Failure to comply will result in disqualification from the event.

9. Standards

Girls V

| | <u>Hand</u> | <u>Lynx</u> |
|-------------------|-------------|-------------|
| 100 M Hurdles | 23.00 | 23.24 |
| 100 M Dash | 15.00 | 15.24 |
| 1500 M Run | 6:05.0 | 6:05.24 |
| 400 M Relay | 63.0 | 63.24 |
| 400 M Dash | 1:13.0 | 113.24 |
| 300 M Low Hurdles | 60.00 | 60.24 |
| 800 M Run | 2:59.00 | 2:59.24 |
| 200 M Dash | 30.50 | 30.74 |
| 3000 M Run | 13:45.40 | 13:45.64 |
| 1600 M Relay | 4:59.00 | 4:59.24 |

Girls V

| | <u>Hand</u> |
|-------------|-------------|
| Pole Vault | 7' 0" |
| High Jump | 4' 0" |
| Long Jump | 13' 6" |
| Triple Jump | 25' 6" |
| Discus | 70' 0" |
| Shot Put | 25' 6" |

Boys V

| | <u>Hand</u> | <u>Lynx</u> |
|---------------|-------------|-------------|
| 110 M Hurdles | 18.00 | 18.24 |
| 100 M Dash | 12.00 | 12.24 |
| 1500 M Run | 5:05.0 | 5:05.24 |
| 400 M Relay | 53.00 | 53.24 |
| 400 M Dash | 59.00 | 59.24 |

| | | |
|--------------------|---------|----------|
| 300 M Int. Hurdles | 50.00 | 50.24 |
| 800 M Run | 2:25.00 | 2:25.24 |
| 200 M Dash | 25.2 | 25.44 |
| 3000 M Run | 11:50.0 | 11:50.24 |
| 1600 M Relay | 3:50.00 | 3:50.24 |

| | |
|-------------|---------|
| Pole Vault | 8' 0" |
| High Jump | 5' 04" |
| Long Jump | 18' 6" |
| Triple Jump | 36' 6" |
| Discus | 117' 0" |
| Shot Put | 40' 06" |

10. Miscellaneous Information

a. Games and Meet Appeals Committee

i. Host school will inform all coaches of games and meet appeals committee

1. Which will consist of three or more members selected from the following:
host school's Athletic Director, Meet Director, League Track Coordinators
and/or a current Head Track coach.

b. Records

i. The host school(s) is responsible to update all records. This information must be given to the records committee after the meet.

c. Hurdle Crew

| | |
|----------------|-----|
| 110m high/100m | OIA |
| 300m | ILH |

d.

Triple jump-

Trials and finals will start immediately after the completion of the long jump.