

**Oahu Interscholastic Association JV  
Track and Field Championships  
Mililani High School  
Saturday, April 18, 2015**

**A Specific Objectives**

- a To determine the OIA JV Track and Field Champions through competition.
- b To recognize the combined efforts of all the individual participants and participating schools.
- c To encourage the highest standards and principles of general behavior.
- d To promote the highest principles of sportsmanship in interscholastic athletics for all OIA Championships.

**B Eligibility**

- a Each contestant must be eligible under the rules of the OIA By-Laws, Article I "Eligibility" Sections 1-6 in the OIA Handbook.

**C Rules Governing the Track and Field Meet**

- a The current National Alliance Edition of Track and Field rules published by the National Federation of State High School Athletic Associations will prevail unless modified as indicated in the OIA Handbook.
- b 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.

**D League Format**

- a Girls will run first. Boys to follow in all running event.
- b 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 just a guide. It is the responsibility of the individual teams or contestants to report on time for all events.

**E Participation**

- a The OIA will follow the HHSAA rules of participation. Presently athletes may participate in any six track and field events including relays. Participation shall be subject to the qualifying standards.
- b Entry constitutes participation, except in the relays. The coach is responsible to turn in six names to the Clerk-of-Course upon checking in for relay events. The names of the four participants will be circled, and their remaining names will be alternates for that event. Full names from the eligibility lists/rosters will be the only accepted entries.
- c Participants must be attired in their school uniform (as defined in the book of rules) in both the trials and finals, or face disqualification. Athletes competing in the throwing events are allowed to use an alternate and matching school issued uniform.
- d 3/16" pyramid spikes are the only spikes approved for use on most weather tracks. Check with track facilities to determine if 1/4" pyramid spikes can be used. This includes running and field events. Other spikes are considered illegal and the athlete is subject to disqualification from the event.
- e When an athlete is disqualified from further participation in a track meet, the Games Committee shall determine if the rule infraction is serious enough to warrant the athlete being suspended from the next contest.

## F Rules of Entry

- a Athletes must meet the minimum qualifying standards or top six JV Divisional place winners qualify for the OIA JV Championship regardless of minimum standards.
  - b Each school may enter only one team in each relay event. Each school may enter only three participants per individual event in JV Championships.
  - c Coaches are reminded to use your **JV relay times** and **not your Varsity relay times** when submitting your relay entries. This will be indicated by a custom mark on your hardcopy.
- G The entry deadline will be on **Tuesday April 14, 2015 by 8:00 pm** to Earl Kishimoto. Email entries to [menehunetrack@gmail.com](mailto:menehunetrack@gmail.com) **No post entries allowed.**
- d Schools must submit three files: **1. T.M. Entry File 2. T.M.Updated JV Roster File 3. Hardcopy of your entries in PDF with proof of marks** Athletes with no marks/times listed will not be entered in the meet. Entries will be rejected if performances cannot be verified
  - e Performance List will be posted on **OIA Track 101 website** approximately 8:00pm Wednesday, April 15, 2015.

## H Meet Format will be timed finals

- a The international curve will be used for all 1500 meter and 3000 meter runs.
- b In the 800 meter run all athletes will have their own lane with slower runners being stacked behind faster runners.
- c Warm up for field events:
  - 1. 15 minutes before events (only the event participants may warm up).
  - 2. 10 minutes warm up between flights.
- d Allow for 10 minutes check out time for field events.
- e Scoring:
  - 1. Scoring in all individual events shall be: 10-8-6-4-2-1
  - 2. Scoring in all relays shall be: 10-8-6-4-2-1
  - 3. Awards will be limited to top six finishers.
- f Reporting
  - 1. There will be two calls, first and last. First call will be 15 minutes prior to start of event; last call will be 5 minutes prior to start of event. All participants must report promptly on last call or be scratched.
  - 2. Participants in the running events will report to the clerk of course. Relay teams will submit their relay cards at this time. All relay participants must be present at check in.
  - 3. Participants in the field events will report to their respective area in person or by representative if participating in another event on last call.
  - 4. After check-in is completed, any person who does not report to the starting line will be ineligible for any further participation in the meet.

## I Officials

- a Each member school shall be held responsible to help officiate in the OIA track meets, including the OIA JV Championships. See Official Assignments List for more info.

## J Seeding Procedures

- a Host school of meet does the seeding according to best times.
- b Seed no more than 32 participants in both Track and Field events. Qualified entries over 32 maximum may be listed as event alternates and placed in the event(s) at the time of trials to replace scratched entries.
- c Field events should go in order of rank from worst to best.

## K Order of Events for JV Championship

<u>Timed Finals</u>	<u>Events</u>
2:15	Coaches Meeting
3:00	Pole Vault (Girls/Boys)
3:00	Discus (Boys/Girls)
3:00	Shot Put (Girls/Boys)
3:00	Long Jump (Boys/Girls)
3:00	High Jump (Girls/Boys)
	Triple Jump (Boys/Girls)
4:15	100 M High Hurdles (Girls)
4:25	110 M High Hurdles (Boys)
4:35	100 M Dash (Girls/Boys)
4:50	1500 M Run (Girls/Boys)
5:15	400 M Relay (Girls/Boys)
5:30	400 M Dash (Girls/Boys)
5:50	300 M Low/Int. Hurdles (Girls/Boys)
6:10	800 M Run (Girls/Boys)
6:35	200 M Dash (Girls/Boys)
6:50	3000 M Run (Girls/Boys)
7:25	1600 M Relay (Girls/Boys)
7:50	Presentation of Team Awards

- L There shall be a coaches meeting called by the host school forty-five minutes before the first event for the purpose of distributing all meet information, materials and to eliminate the loss of time due to scratches and reseeding before the scheduled event. If no coach or adult representative from your team is present, your team will not be allowed to participate in the meet.
- M JV participants are eligible to compete without losing their JV status during the OIA Relay Championships.
- N Results of all meets will be submitted to the Track Advisory Chairperson within three days.
- O The Finish Lynx System will be the official timer for the JV Championship Track Meet.
- P Standards
1. A committee including the boys and girls advisory chairperson and the Executive Director shall be formed to evaluate the minimum standards prior to the JV Championships.
  2. The following standards will be observed in entering the participants into the track and field events for the JV Championship Meet. These may be adjusted by the committee pending performance by athletes prior to the JV Championships.

	Girls	Girls	Boys	Boys
Order of	HAND	LYNX	HAND	LYNX
<b>RUNNING EVENTS</b>		F.A.T.		F.A.T.
100 / 110 Meter High Hurdles	<b>21.00</b>	<b>21.24</b>	<b>21.0</b>	<b>21.24</b>
100 Meter Dash	<b>14.1</b>	<b>14.34</b>	<b>12.1</b>	<b>12.34</b>
1500 Meter Run	<b>6:30.00</b>	<b>6:30.24</b>	<b>5:05.0</b>	<b>5:05.24</b>
400 Meter Relay (4X100)	<b>66.00</b>	<b>66.24</b>	<b>55.8</b>	<b>56.04</b>
400 Meter Dash	<b>71.8</b>	<b>72.04</b>	<b>58.8</b>	<b>59.04</b>
300 Meter Low Inter Hurdles	<b>59.8</b>	<b>60.04</b>	<b>50.8</b>	<b>51.04</b>
800 Meter Run	<b>3:00.0</b>	<b>3:00.24</b>	<b>2:25.0</b>	<b>2:25.24</b>
200 Meter Dash	<b>30.0</b>	<b>30.24</b>	<b>25.2</b>	<b>25.44</b>
3000 Meter Run	<b>14:15.0</b>	<b>14:15.24</b>	<b>11:35.0</b>	<b>11:35.24</b>
1600 Meter Relay (4X400)	<b>5:12.00</b>	<b>5:12.24</b>	<b>4:06.90</b>	<b>4:07.14</b>
<b>FIELD EVENTS</b>				
Pole Vault	<b>6'0"</b>		<b>7'6"</b>	
High Jump	<b>4'0"</b>		<b>5'0"</b>	
Long Jump	<b>13'0"</b>		<b>17'0"</b>	
Triple Jump	<b>26'0"</b>		<b>34'0"</b>	
Discus	<b>68'0"</b>		<b>87'0"</b>	
Shot Put	<b>25'0"</b>		<b>32'0"</b>	

**Q Awards**

- a Ribbon awards will be given to the first six finishers in all events.

**R Miscellaneous Information**

- a Admission will be charged for time finals.
  - 1. 4.00- Students with OIA Activity Pass and eighth grade & under
  - 2. \$5.00- Senior Citizens (62 and older) and Military Personnel with proper ID
  - 3. \$7.00- General Admission
- b Complimentary tickets
  - 1. Host School pep squad members will be allowed to enter without paying if they are in their team uniform.
  - 2. Each school must provide an athletes and coaches list for entry into the finals.
- c Games and Meet Appeals Committee
  - 1. Host school will inform all coaches of games and meet appeals committee
    - a Which will consist of three or more members selected from the following: host school's Athletic Director, host site's Athletic Director, Meet Director, League Track Coordinator and/or a current Head Track coach.
- d Records
  - 1. The host school(s) is responsible to update all records from the finals. This information must be given to the records committee after the meet.

S All Department of Education policies must be adhered to while participating as an athlete or as a spectator.

T Coaches are to inform their athletes and parents that Department of Education maintains a drug free environment for all athletic events.

Oahu Interscholastic Association JV  
Track and Field Championships  
**Officiating Assignments**

Each member school shall be held responsible for two officials in the OIA JV Track and Field Championship Meet. The following schools have been assigned to these responsibilities:

Site preparation:	Glenn Nitta Host	Mililani
Hospitality:	Schools Kaonohi	Radford & Waialua
Computer Seeding	Borden Earl	Anuenue
Entries / Results:	Kishimoto Earl	Moanalua
Finish Lynxs Crew:	Kishimoto Wes	Moanalua
	Ohuri	Leilehua
Clerk of Course:	Girls / Boys TBA	Radford / Waialua
Starter:	TBA	
Backup Starter:	TBA	
Head Timer / Finish Line:	Mitchell Otani	Kalani
Announcer:	TBA	Radford & Waialua
Awards:	Host Schools	Radford & Waialua
Appeals Committee:	Bryce Kaneshiro	Waialua
	Lon Passos	Kalaheo
		Radford
High Jump set up	Host Schools	Radford & Waialua
Pole Vault set up	Host Schools	Radford & Waialua
Pit rakes/Discus pegs	Host Schools	Radford & Waialua

<u>Event</u>	<u>School</u>		<u>Equipment</u>
	<u>BOYS</u>	<u>GIRLS</u>	
Long Jump	Kalani	Kailua	Clipboard, 50 ft. tape
Triple Jump	Aiea	Kaimuki	Clipboard, 50 ft. tape
High Jump	Mililani	McKinley	Clipboard, 10 ft. tape
Pole Vault	Kaiser	Leilehua	Clipboard, 25 ft. tape
Discus	Waianae	Farrington	Clipboard, 200 ft. tape
Shot Put	Nanakuli	Kahuku	Clipboard, 100 ft. tape

<b>Inspectors:</b>	1 <sup>st</sup> Relay Exchange	Campbell
	2 <sup>nd</sup> Relay Exchange	Roosevelt
	3 <sup>rd</sup> Relay Exchange	Pearl City

<b>Hurdle Crew:</b>	Lane 1 – Anuenue
	Lane 2 – Castle
	Lane 3 – Kalaheo
	Lane 4 – Kapolei
	Lane 5 – McKinley
	Lane 6 – Pearl City
	Lane 7 – Roosevelt
	Lane 8 – Moanalua