



Oahu Interscholastic Association

Track and Field Championships

Mililani High School

John Kauinana Stadium

Trials Thursday April 28, 2016

Finals Saturday April 30, 2016

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I. Specific Objectives

- A. To determine the individual or team champions for both boys and girls.
- 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 promote the highest principles of sportsmanship in Interscholastic Athletics for all O.I.A. Championships.

II. Eligibility

- A. Each contestant must be eligible under the rules of the O.I.A. Bylaws Article 1 "Eligibility" Section 1-6 in the O.I.A. Handbook.

III. Track and Field Rules

- A. This meet is governed by:
 1. The current National Alliance Edition of Track and Field Rules published by the National Federation of State High School Athletic Associations.
 2. The O.I.A. game rules.
 3. The HHSAA rules of participation.
- B. Rules of entry of the meet:
 1. Each school may enter no more than **three** competitors in each individual event.
 2. Each school may enter only one team in each relay event. The coach is responsible to turn in up to six names on the official relay card to the Clerk-of-Course upon checking in for all relay events. The names of the four participants will be indicated, and the remaining names will be alternates for that event. Full names from the eligibility lists & your rosters file will be the only accepted entries.
 3. Each competitor may be entered in no more than six events.
 4. Participants may participate in any **six** track and field events. Entry constitutes participation, except in relays where actual running constitutes participation.
 5. 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.
 6. 3/16" or 1/4" pyramid spikes are the only spikes allowed for use on all weather tracks. Any other spikes are considered illegal and are subject to disqualification.

7. Varsity Divisional place winners (1-6) shall automatically qualify for the O.I.A. Championships trials, regardless of minimum standards.
8. Qualified entries over 32 entry maximum may be listed as event alternates and placed in the event(s) at the time of trials to replace scratched entries. (Note: When ties result in the 32nd place, the more recent results will have preference. See O.I.A. seeding procedures. Athletes must meet the minimum qualifying standards or top six in the Varsity Divisional place winners qualify for the OIA Varsity Championship regardless of minimum standards.
9. Entries shall be subject to the following standards below:

	Girls	Girls	Boys	Boys
Order of	HAND	LYNX	HAND	LYNX
RUNNING EVENTS		F.A.T.		F.A.T.
100 / 110 Meter High Hurdles	19.0	19.24	18.4	18.64
100 Meter Dash	13.5	13.74	11.5	11.74
1500 Meter Run	5:44.00	5:44.24	4:46.0	4:47.24
400 Meter Relay (4X100)	58.00	58.24	47.0	47.24
400 Meter Dash	67.4	67.64	55.2	55.44
300 Meter Low Inter Hurdles	55.4	55.64	46.8	47.04
800 Meter Run	2:46.5	2:46.74	2:15.0	2:15.24
200 Meter Dash	28.4	28.64	24.0	24.24
3000 Meter Run	13:09.0	13:09.24	10:40.0	10:40.24
1600 Meter Relay (4X400)	4:48.00	4:48.24	3:52.0	3:52.24
FIELD EVENTS				
Pole Vault	6'6"		9'6"	
High Jump	4'6"		5'6"	
Long Jump	14'0"		19'0"	
Triple Jump	28'0"		37'0"	
Discus	85'0"		110'0"	
Shot Put	29'0"		39'0"	

- C. Entry Deadline: **8:00 p.m. Monday April 25, 2016.**
1. **No post entries will be accepted.**
 2. **No Seeding meeting will be held. Performance list will be posted on OIA Track 101 website after 8:00pm on Tuesday or earlier.**
 3. The Official Entry: **1. Team Manager Export Entry File. 2. Team Manager Export Roster File. PLEASE UPDATE YOUR TEAM'S ROSTER. 3. A PDF hard copy of your team entries with proof of mark. Any athlete not in the database will be disqualified.**
 4. Early entries will be accepted. Send entries to Earl Kishimoto: menehunetrack@gmail.com if you have any questions please email me before the entry deadline.

IV. Meet Format:

- A. Trials will be held in all individual field events except for the pole vault and high jump which will be a one day event. **EVEN YEARS:** Girls' pole vault and boys' high jump will be held the on **Saturday at the Finals.** **ODD YEARS:** Boys' pole vault and girls' high jump will be held on **Saturday at the Finals.**
- B. Trials will be held for the 800 meter run so each finalist has their own lanes. When trials are held, each runner will have their own lane with slower runners being stacked behind faster runners.
- C. In the 1500 & 3000 meter run trials will not be held if 16 competitors or less are left to compete at entry deadline or after scratches at check in. When trials are held for in 1500 meter & 3000 meter run to qualify 12 competitors for the finals.
- D. A minimum of one trial in the distance events must be run when possible.
- E. The international curve will be used for all 1500 meter and 3000 meter runs.
- F. Trials will be held in the relays when necessary to qualify not more than eight teams for the finals. All relay teams will qualify by best time.
- G. When there are two heats, the top three runners of each heat plus the next two best times will qualify into the finals except for the 1500 meter and 3000 meter. **The 1500 and 3000 will qualify four from each heat plus the next four fastest times.** When there are three heats, the top two runners of each heat plus the next two fastest times will qualify into the finals. When there are four heats, the top runner in each heat plus the next four best times qualify into the finals. The first and second place alternates will be selected according to the next fastest overall time in the event.
- H. Warm up for field events:
 1. 15 minutes before events (only the event participants may warm up).
 2. 10 minutes warm up between flights.
- I. Allow for 10 minutes check out time for field events **except for the high jump and pole vault where National Federation Rules apply.**

J. 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.

K. Reporting Trials:

1. All participants must report promptly on last call or be scratched. 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.
2. Participants in the running events will report to the clerk of course. Relay teams will submit their cards at this time.
3. Participants in the field events will report to their respective area in person or by a representative if participating in another event on last call.

L. Reporting Finals:

1. All qualifiers must report to the clerk of course promptly upon hearing the last call or be scratched. Qualifiers will be dispersed to their respective starting areas immediately after being introduced to the teams and spectators.
2. After check-in is completed, any person who does not report to the starting line will be ineligible for any further events.
3. Record marks made in the trails will stand as a new record.
4. Alternates will be selected to fill scratches in the finals of all running events – the ninth and tenth best times. Alternates should report on last call. No alternates are allowed for field events.
5. Lane selection in the trials and finals will be done at check- in based on place and time. Lane selection will be by computer. Preferred Lanes will be used.

V. Admission Fees (**Finals Only**)

1. \$4.00 – Students with OIA Activity Card and eighth grade and under.
2. \$7.00 – General Admission and high school students without OIA Activity Card.
3. \$5.00 –Senior Citizens, age 62 years and older with proper ID; and active duty military personnel w/ID.

OIA All Sports Pass and Spring Sports passes will be honored.

VI. Schedule and Order of Events for OIA VARSITY CHAMPIONSHIPS 2016

- A. **Trials**: Thursday April 28, 2016 Event Start Times May Vary.
 B. **Finals**: Saturday April 30, 2016 The Event Will Start as Listed Below.
 C. Order of Events.

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
3:00	3:15	Coaches' Meeting
N/A	4:00	Pole Vault (Girls Finals Only on Saturday)
3:45	N/A	Pole Vault (Boys Finals Only on Thursday)
3:45	4:00	Discus (Boys first, girls to follow)
N/A	4:00	High Jump (Boys Finals Only on Saturday)
3:45	N/A	High Jump (Girls Finals Only on Thursday)
3:45	4:00	Long Jump (Girls first, boys to follow)
3:45	4:00	Shot Put (Girls first, boys to follow)
		Triple Jump (Girls first, boys to follow)
5:00	5:30	100 Meter High Hurdles
5:15	5:40	110 Meter High Hurdles
5:30	5:50	100 Meter Dash Girls
5:40	5:55	100 Meter Dash Boys
5:50	6:00	1500 Meter Run Girls
6:05	6:10	1500 Meter Run Boys
6:20	6:20	4 X100 Meter Relay Girls
6:30	6:25	4 X100 Meter Relay Boys
6:40	6:30	400 Meter Dash Girls
6:50	6:35	400 Meter Dash Girls
7:05	6:45	300 Meter Low Hurdles
7:20	6:50	300 Intermediate Hurdles
7:40	7:00	800 Meter Run Girls
7:50	7:05	800 Meter Run Boys
8:00	7:10	200 Meter Dash Girls
8:15	7:15	200 Meter Dash Boys
8:30	7:20	3000 Meter Run Girls
9:00	7:35	3000 Meter Run Girls
9:25	7:50	4 X400 Meter Relay Girls
8:35	7:55	4 X400 Meter Relay Boys
	8:15	Team Scores and Awards

VII. Assignments

Host schools for boys: KAPOLEI
Host schools for girls: KALAHEO
Site preparation: Glenn Nita Mililani
Protest Committee: Mark Brilhante, Darren Camello
Announcers: TBA
Starter: Keith Furukawa Aiea
Backup Starters:
Clerks-of-Course: Kapolei & Kalaheo
Seeding Clerk: Kaonohi Borden Anuenue
Entries & Results: Earl Kishimoto Moanalua
Head Timer: Mitchell Otani Kalani
Finish Lynx Crew: Wes Omori Leilehua & Earl Kishimoto Moanalua

Hurdle Crew:

Flight 1/ Lane 1 Moanalua
Flight 2/ Lane 2 Moanalua
Flight 3/ Lane 3 Kahuku
Flight 4/ Lane 4 Kahuku
Flight 5/ Lane 5 Campbell
Flight 6 & 7/ Lane 6 Campbell
Flight 8 & 9/ Lane 7 Kailua
Flight 10/ Lane 8 Kailua

Event

School

Equipment

	BOYS	GIRLS	
Long Jump	Kalani	Pearl City	Clipboard, 50 ft. tape
Triple Jump	McKinley	Leilehua	Clipboard, 50 ft. tape
High Jump	Kaimuki	Radford	Clipboard, 10 ft. tape
Pole Vault	Kaiser	Roosevelt	Clipboard, 25 ft. tape
Discus	Farrington	Waianae	Clipboard, 200 ft. tape
Shot Put	Mililani	Nanakuli	Clipboard, 100 ft. tape

Records Clerk: Kalaheo / Kapolei

Zones:

Turn #1: Castle (2 people)
Turn #2: Waipahu (2 people)
Turn #3: Aiea (2 people)

Finish line and runners: Mark Brilhante Kalaheo
Awards presentation: Mark Brilhante Kalaheo
Results to coaches, press and website: Earl Kishimoto Moanalua & Edwin Alfaro Mililani
Hospitality: Darren Camello Kapolei