

2016 Track and Field OIA Western Division Championships

April 9, 2016
Mililani High School

Hosts

Pearl City (Boys)/Nanakuli (Girls)

Entries

1. Email your entry files to toddnishida@gmail.com by **7:00 PM Wednesday April 6, 2016** - NO POST ENTRIES.
2. All entries must have a mark, time, site, and date of event.
3. Entries consist of:
 - a. roster file (team manager .tcl file)
 - b. entry file (team manager .tcl file)
 - c. proof of entry (exported .pdf file)

Eligibility

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

Rules Governing Meet

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

Participation

1. Participants may participate in six track and field events. Participation by an individual in events shall be subject to the qualifying standards of the divisional meet.
2. Entry constitutes participation, except in relays where more than four individuals are listed on the relay card. Only those who actually participate will be considered official entries.
3. Participants must be attired in school uniforms, as defined in the rule book. Weight people may use school issued shirts as long as all of them wear the same type of school issued shirt.
4. All participants are requested to remain in their respective team areas except when warming up for an event.
5. Failure to adhere to any of the rules of participation will result in INDIVIDUAL or TEAM DISQUALIFICATION.

Rules of Entry

1. Each school may enter only three participants per event in the OIA Division Championships. Each school may enter only one team in each relay event; cards are submitted at the start of the meet. Alternates are allowed, according to the rule book. Ninth and tenth place alternates will be selected by the next fastest times.
2. The entry deadline should not be before the finals of the previous meet, and no later than the seeding meeting. Coach's attendance to the seeding meeting is optional once the date is established.
No post entries allowed. Host schools may set entry deadlines for track meets at the advisory meeting.
3. Entry marks are necessary for the Divisional Championships. Coaches are reminded to list a time, height, or distance on their computer entries. Entries need to meet western division qualifying standards.

Meet Format (Timed Finals)

1. Each event will be seeded and competitors will participate according to seed; with the top seeded qualifiers competing in the last heat/flight.
2. For field events, except for the pole vault and high jump, each competitor will be given three trials. The top eight qualifiers will be given an additional trial. Place finishers will be determined by the best attempt from all rounds. In the event of a tie, the second best trial will be used as the tie breaker.
3. For all running events, place finishers will be determined by best time. In cases of ties involving runners in the same heat, place finish in that heat will break the tie. In cases of ties involving different or multiple heats, the tie will be kept and points will be distributed evenly.
4. Warm up for field events:
 - a. 15 minutes before events.
 - b. 10 minute warm up between flights.
5. 10 minutes of check out time is allowed for field event participants.
6. Scoring in all events shall be 10-8-6-4-2-1.

Reporting

1. All participants must report promptly on last call or be scratched from that event. There will be two calls, first and last.
2. Participants in the running events will report to the clerk of course who will be in an area designated by the host school. Relay teams must submit their cards at this time.
4. Participants in the field events will report to their respective areas in person or by representative if they are participating in another event on last call.
5. After check-in is completed, any person who scratches will be ineligible for any further competition at that meet.
6. Record marks made in timed final will stand as a new meet record.

Uniforms

1. All participants must be attired in their school uniform (as defined by the book of rules) in the timed finals or face disqualification. Weight people may compete in their school designated sweat suits. Weight people will be allowed to wear identical school T-shirts when in competition.
2. When competing on all-weather surfaces, spikes shall be no longer than ¼ inch. Failure to comply may result in disqualification from the meet.

Meet Committee

Appeals Board:	Reid Shigemasa, Andrew Moody
Clerk of Course:	Bryan Terauchi
Referee:	Steve Stinefelt
Seeding/Scoring:	Wes Otori, Todd Nishida, Alissa Uyeda
Starters:	TBD
Head Timer:	Pearl City, Nanakuli
Announcer:	Pearl City, Nanakuli
Hospitality:	Pearl City, Nanakuli
Awards:	Pearl City, Nanakuli
Program/Records:	Pearl City
Hurdle Captain:	Edwin Alfaro
Bell Lap Chief:	Edwin Alfaro

Awards

Ribbons will be awarded for the first six finishers.

Officials

Each member school shall be held responsible to help officiate the OIA track meets.

Standards

	Girls		Boys	
Event	Distance		Distance	
Shot Put	21'-0"		30'-0"	
Discus	55'-0"		90'-0"	
Pole Vault	6'-0"		8'-0"	
High Jump	4'-0"		5'-0"	
Long Jump	13'-0"		16'-0"	
Triple Jump	26'-0"		32'-0"	
	Hand	F.A.T.	Hand	F.A.T.
100m Hurdles	23.5	23.74		
110m Hurdles			22.6	22.84
100m Dash	16.0	16.24	12.8	13.04
1500m Run	6:58.4	6:58.64	5:34.7	5:34.94
4x100m Relay	63.0	63.24	52.0	52.24
400m Dash	78.6	78.84	64.6	64.84
300m Hurdles	63.0	63.24	49.8	50.04
800m Run	3:15.0	3:15.24	2:30.0	2:30.24
200m Dash	34.5	34.74	26.8	27.04
3000m Run	15:47.7	15:47.94	11:50.8	11:51.04
4x400m Relay	5:50.0	5:50.24	4:20.0	4:20.24

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Time Schedule

Finals	Events
2:45	Coaches Meeting
3:30	Pole Vault (Girls/Boys)
	Discus (Boys/Girls)
	Shot Put (Girls/Boys)
	Long Jump (Boys/Girls)
	High Jump (Girls/Boys)
To Follow LJ	Triple Jump
4:30	100m High Hurdles (Girls)
	110m High Hurdles (Boys)
4:50	100m Dash (Girls/Boys)
5:10	1500m Run (Girls/Boys)
5:30	4x100m Relay (Girls/Boys)
5:50	400m Dash (Girls/Boys)
6:10	300m Low/Int. hurdles (Girls/Boys)
6:30	800m Run (Girls/Boys)
6:50	200m Dash (Girls/Boys)
7:10	3000m Run (Girls/Boys)
7:40	4x400m Relay (Girls/Boys)

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Assignments

Host

Pearl City (Boys)/Nanakuli (Girls)

Field Events

	Boys	Girls
Long Jump*	Radford	Aiea
Triple Jump*	Campbell	Waialua
High Jump	Leilehua	Kapolei
Pole Vault	Mililani	Mililani
Shot Put*	Nanakuli	Nanakuli
Discus*	Waianae	Waipahu

* Provide your own tape measure

Zone Judges

Finish Line	Pearl City
1st Relay Exchange	Leilehua (1), Campbell (1), Mililani (1)
2nd Relay Exchange	Kapolei (1), Waialua (1), Waianae (1)
Final Relay Exchange	Radford (2)

Hurdle Crew

Lane/Flight 1 & 2	Nanakuli
Lane/Flight 3 & 4	Aiea
Lane/Flight 5 & 6	Waipahu
Lane/Flight 7 & 8	Pearl City
Lane/Flight 9 & 10	Pearl City

Fully Automated Timing System

Pearl City

Track and Field

OIA Western Division Championships

Girls Records

Event	Year	Name	School	Height/Distance
Shot Put	1982	Dede Kavanaugh	Radford	46'-5"
Discus	1982	Dede Kavanaugh	Radford	162'-4"
Pole Vault	2003	Chun Mei Nickles	Mililani	10'-6"
High Jump	2010	Kaeli Patton	Radford	5'-4.25"
Long Jump	1984	Allison Kelly	Radford	17'-4.50"
Triple Jump	1983	Karen Morant	Radford	36'-10"
100m IH	2000	Vera Sims	Mililani	15.12
100m Dash	2007	Tamara Mcgee	Kapolei	12.3 (h)
	2015	Tristen Dulay	Campbell	12.36
1500m Run	2010	Kristen Ali Keith	Mililani	5:05.7 (h)
4x100m Relay	2010	Sade Myers, Tyler Whitener, Andrea Hinkle, Kaeli Patton	Radford	48.4 (h)
400m Dash	2013	Diamond Briscoe	Pearl City	58.26
300m LH	1999	Vera Simms	Mililani	45.45
800m Run	2003	Elizabeth Schall	Radford	2:20.2 (h)
200m Dash	2012	Diamond Briscoe	Pearl City	25.21
3000m Run	2015	Vanessa Roybal	Mililani	10:54.76
4x400m Relay	2014	Breayana Webster, Mija Kidder-Walls, Carla Thomas, Selena Aina	Radford	4:05.64

Track and Field

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Boys Records

Event	Year	Name	School	Height/Distance
Shot Put	2010	Lawrence Lagafuaina	Aiea	55'-4"
Discus	1988	Peter Viliamu	Waipahu	162'-8"
Pole Vault	2015	Aukahi Nolan	Mililani	14'-4.50"
High Jump	2014	Khalil Stevens	Mililani	6'-10"
Long Jump	1986	Larry Kahn-Smith	Campbell	22'-10"
Triple Jump	1986	Larry Kahn-Smith	Campbell	50'-1"
110m HH	1981	Jason Bennerman	Pearl City	14.90 (h)
	2003	Lamar Baskins	Radford	14.90 (h)
	2005	Joshua Fial	Pearl City	14.96
100m Dash	2012	Devin Jenkins	Kapolei	10.47
1500m Run	2008	Paul Williams	Leilehua	4:09.42
4x100m Relay	2008	Donniqtay Campbell, Ikaika Kamaka, Jonathan Atangan. Christopher Rainey	Radford	42.97
400m Dash	2015	Izaiah Lavatai	Radford	49.38
300m IH	1994	Al Washington	Radford	40.1 (h)
800m Run	1983	Joey Bunch	Radford	1:56.8 (h)
200m Dash	2011	Devin Jenkins	Kapolei	21.67
3000m Run	2009	Bryce Jenkins	Leilehua	9:01.0(h)
4x400m Relay	1985	Sterling Lee, Peter Lee, Mark Brackenhoff, John Curry	Radford	3:28.0 (h)