

31st ANNUAL GEORGE YAMAMOTO INVITATIONAL

MEET LOCATION: Date: Saturday, March 5, 2016
Time: Coaches meeting at 2:30pm for Field and Running Events Only -Mandatory
Field events start at 3:00 pm, Running events start at 4:00 pm
Site: Mililani High School Track

ENTRY DEADLINE: Date: Thursday, March 3, 2016
Send Team Manager rosters to Nathan_aragaki@notes.k12.hi.us *Please update your rosters before sending them. We will not be adding new athletes to your rosters on Saturday. Competition numbers will be required.

ELIGIBILITY: Participants must meet the eligibility rules of their respective schools, member leagues and the OIA.

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

PARTICIPATION:

1. Participants may enter any four (4) track and field events.
2. Each school may enter only three (3) participants per running event and four (3) participants per field event in the meet.
3. Participants must be attired in their school uniforms.
4. Each school may enter only one team in each relay event. Relay cards will be given to coaches at the Coaches Meeting. Cards must be submitted to the Clerk of Course upon final call of event.
5. All events will be timed finals.
6. For the long jump, triple jump, shot put, and discus; each athlete will receive 3 jumps/throws. The top 6 will have an additional jump/throw (worst to best).
7. Participants and coaches are requested to remain in their respective assigned seating areas except when warming up for an event. Failure to comply may result in disqualification.

AWARDS: Team plaque is awarded to the top Boys and Girls team. A plaque will also be awarded to the Outstanding Male and Female Athlete in the meet as selected by the Awards Committee.

SCORING: Scoring in all individual events and relays, unless specified as non-scoring events, shall be 10-8-6-4-2 respectively.

REPORTING (There will be 2 calls; FIRST and LAST):

1. All participants of field events must report to their designated areas properly and promptly on last call or be scratched.
2. All relay team members must report to Clerk of Course on last call or the team may be scratched. Relay cards must be submitted at this time.
3. All participants of individual running events must report to Clerk of Course on last call or be scratched.

TIMING: Meet will be run with FAT Lynx Timing System

OFFICIALS: Each member school will be responsible for at least one (1) official to assist in the meet. Each school will be assigned duties to be responsible for (ex. Hurdle crew, field events, etc.).

GEORGE YAMAMOTO INVITATIONAL

Order of Events - Track Events

Participating Schools: Mililani, Kapolei, Kaiser, Campbell, Anuenue

Coaches Meeting: 2:30 pm

FIELD EVENTS:

3:00 pm Discus (Boys then Girls)
 Shot Put (Girls then Boys)
 High Jump (Girls then Boys)
 Pole Vault (Girls then Boys)
 Long Jump (Boys then Girls)
4:15 pm Triple Jump (Boys then Girls)

FIELD EVENT ASSIGNMENTS:

Discus Kapolei (200 ft. tape)
Shot Put Anuenue (100 ft. tape)
High Jump Kaiser (50 ft. tape)
Pole Vault Mililani (50 ft. tape)
Long Jump Campbell (100 ft. tape)
Triple Jump Campbell (100 ft. tape)

Running Events (Girls first, Boys to follow):

4:00 pm Girls 100m High Hurdles
4:10 pm Boys 110m High Hurdles
4:25 pm Girls 100m Dash
4:35 pm Boys 100m Dash
4:45 pm Girls 1500m Run
4:55 pm Boys 1500m Run
5:05 pm Girls 4x100m Relay
5:10 pm Boys 4x100m Relay
5:15 pm Girls 400m Dash
5:30 pm Boys 400m Dash
5:45 pm Girls 300m Low Hurdles
6:00 pm Boys 300m Int. Hurdles
6:15 pm Girls 800m Run
6:30 pm Boys 800m Run
6:45 pm Girls 200m Dash
7:00 pm Boys 200m Dash
7:15 pm Girls 3000m Run
7:30 pm Boys 3000m Run
7:45 pm Girls 4x400m Relay
7:55 pm Boys 4x400m Relay
8:05 pm Awards (Team Champions & Female/Male Athlete of the Meet)

HURDLE ASSIGNMENTS:

School:	Lane#:	Flight#:
Kapolei	1	1
Kapolei	2	2
Kaiser	3	3
Kaiser	4	4
Anuenue	5	5
Anuenue	6	6
Mililani	7	7 & 8
Mililani	8	9 & 10

*1st call- 15 minutes before race time, Last call- 5 minutes before race time

*** AT THE CONCLUSION OF THE MEET, PLEASE CLEAN UP YOUR TEAM AREA.**

**GEORGE YAMAMOTO INVITATIONAL
TRACK & FIELD MEET
TEAM CHAMPIONS**

<u>YEAR</u>	<u>GIRLS</u>	<u>BOYS</u>
1985	Radford	St. Louis
1986	Moanalua	Farrington
1987	Mililani	Moanalua
1988	Mililani/St. Andrews	St. Louis
1989	St. Andrews	Leilehua
1990	Kamehameha/St. Andrews	Kauai
1991	Mililani	Leilehua
1992	Kamehameha	Pearl City
1993	Moanalua	Pearl City
1994	Moanalua	Pearl City
1995	Moanalua	Mililani
1996	Moanalua	Moanalua
1997	Leilehua	Mililani
1998	***Track Construction Year - Did not have meet ***	
1999	Mililani	Mililani
2000	Mililani	Mililani
2001	Mililani	Pearl City
2002	Mililani	Mililani
2003	Mililani	Mililani
2004	Mililani	Mililani
2005	Mililani	Mililani
2006	Mililani	Mililani
2006	Mililani	Leilehua
2007	Mililani	Leilehua
2008	Mililani	Leilehua
2009	Mililani	Leilehua
2010	Mililani	Leilehua
2011	Mililani	Pearl City
2012	***Track Construction Year - Did not have meet ***	
2013	***Meet was not on O.I.A. Schedule - Did not have meet ***	
2014	Mililani	Mililani
2015	Mililani	Mililani

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**GEORGE YAMAMOTO INVITATIONAL
TRACK & FIELD MEET
OUTSTANDING ATHELETE**

YEAR	GIRLS	BOYS
1985	Suzanne Burns (Mililani)	Ryan Tagalicod (St. Louis)
1986	Jonifer Fernandez (Mililani)	Jerry Cabradilla (McKinley)
1987	Diana Ota (Mililani)	James Oshiro (Pearl City)
1988	Vanessa Martinez (St. Andrews)	Aaron Napoleon (St. Louis)
1989	Karen Cook (St. Andrews)	Cecil Brisbon (Leilehua)
1990	Ashley Beckwith (St. Andrews)	Greg Olsen (Mililani)
1991	Puanani Akim (Mililani)	Jeremy Marshall (Leilehua)
1992	Kalei Kim (Kamehameha)	Aaron Steward (Leilehua)
1993	LaSonya McDonald (Campbell)	Jason Knight (Pearl City)
1994	Megan Malloy (Moanalua)	Troy Gunter (Pearl City)
1995	Desiree Holstien (Moanalua)	Matt Stevens (Pac-Five)
1996	Desiree Holstien (Moanalua)	Brian Clay (Castle)
1997	Leuticia Lewis (Leilehua)	Dyron Kelly (Mililani)
1998	***Track Construction Year - Did not have meet ***	
1999	Leila Hammonds (Mililani)	Wes Green (Waianae)
2000	Vera Simms (Mililani)	Daireyon Abrams (Mililani)
2001	Orion Wilson (Pearl City)	Brian Daniels (Mililani)
2002	Kari Tanimoto (Pearl City)	Timothy Flowers (Leilehua)
2003	Mei Li Nickles (Mililani)	Tekoree Fagan (Leilehua)
2004	Mei Li Nickles (Mililani)	Jonovan Santos (Mililani)
2005	Marina Gusman-Brown (Pearl City)	Jonovan Santos (Mililani)
2006	Ciara Quarles (Mililani)	AJ Clark (Mililani)
2007	Kristin Ali Keith (Mililani)	Aaremy Palomares (Leilehua)
2008	Courtney Senas (Mililani)	Aaremy Palomares (Leilehua)
2009	Kristin Ali Keith (Mililani)	Bryce Jenkins (Leilehua)
2010	Kristin Ali Keith (Mililani)	Margarito Martinez (Leilehua)
2011	Brittany McClay (Mililani)	Christian Aragosa (Pearl City)
2012	***Track Construction Year - Did not have meet ***	
2013	***Meet was not on O.I.A. Schedule - Did not have meet ***	
2014	Tristen Dulay (Campbell)	Kahlil Stevens (Mililani)
2015	Ayana DeMoss (Mililani)	Jorden Manuel (Mililani)

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GEORGE YAMAMOTO INVITATIONAL TRACK & FIELD MEET GIRLS RECORDS

EVENT	TIME	SCHOOL	YEAR
720y SHUTTLE LOW HURDLES	1:47.5	Pearl City (A.J. Sylva, A. Uyeda, A. Blalock, JR Caldetera)	2011
4x200M RELAY	1:46.08	Campbell (D. Iosua, S. Ah Nee, J. Savaiigaea, T. Dulay)	2014
MEDLEY RELAY (200-600-400-800)	5:51.5	Pearl City (Aimee Fukuda, Iris Nakata, Carmen Calpo & Orion Wilson)	2001
4x800M RELAY	10:19.90	Mililani (Kristin Ali Kieth, Kimberly Pugliese, Arielle Uejo, Gabriella Jenkins)	2009
4x100M RELAY	50.36	Campbell (D. Iosua, S. Ah Nee, J. Savaiigaea, T. Dulay)	2014
4x400M RELAY	4:18.7	Mililani (Ciara Quarles, Jasmine Pratt, Michelle Lee, Britney Stephens)	2005
INV. 1600M RUN	5:20.1	Chelsea Smith-Wishard - Kauai	2006
INV. 100M DASH	12.2	Vera Simms - Mililani	2000
INV. 400M DASH	63.80	Shatres Ah Nee - Campbell	2011

FIELD EVENTS

DISCUS	130' 7"	Christy Tauolo - Waianae	1997
SHOT PUT	36' 1"	Leuticia Lewis - Leilehua	1997
LONG JUMP	18' 0"	Vera Simms - Mililani	2000
TRIPLE JUMP	35' 7"	Mei Li Nickles – Mililani	2004
HIGH JUMP	5' 2"	Abigail McKoy – Mililani	2010
POLE VAULT	11' 0"	Chun Mei Nickles – Mililani	2003

NON-SCORING EVENTS

4x100M RELAY WEIGHTWOMEN	57.2	Mililani (Lokelani Paia, Tessa Asuega, Chasity Senas, Melissa Lehano)	2005
4x100M RELAY MIXED (Girl-Boy-Girl-Boy)	49.9	Aiea High School	1999
SPRINT MEDLEY COACHES/ALUMNI	1:38.5	Mililani (Clint Lacaden, Troy Gunter, Chad Miyamoto, & Kelsey Nakanelua)	2002

RETIRED EVENTS

SPRINT MEDLEY (100-100-200-400)	1:58.0	Campbell (Liz Ariola, Michele McKethan, Danielle Pahia, & LaSonya McDonald)	1993
4x100M RELAY COACHES/ALUMNI*	45.8	Pearl City (Jason Flores, John Lozano, Albert Tadeo & Leslie Walker)	1986

* Event replaced by Coaches/Alumni Sprint Medley Relay in 1999

400M SHUTTLE LOW HURDLES*	1:08.9	Mililani (Sheryl Magee, Carrie Kallenbach, Michell Doty & Suzanne Burns)	1985
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* Event replaced by 720 Low Hurdle Relay in 1994

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GEORGE YAMAMOTO INVITATIONAL TRACK & FIELD MEET BOYS RECORDS

EVENT	TIME	SCHOOL	YEAR
720y SHUTTLE LOW HURDLES	1:28.6	Pearl City (Kaipo Monis, Terry Ayers, Fabian Balderama & Ty Jarrett)	2001
4x200M RELAY	1:34.0	Mililani (Roy Matsunaga, Ryan Nupen, Demetrius Thomas, Ikaika Payomo)	2007
MEDLEY RELAY (200-600-400-800)	4:51.5	Leilehua	2008
4x800M RELAY	8:29.1	Mililani (Kyle Fukuchi, Andrew Kamikawa, Mark Bridenstine & Robby Philipp)	1999
4x100M RELAY	44.0	Mililani (Peter Poentis, Kawika Ornellas, Demetrius Thomas, Ikaika Payomo)	2007
4x400M RELAY	3:31.3	Mililani (Patrick Egloria, Saint Thompson, Darren Smith & Jonovan Santos)	2004
INV. 1600M RUN	4:29.0	Hekki Jurri-Oja - Kalani	1985
INV. 100 DASH	10.70	Samson Anguay - Campbell	2010
INV. 400 DASH	55.00	Drake Oshiro – Pearl City	2011

FIELD EVENTS

DISCUS	150' 5"	Ben Tailo - McKinley	1999
SHOT PUT	49' 1"	Brian Daniels- Mililani	2000
LONG JUMP	22' 9"	Ricky Marshall-Green - Moanalua	1997
TRIPLE JUMP	46' 9"	Ricky Marshall-Green - Moanalua	1997
HIGH JUMP	6' 7"	Kahlil Stevens - Mililani	2014
POLE VAULT	14' 2"	Cameron Daugherty – Mililani	2008

NON-SCORING EVENTS

4X100M RELAY WEIGHTMEN	47.10	Mililani (Jordan Torres, Shane Um, Taz Stevenson, Kala Perbera)	2010
4x100M RELAY MIXED (Girl-Boy-Girl-Boy)	49.1	Nanakuli	2008
SPRINT MEDLEY COACHES/ALUMNI	1:38.5	Mililani (Clint Lacaden, Troy Gunter, Chad Miyamoto, & Kelsey Nakanelua)	2002

RETIRED EVENTS

4x100M RELAY COACHES/ALUMNI*	45.8	Pearl City (Joel Flores, John Lozano, Albert Tadeo & Leslie Walker)	1986
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* Event replaced by Coaches/Alumni Sprint Medley Relay in 1999

440M SHUTTLE HIGH HURDLES*	1:08.3	St. Louis (D. Lee, Mike Cox, D. Kanda, & Ryan Tagalicod)	1985
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* Event replaced by 720 Low Hurdle Relay in 1994.

FOOTBALL 40YD (BELOW 189 LBS.)	4.93	D. Lee - St. Louis	1985
FOOTBALL 40YD (ABOVE 189 LBS.)	4.78	Adrian Murrell - Leilehua	1989
FOOTBALL 40YD (BACKS/RECIEVERS)	4.5	Tredish Wise (Leilehua)	1996
FOOTBALL 40YD (LINEMEN/LINEBACKERS)	4.8	Tumua Vitale (Waipahu)	1996

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