

Oahu Interscholastic Association

Track and Field Championships

Pearl City High School

Football Stadium

Trials Thursday April 27, 2017

Finals Saturday April 29, 2017

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. A. Entry Deadline: **8:00 p.m. Monday April 24, 2017.**

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 in1500 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 1500meter 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. \$5.00 – Students with OIA Activity Card and eighth grade and under.
2. \$8.00 – General Admission and high school students without OIA Activity Card.
3. \$6.00 –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.

I. Schedule and Order of Events for OIA VARSITY CHAMPIONSHIPS 2017

- A. **Trials**: Thursday April 27, 2017 Event Start Times May Vary.
- B. **Finals**: Saturday April 29, 2017 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
3:45	N/A	Pole Vault (Girls Finals Only on Thursday)
N/A	4:00	Pole Vault (Boys Finals Only on Saturday)
3:45	4:00	Discus (Boys first, girls to follow)
3:45	N/A	High Jump (Boys Finals Only on Thursday)
N/A	4:00	High Jump (Girls Finals Only on Saturday)
3:45	4:00	Long Jump (Girls first, boys to follow) Triple Jump (Girls first, boys to follow)
3:45	4:00	Shot Put (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 Boys
7:05	6:45	300 Meter Low Hurdles
7:20	6:50	300 Meter 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 Boys
9:25	7:50	4 X400 Meter Relay Girls
9:35	7:55	4 X400 Meter Relay Boys

I. Assignments

Host schools for boys: KAPOLEI
Host schools for girls: KALAHEO
Site preparation: Reid Shigemasa Pearl City
Protest Committee: Mark Brillhante, Darren Camello
Announcers: TBA
Starter: TBA
Backup Starters: TBA
Meet Referee: Glen Wakumoto and/or my designee per OIA Blue Book
Meet Officials: Glen Wakumoto and/or my designee per OIA Blue Book
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 Brillhante Kalaheo
Awards presentation: Mark Brillhante Kalaheo
Results to coaches, press and websites: Earl Kishimoto Moanalua & Edwin Alfaro Mililani

Hospitality: Darren Camello Kapolei

OIA Varsity Track Championships

Updated 4/30/2016

OIA Varsity – Records

1 Girls 100 Meter Hurdles Varsity	15.02	5/2000	Simms, Vera - Mililani High School
2 Boys 110 Meter Hurdles Varsity	14.07	5/1998	Clay, Brian - Castle High School
3 Girls 100 Meter Dash Varsity	11.7h	5/1978	Fox, Sharri - Leilehua High School
4 Boys 100 Meter Dash Varsity	10.61	5/1998	Clay, Brian - Castle High School
5 Girls 1500 Meter Run Varsity	4:54.09	4/30/2016	Michaels, Brooke - Radford High School
6 Boys 1500 Meter Run Varsity	4:03.73	4/30/2009	Jenkins, Bryce – Leilehua High School
7 Girls 4x100 Meter Relay Varsity	48.38	5/2014	Campbell High School - K Smith, S Ah Nee, J Savaiigaea, T Dulay
8 Boys 4x100 Meter Relay Varsity	42.58	5/1/2008	Radford High School - Radford High School D Campbell, J Atangan, I Kamaka, C Rainey
9 Girls 400 Meter Dash Varsity	56.10	5/1998	Abrante, Endia - Kaiser High School
10 Boys 400 Meter Dash Varsity	49.2h	5/1977	Smith, James - Waianae High School
11 Girls 300 Meter Hurdles Varsity	43.26	5/2000	Simms, Vera - Mililani High School
12 Boys 300 Meter Hurdles Varsity	39.28	4/28/2016	Jessop, Jonah - Campbell High School
13 Girls 800 Meter Run Varsity	2:17.8h	5/1979	Nash, Cathy - Kaiser High School
14 Boys 800 Meter Run Varsity	1:52.1h	5/1967	McDonald, Duncan - Kailua High School
15 Girls 200 Meter Dash Varsity	24.58	5/1998	Abrante, Endia - Kaiser High School
16 Boys 200 Meter Dash Varsity	21.55	5/1998	Clay, Brian - Castle High School
17 Girls 3000 Meter Run Varsity	10:51.37	5/2014	Eccles, Mary - Leilehua High School
18 Boys 3000 Meter Run Varsity	8:59.99	5/1/2008	Dawson Vorderbruegge - Kaiser High School
19 Girls 4x400 Meter Relay Varsity	4:01.11	5/2014	Campbell High School - J Savaiigaea, T Dulay, K Smith, S Ah Nee
20 Boys 4x400 Meter Relay Varsity	3:23.79	5/1998	Radford High School S. Michel, M. Warren, S. Samuels, A. Lelie
* Boys 4x400 Meter Relay Varsity	3:25.02	4/2012	Mililani High School N. Cross, C. Nguyen, D. White, L. Loventhal
21 Girls High Jump Varsity	5-05.00	5/1999	Kai, Natasha - Kahuku High School
22 Boys High Jump Varsity	6-09.00	5/1994	Henderson Dominique - Radford High School
23 Girls Pole Vault Varsity	11-02.00	5/2013	Rachel Craft - Kaiser
24 Boys Pole Vault Varsity	14-06.00	5/1/2008	Cameron Daugherty - Mililani High School
25 Girls Long Jump Varsity	18-04.00	5/1980	Morant, Karen - Radford High School
26 Boys Long Jump Varsity	24-00.75	5/1983	Walsh, Koldene - Leilehua High School
27 Girls Triple Jump Varsity	36-10.50	4/30/2009	Zhane Santiago - Kahuku
28 Boys Triple Jump Varsity	48-06.00	5/1986	Khan-Smith, Larry - Campbell High School
29 Girls Discus Throw Varsity	170-04.50	5/1982	Kavanaugh, Dede - Radford High School
30 Boys Discus Throw Varsity	181-06	5/2003	Avegatio, Jerrod - Kahuku High School
31 Girls Shot Put Varsity	44-06.00	5/1985	Bryant, Sarah - Kaiser High School
32 Boys Shot Put Varsity	57-05.00	4/30/2009	Chauncy Makainai - Kailua

Oahu Interscholastic Association

Updated 4/30/2016

Track & Field Team Champions/Coaches

Girls

Year/School/Coach

2016 Kaiser Kevin Kruszona
2015 Kaiser Kevin Kruszona
2014 Kaiser Kevin Kruszona
2013 Pearl City Donald Hopper
2012 Radford Elizabeth Patton
2011 Kahuku Louis Santiago, Jr.
2010 Radford Elizabeth Patton
2009 Radford Elizabeth Patton
2008 Mililani Dane Matsunaga
2007 Mililani Dane Matsunaga
2006 Mililani Dane Matsunaga
2005 Mililani Dane Matsunaga
2004 Pearl City Nathan Aragaki
2003 Mililani Dane Matsunaga
2002 Kaiser Kevin Kruszona
2001 Mililani Shane Akamine
2000 Mililani Shane Akamine
1999 Mililani Shane Akamine
1998 Mililani Shane Akamine
1997 Moanalua Randy Hiraki
1996 Moanalua David Carvalho
1995 Waipahu Lee Scruton
1994 Kalaheo Gary Stoner
1993 Campbell Janine Walker-Fairley
1992 Kalaheo Lewis Fuddy
1991 Mililani Shane Akamine
1990 Kaiser Debbi Larsen
1989 Kaiser Mitchell Otani
1988 Kaiser Mitchell Otani
1987 Mililani Clyde Ching
1986 Kaiser Mitchell Otani
1985 Kaiser Mitchell Otani
1984 Kaiser Mitchell Otani
1983 Radford Tom Chun
1982 Radford Tom Chun
1981 Radford Tom Chun
1980 Radford Tom Chun
1979 Leilehua Bonnie Kam
1978 Leilehua Bonnie Kam
1977 Leilehua Bonnie Kam
1976 Radford Tom Chun
1975 Radford Tom Chun
1974 Radford Tom Chun
1973 Radford Tom Chun

Boys

Year/School/Coach

2016 Campbell Wyatt Tau
2015 Campbell Wyatt Tau
2014 Campbell Wyatt Tau
2013 Mililani Dane Matsunaga
2012 Radford Elizabeth Patton
2011 Radford Elizabeth Patton
2010 Mililani Dane Matsunaga
2009 Roosevelt Jeff Azuma
2008 Kahuku Sean Makaiau
2007 Mililani Marshall Ochi
2006 Kahuku Sean Makaiau
2005 Mililani Chad Miyamoto
2004 Pearl City Donald Hopper
2003 Kahuku Sean Makaiau
2002 Roosevelt Jeff Azuma
2001 Mililani Edwin Alfaro
2000 Mililani Edwin Alfaro
1999 Mililani Edwin Alfaro
1998 Radford Al Bader
1997 Castle Martin Hee
1996 Radford Al Bader
1995 Radford Al Bader
1994 Kalaheo Lewis Fuddy
1993 Kalaheo Lewis Fuddy
1992 Waipahu Eric Keola
1991 Waipahu Arthur Katahara
1990 Kaiser Tim Seaman
1989 Radford Al Bader & McKinley Ron Pate
1988 Kaiser Mitchell Otani
1987 Pearl City Steve Martin
1986 Radford Al Bader
1985 Radford Al Bader
1984 Radford Al Bader
1983 Radford Al Bader
1982 Radford Al Bader
1981 Radford Al Bader
1980 Radford Al Bader
1979 Radford Al Bader
1978 Radford Al Bader
1977 Mililani Skippa Dias
1976 Radford Al Bader
1975 Radford Al Bader
1974 Radford Al Bader
1973 Kailua William Belcher
1972 Radford John Velasco