

CALTRACK/RUBY TUESDAY HAWAII

INVITATIONAL

Saturday March 25st, 2017

Field Events..... 8:30am

Running Events.....9:30am

Host School Site.....	Punahou School
Meet Director.....	Walt Thompson
Awards.....	Rick Foster Rick Nakashima
Announcer.....	Dan Tuttle
Board of Appeals.....	Jeff Meister Walt Thompson Rick Nakashima
Sponsors of the Meet.....	CalTrack Ruby Tuesday-HI Windward Snow

ENTRIES:

- A. Meet is Open to all 9th thru 12th grade boys and girls.
- B. Entry Limit is (4) events.
- C. Each school is limited to (3) entries in individual events and (1) Relay Team.
- D. Meet entries containing proof of mark/time must be received:
No Later Than 8:00PM Monday March 20, 2017,
Send email entries to; Jeff Meister @ jmeister@punahou.edu.
We will not except any late entries. Also no one without a time or distance will be excepted.

TRACK & FIELD STANDARDS:

- Top 24 entries in: Hurdles & 800
- Top 32 entries in: 100-200-400
- Top 16 entries in: 1500-3000
- Top 16 entries in: All Field Events & Relays

ADMISSION:

NO admission will be charged.

SPECIFIC OBJECTIVES:

- A. To bring schools within leagues in the state and mainland together.
- B. Foster friendly competition between them and enhance the quality of High School Track & Field in the State.

RULES GOVERNING the INVITATIONAL MEET:

1. Starting Blocks will be provided by the Meet.
 2. Batons will be provided by the Meet.
 3. Girls first in all running events.
 4. Shot Put: Girls first, Boys to follow.
 5. Discus: Boys first, Girls to follow
 6. Long Jump: Boys first, Girls to follow.
 7. Triple Jump: Boys first, Girls to follow
 8. High Jump: Girls first, Boys to follow.
 9. Pole Vault: Both at the same time (if Possible)
- ** In the Throws the Top 8 will get (1) more throw.
- ** In the L.J. & T.J the Top 8 will get (1) more jump.

OFFICIALS:

- A. Volunteers and Officials will be selected and assigned by the Meet Director.

- B. As provided for in the Book of Rules a Board of Appeals will be named to assist Meet Referee.

SEEDING PROCEDURE:

- A. We will run timed finals in all running events.
- B. Fastest runners will run in the last heat.
- C. In the 3000m we will run (1) heat of (16) or less.

AWARDS:

- A. Medals for the 1st (3) places in individual events and relays.
- B. Ribbons for places 4th thru 8th in all events.
- C. Outstanding Male and Female
- D. Invitational T-Shirts will be on sale.

OTHER INFO:

It is our plan to add the following events:

- 1- Hawaii's Fastest Woman
- 2- Younger Age-Groups 100m or 200m
- 3- UH Football "40"
- 4- Int. (7th & 8th grade) 4x100 relay
- 5- A Concession Stand will be Open

Any Questions Please Contact Walt Thompson at;
renegadestrack@hawaii.rr.com