



ISLAND MOVERS

TRACK & FIELD STATE CHAMPIONSHIPS

Kunuiakea Stadium, Kamehameha Schools- Kapalama

TRIALS - FRIDAY, MAY 11, 2018

FINALS - SATURDAY, MAY 12, 2018

**ISLAND MOVERS
TRACK AND FIELD STATE CHAMPIONSHIPS
KUNUIAKEA STADIUM, KAMEHAMEHA SCHOOLS-KAPALAMA
TRIALS - FRIDAY, MAY 11, 2018 | FINALS - SATURDAY, MAY 12, 2018**

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director Chris Chun
Associate Director Russ Aoki
Director of Information & Marketing Natalie Iwamoto
Track & Field Coordinator Jeff Meister
Assistant Coordinator Kimo Weaver

TOURNAMENT COMMITTEE

Host School Kamehameha Schools-Kapalama
Big Island Interscholastic Federation Lyle Crozier, Executive Director
..... Kimo Weaver, Coordinator
Interscholastic League of Honolulu Blane Gaison, Executive Director
..... Jeff Meister, Coordinator
Kauai Interscholastic Federation Brent Mizutani, Executive Director
..... Jon Kobayashi, Coordinator
Maui Interscholastic League Joseph Balangitao, Executive Director
..... Brian Milar, Coordinator
Oahu Interscholastic Association Raymond Fujino, Executive Director
..... Mark Brillhante, Coordinator
Meet Referee Richard Sutton
Referee – Field Tom Chun
Referee – Running Allan Fernandez
Officials Richard Sutton
Starters Glen Wakumoto, Gary Hamakawa, Joel Peralta, George Ikeda
Hurdle Crew ILH
Awards Don Takaki, Island Movers
Site preparation ILH
Timing equipment ILH
Announcer Sam Moku and Dan Tuttle

SPECIAL THANKS

Island Movers, Inc Don Takaki
Medical personnel ILH Athletic Trainers

**ISLAND MOVERS / HHSAA TRACK AND FIELD STATE CHAMPIONSHIPS
TOURNAMENT INFORMATION**

I. HHSAA TRACK & FIELD REGULATIONS

HHSAA Track & Field Regulations may be found in the HHSAA Track and Field Handbook section of this packet.

II. RULES GOVERNING USE OF STADIUM

1. **Coolers:** Teams may bring in water coolers, no personal coolers.
2. **Tents:**
 - No tents in the stadium grandstands.
 - Team tents allowed outside of Lane 8 , next to the fence. Tents/poles/stakes/ropes/tiedowns, etc. must be at least 3 feet back from the outside edge of the track surface.
 - Leaving tents up between Friday and Saturday will be determined by the Host School Friday evening after competition is complete.
3. **Markings:** Chalk only. Teams must bring own chalk. In the event of rain, fluorescent washers will be provided.
4. **Admission to Stadium:**
 - Competitors must come in with their team. Names will be verified on team rosters.
 - Officials, coaches, and managers must be listed on rosters.
 - Shoes will be inspected for compliance with spike rules.
 - Head Coaches, Assistant Coaches and Team Managers must be listed by names on the roster sheet of the entry forms. These lists shall be used for admission to the trials and finals.
 - Persons must be bona fide coaches
 - There is a limit of 4 managers per team
 - Complimentary admission only to qualifying participants, coaches and designated managers.
 - Non-qualifiers from participating schools, or from non-participating schools must pay admission.
5. **Practice times:**
 - **Thursday, May 10th:** Coach supervised practice will be available between 3:30 and 6:45pm. Class still in session prior to that time, so please do not access the campus or wait in the parking lot.
 - **Friday, May 11th:** After 9:00 am. Again, classes are in session so please do not arrive early. Must be supervised by a coach.
 - **Saturday, May 12th:** After 9:00 am. Must be supervised by a coach.
6. **Electronic devices:** No electronic devices will be allowed in the competition area or in the infield. (see "Designated Coaches Areas" for exceptions)

III. SUBMISSION OF ENTRIES

1. The Meet Entry File & Hy-Tek Meet Entry Report containing proof of the submitted mark/time must be **received no later than 12:00 noon, Monday, May 7, 2018.**
2. Send entries by e-mail to HHSAA track & field coordinator Jeff Meister:

Jeff Meister
Punahou School
1601 Punahou Street, Honolulu, HI 96822
Phone: (808) 944-5865 | Fax: (808) 944-5864
E-mail: jmeister@punahou.edu

3. League representatives (coordinators) are as follows:
 - BIIF – Kimo Weaver 982-0742
 - ILH – Jeff Meister 944-5865
 - OIA – Mark Brilhante 254-7914
 - MIL – Brian Millar 244-4190
 - KIF - Jon Kobayashi 338-6804
4. Entries will be reviewed and closed by 9:00 p.m. on Tuesday, May 8, 2018.
5. The Official Team Roster Forms with all qualifying participants, listed in **ALPHABETICAL ORDER**, and eligibility must be received by the HHSAA Office via e-mail to roster@hhsaa.org by **12:00 noon, Monday, May 7, 2018.** Roster forms can be downloaded from the HHSAA's track and field page on www.sportshigh.com.
6. See "Entries for Competitors" section in HHSAA Track and Field Handbook below for further requirements.

IV. STATE TRACK & FIELD STANDARDS

See attached Track & Field standards for 2018.

V. CODE OF CONDUCT

1. The coaches shall have direct responsibility for conduct of team members during competition, in hotels, and anywhere else in public during the tournament, including transportation to and from the tournament.
2. HHSAA Executive Director may establish a common curfew hour, if needed.
3. Drinking of alcoholic beverages, use of drugs, loud unruly, or destructive behavior will not be condoned, and disciplinary action may be taken.
4. The Code-of-Conduct must be enforced by the coaches and school administrators.
5. It is recommended that schools inform parents of this policy in writing.

VI. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

VII. SITE INFORMATION

Pending site info will be distributed as it becomes available/necessary

HHSAA HANDBOOK – TRACK AND FIELD

I. SPECIFIC OBJECTIVES

1. To determine the state individual and team champions for Boys and Girls.
2. To recognize the combined efforts of all the individual participants and participating teams in the state tournament.
3. To encourage the highest principles and standards of general behavior.
4. To promote the highest principles of citizenship in tournament competition.

II. OFFICIALS and VOLUNTEERS

1. Qualifications
 - Officials must be currently certified and have a background check pursuant to the NFHS or USATF certification.
 - Coaches may act as officials whenever designated officials are not available. Such coaches are assigned by the HHSAA sport coordinator or his designee.
2. Selection
 - Volunteers and officials shall be selected and assigned by the Games Committee or its designee, the HHSAA Sport Coordinator or his designee, or the Referee.
3. Officials Uniforms
 - All state tournament officials shall wear uniforms in accordance with NFHS or USATF guidelines or as directed by the HHSAA Sport Coordinator.

III. Games Committee and Jury of Appeals

1. The HHSAA or its designee shall form a Games Committee as called for by the NFHS. The committee should be composed of at least one representative from each league. The committee is responsible for the proper conduct of track and field meet. Other responsibilities are listed in NFHS Rules Book (3.2.1-4)
2. As specified in the NFHS Rules Book (3.5.1) a Jury of Appeals will assist the meet referee. Appeals must be made through the applicable referee (Running Event Referee or Field Event Referee) and only by the Head Coach. Any written appeal shall be made no later than 30 minutes after the announcement of the event results.

IV. Protests and Appeals

1. Protests are made by a coach to the applicable referee (Running Event Referee, Field Event Referee, or Meet Referee).
2. As specified in the NFHS Track and Field rules book (Rule 3.5.2) if the head coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the Jury of Appeals within 30 minutes after the announcement of event results. Forms can be found at the officials tent near the finish line and must be turned in to the applicable referee.

3. As provided for by Rule 3-4-4 in the NFHS handbook, the Meet Referee has the sole authority for ruling on irregularities not covered within the rules.

V. TOURNAMENT SCHEDULE

RUNNING EVENTS: Girls compete first in all running events for both trials and finals.

FIELD EVENTS: Conducted as single-day finals-only events:

| Odd Years (2019, 2021, 2023) | | | Even Years (2018, 2020, 2022) | | |
|------------------------------|-------------|------------------|-------------------------------|-------------|------------------|
| Day 1 (FRIDAY) | | Day 2 (SATURDAY) | Day 1 (FRIDAY) | | Day 2 (SATURDAY) |
| Girls | Pole Vault | Boys | Boys | Pole Vault | Girls |
| Boys | High Jump | Girls | Girls | High Jump | Boys |
| Girls | Long Jump | Boys | Boys | Long Jump | Girls |
| Boys | Triple Jump | Girls | Girls | Triple Jump | Boys |
| Girls | Shot Put | Boys | Boys | Shot Put | Girls |
| Boys | Discus | Girls | Girls | Discus | Boys |

See attached Tournament Schedule for specific times for specific events.

VI. TRACK and FIELD RULES GOVERNING THE TOURNAMENT

The National Federation Track and Field Rules will govern, with Games Committee or HHSAA modifications:

A. RUNNING EVENTS:

1. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
2. A limited number of starting blocks will be available at the tournament site. Therefore, schools are encouraged to bring their own blocks.
3. Selection of lanes for finals shall be made electronically based upon commonly accepted advancement formulas (on the day of the trials). Individual advancement: place & time; relay advancement: place and time.
4. Non-lane events
 - 800: Trials are waterfall-aim for 3 heats of 10 to 12. Finals will be eight runners starting in lanes.
 - 1500: Aim for 3 heats of 12 to 16. Finals will be 12 runners.
 - 3000; One heat to be conducted during finals. Entry limit of 32
5. Following seeding of the top eight entries, the remaining entries shall be seeded in rank order. Except if entrants have identical times, they may be interchanged to avoid runners from the same school or same league being in the same heats. Preference shall be given to separation of athletes from the same school, not the same league.

6. Advancement Formulas - Laned Events:
 - Any running event with five or more heats shall qualify the top competitor in each heat plus the next best time which allows for a Final of 8 competitors plus 2 alternates. Semi-finals will not be conducted.
 - Any running event with four or more heats shall qualify the top runner in each heat, with the remaining four slots and the two alternates to be determined by taking the next six best qualifying times.
 - Any running event with three heats shall qualify the first two per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
 - Any running event with two trials shall qualify the first three per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
7. Advancement Formula - Non-Laned Events:
 - The Top 12 competitors advance to the Final.
 - 3000 Meter Run. No Advancement Formula. One heat to be conducted in the Final. Entry limit of 32 competitors.
 - 1500 Meter Run not to exceed three heats. If three heats, top three in each heat plus next three best times. If two heats, top four in each heat plus next four best times. Additional competitors in excess of eight per heat may be stacked behind for the first turn.
8. Reducing Number of Heats:
 - If heats are combined prior to the race, all heats for the event shall be repositioned.
 - Four trial heats shall be reduced to three trial heats if 24 runners or less are left to compete at entry or after scratches.
 - Three trial heats shall be reduced to two trial heats if 16 runners or less are left to compete at entry or after scratches.
9. When possible, all running events will be timed to the 100th of a second. Apparent ties will be read to the 1000th of a second to determine accurate placing.
10. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.
11. After any event check-in is completed and the official announces that check-in is closed, any person who scratches will be ineligible for the rest of the meet.
12. Whenever possible, lane vacancies in finals will be filled.

13. Alley seeding patterns for 3000m run:

| Lane 5 | Lane 6 | Lane 7 | Lane 8 |
|--------|--------|--------|--------|
| 3 | 4 | 5 | 6 |
| 11 | 12 | 13 | 14 |
| 19 | 20 | 21 | 22 |
| 27 | 28 | 29 | 30 |

| Lane 1 | Lane 2 | Lane 3 | Lane 4 |
|--------|--------|--------|--------|
| 1 | 2 | 7 | 8 |
| 9 | 10 | 15 | 16 |
| 17 | 18 | 23 | 24 |
| 25 | 26 | 31 | 32 |

B. FIELD EVENTS:

1. All fair efforts in the shot put and long jump should be measured.

Note: Girls shot put - 4 kilo.

2. In discus and shot put, mark all fair throws and do not use a "mark line."
3. When possible, in measuring the discus, officials shall use flags to mark the performers' best throws. In the trials and finals, all throws shall be measured.
4. HHSAA should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.
5. Allow the use of any certified implements for throwing events. Certification will be available to any athlete up until one hour prior to the start of the event. All certified throwing implements are obligated to be shared.
6. When possible, Field Events shall begin at least one (1) hour prior to the start of running events on both Friday and Saturday.

7. Any implement damaged during competition must be removed from use unless it can be immediately re-certified (6.2.10).
 8. Pole Vault verification forms (attached) must be signed by the coach, athletic director, and principal, certifying that the equipment and the vaulter are in compliance with Rule 6-5-3 of the NFHS Rules Book.
 9. Pole Vault participants (on request) must allow an official to certify the accuracy and appropriateness of the equipment each vaulter will be using.
 10. The Games Committee shall have the authority to establish the starting heights and successive heights of the crossbar for high jump and pole vault.
 11. Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.
 12. Conduct field events as single day finals events. A maximum of 15 minutes will be given between trials and finals.
 13. Each athlete will be given three trial attempts. After all trial attempts have been completed, the top eight competitors will receive three more finals attempts on the same day. NOTE: Field events do not have alternates. All competitors that tie for 8th place will be finalists.
 14. Competitors will be listed best to worst for trial attempts except for the vertical jumps which shall be ordered from the worst to the best.
 15. Finals competitors will be reordered from worst to best.
 16. All legal trials marks carry over to finals.
 17. By gender. Events start with similar time schedules each day. Genders will rotate from year-to-year
- C. MULTI-EVENT ATHLETES – CHECKING IN/OUT OF FIELD EVENTS/ABANDONMENT:
1. Multi-Event athletes may be excused from one event to compete in another by checking out with the head event judge.
 2. For all horizontal jumps and throws, the check-out time limit is 10 minutes. When an athlete returns, he/she must check back in with the head event judge and
 - Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
 - May inform the head event judge to restart the clock and check-out again without taking a passing trial as long as the event for which the athlete is checking out is still in progress.
 - No checkouts are allowed during the final round of competition.
 3. There is no check-out limit for the High Jump and Pole Vault. NOTE: Excused

competitors shall not be allowed to delay the continuation of an event.

4. When all competitors present at the event have completed their attempts – not including the last attempt by the leading qualifier or during a jump-off – all missing competitors shall be called in order as soon as their approved check-out period tolls. When all attempts by others have been completed, the leading qualifier may take his/her last throw or jump. For the High Jump and Pole Vault, all missing competitors are called in order as though they were present at the event. Failure of an athlete to initiate an attempt within the allotted time results in a miss. When all missing competitors have been given a chance to initiate their attempts, the event proceeds to the tie-breaker or ends with places awarded. No checkouts are allowed during this final round.

VII. ENTRIES for COMPETITORS

1. The Meet Entry File & Hy-Tek Meet Entry Report containing proof of the submitted mark/time must be received by the Track and Field Coordinator.
2. The Team Roster Forms with all qualifying competitors listed in alphabetical order must be received by the HHSAA Office.
3. All leagues must have copies of meet results available to verify performances.
4. A competitor shall not compete in more than six events including relays. Note that this is a state association rule and deviates from the NFHS Rules Book.
5. Each competitor must meet the HHSAA qualifying standard for their event during a league meet for the current season. This includes league individual event champions.
6. The state qualifying standard shall start as the average of the 24th best mark for the last two years. 30 days prior to the state tournament, a final list of standards will be sent out. These standards may include adjustments to the original standards in order to achieve up to 32 competitors in each event.
7. Each coach is to submit, along with his/her entry form, the results of meets in which performances occurred. This is essential for the Seeding Committee to validate performances. Entries may be rejected if performances cannot be verified.
8. Each school shall be limited to three entries in each individual event. Alternates shall not be accepted from an individual school even though that person has met the qualifying standard.
9. Each school shall be allowed to enter no more than one team in each relay event for which the school has met the qualifying standards.
10. Qualifying relay teams must establish their qualifying time with a team of four runners who are eligible for HHSAA state competition. These runners need not be the ones that run the relay in the state meet.
11. No hand times will be accepted as qualifying times for the state tournament.
12. Eliminate qualifying process of “auto” and “cons” and return to have only one qualifying standard. Standard to be released no later than the first Friday in April.

IX. COMPETITOR’S UNIFORMS

1. All participants are required to wear school-issued or school approved (confirmed by head coach) uniforms, preferably with school identifying insignia and worn as intended

by the manufacturer. Athletes competing in the throwing events are allowed to use alternate school-issued or school approved uniform of matching color or design. (NOTE: Schools with athletes competing in alternate uniforms in the throwing events MAY be asked to provide proof of alternate uniform being school issued. or school approved)

2. Appropriate warm-up attire should be worn in the track infield area. This includes the requirement that all competitors must wear covered shoes in the infield area.
3. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
4. When a violation is observed and noted by a meet official, the penalty for the wearing of an illegal uniform is that the competitor shall be required to make the uniform legal before becoming eligible for further competition. The competitor and coach will be issued a warning that a subsequent violation shall result in a disqualification from the event.
5. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that draw attention to athletes.
 - Competitors will not be permitted to wear baseball caps, bandanas, or other head covering or adornments. However, a functional hair-tie, scrunchie or headband that is worn to hold the competitor's hair in place will be permitted.
 - Only prescription sunglasses may be worn.
 - Wearing a simple watch that tells or measures time is permissible. Any electronic device or wearable whose function is other than that of telling and/or measuring time is illegal. GPS type watches or other wearables that give on-going splits, pre-programmed beeps, pulse measurements and/or similar aid may not be worn.
 - Jewelry may be asked to be removed by an official if deemed a safety issue.
 - Garments, head scarfs and/or similar garments worn for religious beliefs must be approved by the Games Committee prior to an athlete's competition. Failure to receive prior approval will be viewed as a uniform violation and the competitor shall be required to make the uniform legal before becoming eligible for further competition. The competitor will be issued a warning that a subsequent violation shall result in a disqualification from the event.

X. SPIKES

Spike length is decided by the Games Committee and dictated by host track. For the 2018 meet, all shoe spikes for running and field events shall be pyramid shaped spikes and not exceed 7mm (Metric) or .25" (English) in length when measured from the sole of the shoes. No "Needle" or "Christmas Tree" spikes of any length will be allowed. It will be the responsibility of the athlete to get his/her spikes inspected and to change his/her spikes should a change be necessary. No spikes will be provided.

1. All spikes must be inspected prior to the start of the day's competition and shoes will be marked after this initial inspection.
2. Spikes will be inspected again at the time of check-in to any event.

3. Failure to comply with appropriate spike length or style:
 - FIRST OBSERVED VIOLATION: Warning will be issued to competitor and recorded. Coach will also be advised of first warning. Competitor is required to change his/her spikes to approved length and type before becoming eligible for further competition.
 - SUBSEQUENT VIOLATION(S):
 - If a competitor is found to be wearing illegal spikes during competition, he/she will be disqualified from the event.
 - If same competitor is found to be in violation a second time, either at the time of check-in or during competition, he/she will be disqualified from the meet.

XI. DESIGNATED COACHES' AREAS:

1. For all Field events, the Coaches' boxes will be clearly marked. Coaches are to be within the designated areas at all times when/if coaching and athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box.
2. Only 1 coach per school is allowed in the Coaches' box. Only coaches whose name(s) are on the Official Tournament Roster will be considered coaches.
3. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events or trials.

XII. ELECTRONIC DEVICES:

No electronic devices will be allowed in the competition area or in the infield. (see "Designated Coaches Areas" for exceptions)

XIII. RESTRICTED AREAS:

Restricted areas at this venue include the track, the infield and the rectangular space between the outside edge of the track and directly below the stadium bleachers. Coaching in these areas is not allowed. Marshals will be asked to keep these areas free from all persons except officials, contestants and other authorized individuals. Coaching is not allowed in Restricted Areas.

XIV. PLACES AND SCORING

| <u>Place</u> | <u>Individual Events</u> | <u>Relay Events</u> |
|--------------|--------------------------|---------------------|
| First | 10 | 10 |
| Second | 8 | 8 |
| Third | 6 | 6 |
| Fourth | 4 | 4 |
| Fifth | 2 | 2 |
| Sixth | 1 | 1 |

XV. AWARDS AND TROPHIES

1. Permanent trophies to winning boys and girls championship teams.
2. Permanent trophies to runner-up boys and girls teams.
3. Medals for the first six places in individual and relay events.
4. 20 medals for the boys and girls championship teams.

XVI. TRANSPORTATION

1. Ground transportation will not be provided. Each school is responsible for their own arrangements.
2. Air transportation arrangements are to be made by each school.
3. Additional responsibilities:
 - At least one male chaperone for the boys teams and one female chaperone for the girls teams are recommended.
 - Each school must assume responsibility for supervision of their own traveling team members at all times, including trips and hotel behavior.

XVII. EVALUATION

1. Every member school is encouraged to submit post-meet evaluations to either the Sport Coordinator or directly to the HHSAA Executive Director
2. Evaluations to be submitted within two weeks after the tournament.
3. Update all meet records. Submit results of the tournament.

XVIII. ADMISSION

Adults \$7.00
Senior Citizens (62 and over) \$5.00
Students (Grades K-12) \$5.00

Coaches, managers and qualifying athletes must be listed on the entry forms in order to be admitted to the trials and finals.

2017-18 HHSAA State Track and Field Championships
GAMES COMMITTEE DECISIONS

Rule 3, Section 2 of the NFHS Rules Book outlines the jurisdiction of a meet's Games Committee. Many of the administrative responsibilities of the Games Committee are outlined in HHSAA Tournament Information booklet. Some additional Games Committee responsibilities and decisions are shared below.

1. **TIMING:** A FAT system of timing will be used.
2. **MARKINGS:** Chalk is the approved method of marking for all running events at this venue. Teams must provide their own chalk. In the event of rain, fluorescent washers will be provided for use instead of chalk.
3. **SPIKES:** At this venue, all shoe spikes for running and field events shall be pyramid shaped spikes and may not exceed 7mm (metric) or .25" (English) in length when measured from the sole of the shoes. No "Needle" or "Christmas Tree" spikes of any length will be allowed. Spikes will be inspected prior to the start of the day's competition and again at the time of check-in to any event.
4. **BATONS:** Relay batons will be provided.
5. **COACHING AREAS:** Designated coaching areas will be provided and clearly marked. Only 1 coach per school will be allowed in most coaching areas. The exception at this venue will be the coaching area beyond the Finish Line on the stadium bleacher side of the venue where more than one coach per school will be allowed unless the areas becomes too crowded or unmanageable.
6. **RESTRICTED AREAS:** Restricted areas at this venue include the track, the infield and the rectangular space between the outside edge of the track and directly below the stadium bleachers. Coaching in these areas is not allowed. Marshals will be asked to keep these areas free from all persons except officials, contestants and other authorized individuals.
7. **UNIFORMS:** All participants are required to wear school-issued or school-approved uniforms and uniforms must be worn as intended by the manufacturer. Uniform tops must hang below the waistband or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
8. **ITEMS WORN IN EXCESS OF SCHOOL UNIFORM:** Any additional items worn by a competitor must be in compliance with NFHS uniform policies. NOTE: Compression sleeves worn on the arms or legs below the knee cap must be functional in nature, be unadorned and of a single color.
9. **IMPLEMENTS:** All implements will be certified each day prior to competition. Implements will be impounded during the course of competition and may not be taken out of the venue until that competition is completed.
10. **STARTING HEIGHTS:** Starting Heights will be decided by the Games Committee. NOTE: For the Pole Vault, initial increases to the height will be made in 12" increments until a reasonable number of competitors remain. At that point, the increment will be reduced to 6". Specific increments for the Pole Vault will be shared once the starting heights are determined. High Jump increments will be 2" and specific increments will be share once the starting height is determined.
11. **EVENT CHECK IN:** All competitors must report to their event at the time of the "Last Call". Competitors who fail to report prior to the closing of the event - by Clerk-of-the Course for Running Events or the Event Referee in the case of Field Events - shall not be allowed to compete. A contestant who is seen approaching the "Last Call" check-in group and making a good faith attempt to join the the final check-in group shall be allowed to compete.

HHSAA Track and Field Standards for 2018

REV: 04.16.18

BOYS STANDARDS

| | <u>Field Events</u> |
|----------|---------------------|
| 128-04 | Discus |
| 43-08.00 | Shot Put |
| 20-05.00 | Long Jump |
| 39.10.00 | Triple Jump |
| 5-10 | High Jump |
| 11-06 | Pole Vault |

| | <u>Running Event</u> |
|---------|----------------------|
| 16.54 | 110m Hurdles |
| 11.34 | 100m Dash |
| 4:25.64 | 1500m Run |
| 45.24 | 4 x 100m Relay |
| 53.04 | 400m Dash |
| 43.24 | 300m Hurdles |
| 2:05.44 | 800m Run |
| 23.24 | 200m Dash |
| 9:46.74 | 3000m Run |
| 3:41.24 | 4 x 400m Relay |

GIRLS STANDARDS

| |
|----------|
| 103-02 |
| 32-01.00 |
| 15-09.00 |
| 32-10.00 |
| 4-08 |
| 08-06 |

| |
|----------|
| 17.14 |
| 13.04 |
| 5:18.14 |
| 53.14 |
| 1:03.24 |
| 50.74 |
| 2:32.64 |
| 27.04 |
| 11:43.54 |
| 4:27.54 |

NOTE: All Running Standards must be Electronically Timed (F.A.T.)
Hand Times will not be accepted.

2018 HHSAA Track and Field Championships

Sponsored by Island Movers

Friday, May 11, 2018

| Field Events | Order | 1st Call | Last Call | Event Start |
|---------------------|--------------|-----------------|------------------|--------------------|
| Discus | Girls | 10:40 AM | 10:50 AM | 11:00 AM |
| Shot Put | Boys | 1:40 PM | 1:50 PM | 2:00 PM |
| Long Jump | Boys | 1:40 PM | 1:50 PM | 2:00 PM |
| Triple Jump | Girls | 4:40 PM | 4:50 PM | 5:00 PM |
| High Jump | Girls | 3:40 PM | 3:50 PM | 4:00 PM |
| Pole Vault | Boys | 1:40 PM | 1:50 PM | 2:00 PM |

OFFICIAL'S MEETING AT 12:30 PM

COACHES MEETING AT 2:00 PM

| Running Events | Order | 1st Call | Last Call | Event Start |
|-----------------------|--------------|-------------------------------|------------------|--------------------|
| 100m High Hurdles | Girls | 3:10 PM | 3:20 PM | 3:30 PM |
| 110m High Hurdles | Boys | 3:20 PM | 3:30 PM | 3:40 PM |
| 100m Dash | Girls | 3:30 PM | 3:40 PM | 3:50 PM |
| | Boys | 3:40 PM | 3:50 PM | 4:00 PM |
| 1500m Run | Girls | 3:50 PM | 4:00 PM | 4:10 PM |
| | Boys | 4:05 PM | 4:15 PM | 4:25 PM |
| 4 x 100m Relay | Girls | 4:25 PM | 4:35 PM | 4:45 PM |
| | Boys | 4:35 PM | 4:45 PM | 4:55 PM |
| 400m Dash | Girls | 4:45 PM | 4:55 PM | 5:05 PM |
| | Boys | 4:55 PM | 5:05 PM | 5:15 PM |
| 300m Hurdles | Girls | 5:10 PM | 5:20 PM | 5:30 PM |
| | Boys | 5:20 PM | 5:30 PM | 5:40 PM |
| 800m Run | Girls | 5:25 PM | 5:35 PM | 5:45 PM |
| | Boys | 5:40 PM | 5:50 PM | 6:00 PM |
| 200m Dash | Girls | 5:55 PM | 6:05 PM | 6:15 PM |
| | Boys | 6:00 PM | 6:10 PM | 6:20 PM |
| 3000m run | Girls | To be conducted during Finals | | |
| | Boys | To be conducted during Finals | | |
| 4 x 400m Relay | Girls | 6:30 PM | 6:40 PM | 6:50 PM |
| | Boys | 6:45 PM | 6:55 PM | 7:05 PM |

- NOTES:** 1) Time Schedule subject to change based on entries
2) Minimum 20 min break after Boys 200m dash

2018 HHSAA Track and Field Championships

Sponsored by Island Movers
Saturday, May 12, 2018

| Field Events | Order | 1st Call | Last Call | Event Start |
|---------------------|--------------|-----------------|------------------|--------------------|
| Discus | Boys | 12:40 PM | 12:50 PM | 1:00 PM |
| Shot Put | Girls | 2:40 PM | 2:50 PM | 3:00 PM |
| Long Jump | Girls | 2:40 PM | 2:50 PM | 3:00 PM |
| Triple Jump | Boys | 4:40 PM | 4:50 PM | 5:00 PM |
| High Jump | Boys | 5:40 PM | 5:50 PM | 6:00 PM |
| Pole Vault | Girls | 3:40 PM | 3:50 PM | 4:00 PM |

OFFICIAL'S MEETING AT 3:30 PM

COACHES MEETING AT 4:00 PM

OPENING CEREMONIES at 5:15 PM

| Running Events | Order | 1st Call | Last Call | Event Start |
|-----------------------|--------------|-----------------|------------------|--------------------|
| 100m High Hurdles | Girls | 5:10 PM | 5:20 PM | 5:30 PM |
| 110m High Hurdles | Boys | 5:15 PM | 5:25 PM | 5:35 PM |
| 100m Dash | Girls | 5:20 PM | 5:30 PM | 5:40 PM |
| | Boys | 5:25 PM | 5:35 PM | 5:45 PM |
| 1500m Run | Girls | 5:30 PM | 5:40 PM | 5:50 PM |
| | Boys | 5:38 PM | 5:48 PM | 5:58 PM |
| 4 x 100m Relay | Unified | 5:46 PM | 5:56 PM | 6:06 PM |
| | Girls | 5:55 PM | 6:05 PM | 6:15 PM |
| | Boys | 6:00 PM | 6:10 PM | 6:20 PM |
| 400m Dash | Girls | 6:05 PM | 6:15 PM | 6:25 PM |
| | Boys | 6:09 PM | 6:19 PM | 6:29 PM |
| 300m Hurdles | Girls | 6:15 PM | 6:25 PM | 6:35 PM |
| | Boys | 6:19 PM | 6:29 PM | 6:39 PM |
| 800m Run | Girls | 6:25 PM | 6:35 PM | 6:45 PM |
| | Boys | 6:30 PM | 6:40 PM | 6:50 PM |
| 200m Dash | Girls | 6:35 PM | 6:45 PM | 6:55 PM |
| | Boys | 6:38 PM | 6:48 PM | 6:58 PM |
| 3000m run | Girls | 6:40 PM | 6:50 PM | 7:00 PM |
| | Boys | 7:00 PM | 7:10 PM | 7:20 PM |
| 4 x 400m Relay | Unified | 7:15 PM | 7:25 PM | 7:35 PM |
| | Girls | 7:25 PM | 7:35 PM | 7:45 PM |
| | Boys | 7:30 PM | 7:40 PM | 7:50 PM |

HHSAA POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS:

Member schools are required to process the **Pole Vaulter's Weight Verification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's office prior to a pole vaulter's first interscholastic competition.

School

| | Name of Vaulter | Weight* | Pole Rating |
|----|-----------------|---------|-------------|
| 1. | _____ | | |
| 2. | _____ | | |
| 3. | _____ | | |
| 4. | _____ | | |
| 5. | _____ | | |

*Includes full competition uniform and footwear

NOTES:

- In order to be eligible to compete in the HHSAA State Track and Field Meet, each vaulter's name must be listed on a fully completed copy of this form.
- Pole Vault officials shall be allowed to certify the accuracy and appropriateness of the equipment each vaulter will be using.
- Coaches should review rule 6-5-3 in NFHS Track & Field Rules Book.
- The fully completed form must be made available for review by the Games Committee at the State Track and Field Meet.

Principal

Signature

Date

Athletic Director

Signature

Date

Coach

Signature

Date



Hawaii High School Athletic Association

- P.O. Box 62029 • HONOLULU, HAWAII 96839 •
- PHONE: (808) 800-4092
- www.sportshigh.com - info@hhsaa.org •

**2018 ISLAND MOVERS / HHSAA TRACK & FIELD
SOUVENIR T-SHIRT & MEET PROGRAM PRE-ORDER FORM**

_____ School requests to order the following sizes of the souvenir T-shirts at \$20.00 per shirt and Souvenir Tournament Programs at \$5.00.

| Size | Quantity | Price | Total |
|----------|----------|--------------|-------|
| Small | | \$20.00 | |
| Medium | | \$20.00 | |
| Large | | \$20.00 | |
| X-Large | | \$20.00 | |
| XX-Large | | \$20.00 | |
| Program | | \$5.00 | |
| | | TOTAL | |



E-mail preorders to the host (see below) school. Checks payable to HHSAA may be brought to the tournament site on Day 1 of competition. **Preorders must be paid in full by first day of the meet or shirts will be released to the public for sale.**

HOST SCHOOL:

Glennie Adams, Athletic Director
Kamehameha Schools - Kapalama
Phone: (808) 842-8390
E-mail: gladams@ksbe.edu

Contact person: _____

Daytime phone: _____

E-mail: _____

HHSAA TRACK AND FIELD TEAM CHAMPIONS – BOYS

| <u>Year</u> | <u>Team Champion</u> | <u>Score</u> | <u>League</u> | <u>Coach</u> | <u>Location</u> |
|-------------|----------------------|--------------|---------------|-------------------|----------------------|
| 1959 | Punahou* | N/A | ILH | Al Rowan | Alexander Field |
| 1960 | Punahou* | N/A | ILH | Al Rowan | Alexander Field |
| 1961 | Punahou | N/A | ILH | John Pennington | Alexander Field |
| 1962 | Punahou | 60 1/2 | ILH | Al Rowan | Alexander Field |
| 1963 | Kamehameha | 56 | ILH | Lee Thomas | Iolani |
| 1964 | Kailua | 35 | OIA | Joe Kahahawai | Alexander Field |
| 1965 | Punahou | 60 | ILH | Al Rowan | Iolani |
| 1966 | Kamehameha | 45 2/3 | ILH | Lee Thomas | Alexander Field |
| 1967 | Punahou | 48 | ILH | Al Rowan | Alexander Field |
| 1968 | Punahou | 49 1/2 | ILH | Al Rowan | Alexander Field |
| 1969 | Punahou | 62 1/2 | ILH | Al Rowan | Alexander Field |
| 1970 | Punahou | 62 1/2 | ILH | Al Rowan | Alexander Field |
| 1971 | Kamehameha | 50 | ILH | Lee Thomas | Alexander Field |
| 1972 | Punahou | 61 | ILH | Al Rowan | Alexander Field |
| 1973 | Punahou | 66 1/2 | ILH | Al Rowan | Maui War Memorial |
| 1974 | Punahou | 65 1/2 | ILH | Al Rowan | Alexander Field |
| 1975 | Punahou | 76 | ILH | Al Rowan | Alexander Field |
| 1976 | Leilehua | 56 | OIA | Gary Clark | Maui War Memorial |
| 1977 | Punahou | 67 | ILH | Al Rowan | Kaiser |
| 1978 | Punahou | 69 | ILH | Al Rowan | Kaiser |
| 1979 | Punahou | 46 1/2 | ILH | Al Rowan | Kaiser |
| 1980 | Punahou | 49 | ILH | Al Rowan | Kaiser |
| 1981 | Iolani | 40 | ILH | Earl Hedani | Kaiser |
| 1982 | Radford | 54 1/2 | OIA | Al Bader | Kaiser |
| 1983 | Leilehua | 42 | OIA | Ernest Balignasay | Alexander Field |
| 1984 | Punahou | 52 1/4 | ILH | Al Rowan | Alexander Field |
| 1985 | Radford | 46 | OIA | Al Bader | Kaiser |
| 1986 | Kamehameha | 47 | ILH | Marshall Muramoto | Kaiser |
| 1987 | Maui | 40 | MIL | John Wienert | Maui War Memorial |
| 1988 | Punahou | 45 1/2 | ILH | Al Rowan | Kaiser |
| 1989 | Punahou | 68 1/2 | ILH | Al Rowan | Kaiser |
| 1990 | Punahou | 83 1/2 | ILH | Al Rowan | Maui War Memorial |
| 1991 | Kamehameha | 67 1/2 | ILH | Marshall Marumoto | Kaiser |
| 1992 | Kamehameha | 73 | ILH | Marshall Marumoto | Kaiser |
| 1993 | Punahou | 50 | ILH | Dacre Bowen | Maui War Memorial |
| 1994 | Kamehameha | 49 | ILH | Marshall Marumoto | Kaiser |
| 1995 | Maui | 53 1/2 | MIL | Odell Marinia | Kaiser |
| 1996 | Punahou | 51 | ILH | Dacre Bowen | Maui War Memorial |
| 1997 | Punahou | 57 | ILH | Dacre Bowen | Kaiser |
| 1998 | Punahou | 42 | ILH | Dacre Bowen | Kaiser |
| 1999 | Punahou | 42 | ILH | Dacre Bowen | Maui War Memorial |
| 2000 | Kamehameha | 47 | ILH | Sam Moku | Mililani High School |
| 2001 | Punahou | 72 | ILH | Louis Johnson | Maui War Memorial |
| 2002 | Punahou | 51 | ILH | Louis Johnson | Mililani High School |
| 2003 | Kamehameha | 68.5 | ILH | Sam Moku | Kamehameha |
| 2004 | Pearl City | 50 | OIA | Donaldo Hopper | Maui War Memorial |
| 2005 | KS-Kapalama | 70 | ILH | Sam Moku | Mililani High School |
| 2006 | Kahuku | 64 | OIA | Sean Makaiau | KS-Kapalama |
| 2007 | Punahou | 65 | ILH | Mike Pavich | Maui War Memorial |
| 2008 | Punahou | 55.75 | ILH | Mike Pavich | Mililani High School |
| 2009 | Saint Louis | 44.33 | ILH | Geoff Garvin | Kea'au High School |
| 2010 | Punahou | 70.0 | ILH | Micah Pavich | KS-Kapalama |
| 2011 | Punahou | 76.0 | ILH | Micah Pavich | Maui War Memorial |
| 2012 | Baldwin | 63.0 | MIL | Ardis Anguay | Kea'au High School |
| 2013 | Baldwin | 66.25 | MIL | Ardis Anguay | Mililani High School |
| 2014 | KS-Kapalama | 83 | ILH | Harvey MacInerny | KS-Kapalama |
| 2015 | KS-Kapalama | 113 | ILH | Harvey MacInerny | Maui War Memorial |
| 2016 | KS-Kapalama | 78.33 | ILH | Steve Jeness | KS-Kapalama |
| 2017 | Punahou | 120 | ILH | Micah Pavich | Keaau High School |

**Both meets terminated early due to rain. Punahou ahead at time of termination.*

HHSAA STATE TRACK AND FIELD MEET RECORDS – BOYS

| <u>Event</u> | <u>Name</u> | <u>School</u> | <u>Time or Distance</u> | <u>Year</u> |
|------------------------|---|---------------|-------------------------|-------------|
| 110 Meter H. Hurdles | David Maeva | KS-Kapalama | 14.1 (h) | 1986 |
| | Bryan Clay | Castle | 13.90 (wa) | 1998 |
| | Dana Navarro-Arias | Maui | 14.44 | 1999 |
| 300 Meter Int. Hurdles | David Maeva | KS-Kapalama | 38.1 (h) | 1986 |
| | Dana Navarro-Arias | Maui | 38.10 | 1999 |
| 100 Meter Dash | Clayton Mahuka | Nanakuli | 10.6 (h) | 1985 |
| | Devin Jenkins | Kapolei | 10.46 (wa) | 2011 |
| | Christian Padron | Damien | 10.63 | 2017 |
| 200 Meter Dash | Casey Flores | Konawaena | 21.2 (h) | 1996 |
| | Devin Jenkins | Kapolei | 21.09(wa) | 2011 |
| | Christopher Rainey | Radford | 21.89 | 2008 |
| 400 Meter Dash | Bennett Valencia | Punahou | 48.66 | 1997 |
| 800 Meter Run | Joey Bunch | Radford | 1:51.1 (h) | 1983 |
| 1500 Meter Run | Jac Hebert | Punahou | 4:01.23 | 2014 |
| 3000 Meter Run | Kaeo Kruse | KS Kapalama | 8:43.12 | 2014 |
| 400 Meter Relay | T. Kamana, B. Suite, J. Pedrina, M. Zane | Punahou | 42.20 | 2010 |
| 1600 Meter Relay | Eugene Williams, John Curry, Mark Brackemhoff, Peter Lee | Radford | 3:20.2 (h) | 1985 |
| Shot Put | Kaione Crabb | Punahou | 59' 08.75" | 1997 |
| Discus | Jerrold Avegalio | Kahuku | 186' | 2003 |
| Long Jump | Anthony Kahoo-Davis | Baldwin | 24'10.00" | 2016 |
| | Bryan Clay | Castle | 24' 06.50" (wa) | 1998 |
| Triple Jump | Anthony Kahoo-Davis | Baldwin | 49'10.75" | 2016 |
| | Larry Khan-Smith | Campbell | 48' 11.50" (wa) | 1986 |
| High Jump | Kris Cuaresma-Primm | Mid-Pacific | 6' 9" | 1998 |
| Pole Vault | Bubba McLean | St. Anthony | 15' 3" | 1997 |
| Discontinued Events: | | | | |
| 1600 Meter Run | Kurt Mench | Castle | 4:09.5 | 1970 |
| 3200 Meter Run | Steve Ferber | Mid-Pacific | 9:20.8 | 1973 |

Both hand and electronic timing records shall be listed unless the electronic timing record is faster than the hand-timed record. (h) hand-timed; (wa) wind-aided

HHSAA TRACK AND FIELD TEAM CHAMPIONS – GIRLS

| <u>Year</u> | <u>Team Champion</u> | <u>Score</u> | <u>League</u> | <u>Coach</u> | <u>Location</u> |
|-------------|----------------------|--------------|---------------|-------------------------|----------------------|
| 1967 | Punahou | 73 | ILH | Arlene Lorenz | Alexander Field |
| 1968 | Punahou | 49 | ILH | Janet Osburn | Alexander Field |
| 1969 | Punahou | 52 | ILH | Janet Osburn | Alexander Field |
| 1970 | Punahou | 55 | ILH | Janet Osburn | Alexander Field |
| 1971 | Castle | 38 1/2 | OIA | Robert Nakagawa | Alexander Field |
| 1972 | Punahou | 39 1/2 | ILH | Mary Perry | Alexander Field |
| 1973 | Radford | 52 | OIA | Tom Chun | Maui War Memorial |
| 1974 | Radford | 42 3/4 | OIA | Tom Chun | Alexander Field |
| 1975 | Radford | 49 | OIA | Tom Chun | Alexander Field |
| 1976 | Radford | 47 | OIA | Tom Chun | Maui War Memorial |
| 1977 | Punahou | 62 1/2 | ILH | Hugh Jenkins | Kaiser |
| 1978 | Punahou | 56 | ILH | Hugh Jenkins | Kaiser |
| 1979 | Punahou | 61 | ILH | Leslie Kellum | Kaiser |
| 1980 | Radford | 80 | OIA | Tom Chun | Kaiser |
| 1981 | Punahou | 68 | ILH | Dan Tuttle | Kaiser |
| 1982 | Punahou | 93 1/3 | ILH | Dan Tuttle | Kaiser |
| 1983 | Punahou | 77 | ILH | Dan Tuttle | Alexander Field |
| 1984 | Punahou | 54 | ILH | Dan Tuttle | Alexander Field |
| 1985 | Punahou | 69 | ILH | Dan Tuttle | Kaiser |
| 1986 | Punahou | 52 | ILH | Dan Tuttle | Kaiser |
| 1987 | Punahou | 83 1/2 | ILH | Dan Tuttle | Maui War Memorial |
| 1988 | Punahou | 71 | ILH | Dan Tuttle | Kaiser |
| 1989 | Punahou | 58 1/2 | ILH | Dan Tuttle | Kaiser |
| 1990 | Punahou | 88 | ILH | Dan Tuttle | Maui War Memorial |
| 1991 | Punahou | 94 | ILH | Steve Link | Kaiser |
| 1992 | Punahou | 103 2/3 | ILH | Steve Link | Kaiser |
| 1993 | Hilo | 50 | BIIF | Bill McMahon | Maui War Memorial |
| 1994 | Kalaheo | 47 | OIA | Gary Stoner/Lewis Fuddy | Kaiser |
| | Moanalua | 47 | OIA | David Carvalho | |
| 1995 | Hawaii Prep | 48 1/2 | BIIF | Stan Shutes | Kaiser |
| 1996 | Punahou | 63 1/2 | ILH | Steve Link | Maui War Memorial |
| 1997 | Punahou | 62 | ILH | Steve Link | Kaiser |
| 1998 | Punahou | 78 1/2 | ILH | Steve Link | Kaiser |
| 1999 | Punahou | 79 | ILH | Steve Link | Maui War Memorial |
| 2000 | Punahou | 49 | ILH | Steve Link | Mililani High School |
| 2001 | Punahou | 47 | ILH | Steve Link | Maui War Memorial |
| 2002 | Iolani | 64 | ILH | Earl Hedani | Mililani High School |
| 2003 | Iolani | 49.5 | ILH | Earl Hedani | Kamehameha -Oahu |
| 2004 | Punahou | 59 | ILH | Duncan Macdonald | Maui War Memorial |
| 2005 | Punahou | 80.33 | ILH | Duncan Macdonald | Mililani High School |
| 2006 | Punahou | 82.33 | ILH | Duncan Macdonald | KS-Kapalama |
| 2007 | Punahou | 91 | ILH | Duncan Macdonald | Maui War Memorial |
| 2008 | KS-Kapalama | 59.25 | ILH | Gail Murakami | Mililani High School |
| 2009 | Punahou | 71.0 | ILH | Duncan Macdonald | Kea'au High School |
| 2010 | Punahou | 95.0 | ILH | Duncan Macdonald | KS-Kapalama |
| 2011 | Punahou | 66.33 | ILH | Duncan Macdonald | Maui War Memorial |
| 2012 | Punahou | 75.40 | ILH | Duncan Macdonald | Kea'au High School |
| 2013 | Punahou | 69 | ILH | Duncan Macdonald | Mililani High School |
| 2014 | Seabury Hall | 73 | MIL | Bobby Grossman | KS-Kapalama |
| 2015 | Kaiser | 68 | OIA | Kevin Kruszona | Maui War Memorial |
| 2016 | Hawaii Prep. Acad. | 57 | BIIF | Pat Lau | KS-Kapalama |
| 2017 | Seabury Hall | 74 | MIL | Bobby Grossman | Keaau High School |

HHSAA STATE TRACK AND FIELD MEET RECORDS – GIRLS

| <u>Event</u> | <u>Name</u> | <u>School</u> | <u>Time or Distance</u> | <u>Year</u> |
|-----------------------|---|-------------------|-------------------------|-------------|
| 100 Meter H. Hurdles | Prestine Foster | Hilo | 14.8 (h) | 1993 |
| | Zhane Santiago | Kahuku | 14.55 (wa) | 2011 |
| | Kayla Mitchell | Leilehua | 14.62 | 2012 |
| 300 Meter Low Hurdles | Vera Simms | Mililani | 42.80 | 2000 |
| 100 Meter Dash | Shari Fox | Leilehua | 11.8 (h) (wa) | 1978 |
| | Heidi Friese | Punahou | 12.1 (h) | 1981 |
| | Karen Morant | Radford | 12.1 (h) | 1983 |
| | June-Ann Lusk | Baldwin | 12.25 | 2005 |
| 200 Meter Dash | Endia Abrante | Kaiser | 24.44 (wa) | 1998 |
| | Alyssa Bettendorf | Seabury | 24.68 | 2014 |
| 400 Meter Dash | Endia Abrante | Kaiser | 54.41 | 1998 |
| 800 Meter Run | Breanne Ball | Iolani | 2:13.03 | 2012 |
| 1500 Meter Run | Zoe Sims | Hawaii Prep Acad. | 4:36.22 | 2013 |
| 3000 Meter Run | Victoria Chang | Punahou | 9:38.03 | 1999 |
| 400 Meter Relay | K. Patton, A. Hinkle, T. Whitener, S. Meyers | 48.35 | Radford | 2010 |
| 1600 Meter Relay | B. Ball, A. Kim, D. Pascua, A. Johnson-Edwards | Iolani | 3:57.47 | 2012 |
| Shot Put | Charlinda Ioane | Kapolei | 45' 09.75" | 2012 |
| Discus | Joan Gago | Campbell | 160' 03" | 1982 |
| Long Jump | Shari Fox | Leilehua | 19' 02.5" | 1979 |
| Triple Jump | Chenoa Frederick | KS-Hawaii | 39' 08.00" | 2017 |
| | Maureen Dunn | Lutheran | 39' 01" (wa) | 1988 |
| High Jump | Natasha Kai | Kahuku | 5' 05.50" | 1999 |
| Pole Vault | Amber Kozaki | Baldwin | 13' 0" | 2013 |
| Discontinued Events: | | | | |
| 1600 Meter Run | Kathy Robertson | Radford | 4:55.7 (h) | 1977 |
| 3200 Meter Run | Tammy Cartwright | Radford | 11:04.5 (h) | 1981 |
| 800 Meter Relay | Jean Graham, | Campbell | 1:43.9 (h) | 1975 |
| | Lovena Kalama, Candy Kauahi, Jackie Meyers | | | |

Both hand and electronic timing records shall be listed unless the electronic timing record is faster than the hand-timed record. (h) hand-timed; (wa) wind-aided

(Revised: April 17, 2015)