



## **Oahu Interscholastic Association**

Track and Field Championships

Mililani High School

Football Stadium

**Trials** Thursday April 18, 2019

**Finals** Saturday April 20, 2019

**Girls Host:** Leilehua **Boys Host:** Kapolei

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## 1. Specific Objectives

1. To determine the individual or team champions for both boys and girls.
2. To recognize the combined efforts of all the individual participants and participating schools in the tournament.
3. To encourage the highest principles and standards of general behavior.
4. To promote the highest principles of sportsmanship in Interscholastic Athletics for all O.I.A. Championships.

## 2. Eligibility

1. 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.

## 3. Track and Field Rules

1. 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.
2. 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. **1/4" or less 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. 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 32<sup>nd</sup> 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.
8. Entries shall be subject to the following standards below:

	<b>Girls</b>	<b>Girls</b>	<b>Boys</b>	<b>Boys</b>
<b>Order of</b>	<b>HAND</b>	<b>LYNX</b>	<b>HAND</b>	<b>LYNX</b>
<b>RUNNING EVENTS</b>		<b>F.A.T.</b>		<b>F.A.T.</b>
100 / 110 Meter High Hurdles	<b>19.0</b>	<b>19.24</b>	<b>18.0</b>	<b>18.24</b>
100 Meter Dash	<b>13.5</b>	<b>13.74</b>	<b>11.5</b>	<b>11.74</b>
1500 Meter Run	<b>5:45.00</b>	<b>5:45.24</b>	<b>4:45.0</b>	<b>4:45.24</b>
400 Meter Relay (4X100)	<b>58.00</b>	<b>58.24</b>	<b>47.0</b>	<b>47.24</b>
400 Meter Dash	<b>67.0</b>	<b>67.24</b>	<b>55.0</b>	<b>55.24</b>
300 Meter Low Inter Hurdles	<b>56.0</b>	<b>56.24</b>	<b>46.5</b>	<b>46.74</b>
800 Meter Run	<b>2:45.0</b>	<b>2:45.24</b>	<b>2:15.0</b>	<b>2:15.24</b>
200 Meter Dash	<b>28.5</b>	<b>28.74</b>	<b>24.0</b>	<b>24.24</b>
3000 Meter Run	<b>13:15.0</b>	<b>13:15.24</b>	<b>10:40.0</b>	<b>10:40.24</b>
1600 Meter Relay (4X400)	<b>4:48.0</b>	<b>4:48.24</b>	<b>3:55.0</b>	<b>3:55.24</b>
<b>FIELD EVENTS</b>				
Pole Vault	<b>6'6"</b>		<b>9'6"</b>	
High Jump	<b>4'4"</b>		<b>5'6"</b>	
Long Jump	<b>14'0"</b>		<b>19'0"</b>	
Triple Jump	<b>28'0"</b>		<b>37'0"</b>	
Discus	<b>85'0"</b>		<b>112'0"</b>	
Shot Put	<b>29'0"</b>		<b>40'0"</b>	

3. Entry Deadline: 8:00 p.m. Monday April 15, 2019.
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.
- a. Early entries will be accepted. Email **Varsity Entries** only to Wes Ohori ([wes\\_ohori@yahoo.com](mailto:wes_ohori@yahoo.com)) if you have any questions please email me before the entry deadline.

4. Meet Format and Seeding Procedures:

1. Trials will be held in discus and shot put events only. The pole vault and high 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.**
2. **In the 800 meter run all athletes will have their own lane. Trials will be held for the 800 meter run so each finalist has their own lane.**
3. When trials are held in the 1500 meter run, it's to qualify 12 competitors to finals.
4. Conduct girls and boys 3000m run as a timed final on Saturday. Race will be run in an "alley" configuration to accommodate the entry limit of 32.
5. A minimum of one trial in the distance events must be run when possible.
6. The international curve will be used for all 1500 meter runs.
7. 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.
8. 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. The 1500 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.
9. Warm up for field events:
  1. 15 minutes before events (only the event participants may warm up).
  2. 10 minutes warm up between flights.
10. Allow for 10 minutes check out time for field events **except for the high jump and pole vault where National Federation Rules apply.**

5. The Finish Lynx System:

1. The Finish Lynx System will be the official timer for all OIA track meets.
2. If Finish Lynx system is not operational, use of Lynx manual start will be acceptable for the OIA meets.

6. Scoring:

1. For all field events, except the vertical jumps (High Jump and Pole Vault), each competitor will be given 3 trials. In the (Long & Triple Jump) upon completion of all flights, the top eight (8) qualifiers will be given an additional trial. Place finishers will be determined by best attempt from all rounds. In case of a tie, the second best trial will be used to break the tie.
2. 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 the heat will break the tie.
3. Scoring in all individual events shall be: 10-8-6-4-2-1
4. Scoring in all relays shall be: 10-8-6-4-2-1

7. Awards

1. Medals will be given to the first six (6) finishers in all events.
2. Team plaque awards will be given to the boys and girls team champions for each level of participation.

8. Reporting Trials:

1. 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. **All participants must report promptly on last call or be scratched.**
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.

9. 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 trials 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.

## 10. Admission Fees

1. This is a championship meet. Admission will be charged at Mililani High School. .  
\$5.00- Students with OA Activity Pass and eighth grade & under  
\$6.00- Senior Citizens (62 and older) and Military Personnel with proper ID  
\$8.00- General Admission
2. Complimentary tickets
3. Pep squad members will be allowed to enter without paying if they are in their team uniform.
4. Each school should provide an athletes and coaches list for entry.
5. Mililani High School Requires **ONE COPY** of your gate list.

OIA All Sports Pass and Spring Sports passes will be honored.

## 11. Games and Meet Appeals Committee

1. Host school will inform all coaches of games and meet appeals committee.
2. Which will consist of three or more members selected from the following: host school's Athletic Director, host site's Athletic Director, Meet Director, League Track Coordinator and/or a current Head Track coach.

## 12. Records

1. The host school(s) is responsible to update all records from the finals. This information must be given to the records committee after the meet.

## 13. Department of Education policies

1. All Department of Education policies must be adhered to while participating as an athlete or as a spectator.
2. Coaches are to inform their athletes and parents that Department of Education maintains a drug free environment for all athletic events.

14. Schedule and Order of Events for OIA VARSITY CHAMPIONSHIPS 2019

1. **Implement Certification will be available to any athlete up to one-half hour prior to the start of the event.** All certified throwing implements are obligated to be shared.
2. **Spike certification will be available to any athlete up to one-half hour prior to the start of the event.**
3. There shall be a coaches' meeting called by the host school forty-five minutes before the first event for the purpose of distributing all meet information and materials. **A roll call will be taken and no coach or adult representative present, no participation.**
4. **Trials:** Thursday April 18, 2019 Event Start Times May Vary.
5. **Finals:** Saturday April 20, 2019 The Event Will Start as Listed Below.

6. Order of Field Events for Even Years. 2020, 2022, 2024

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
3:00	3:15	Coaches' Meeting
3:45	N/A	<b>Pole Vault (Boys Finals Only on Thursday)</b>
N/A	3:45	Pole Vault ( <b>Girls Finals Only on Saturday</b> )
3:45	4:00	Discus (Boys first, girls to follow)
3:45	N/A	<b>High Jump (Girls Finals Only on Thursday)</b>
N/A	4:00	High Jump ( <b>Boys Finals Only on Saturday</b> )
3:45	N/A	<b>Long Jump (Boys first, girls to follow on Thursday)</b>
N/A	4:00	Long Jump ( <b>Girls first, boys to follow on Saturday</b> )
3:45	4:00	Shot Put (Girls first, boys to follow)
		<b>Triple Jump (Boys first, girls to follow on Thursday)</b>
		Triple Jump ( <b>Girls first, boys to follow on Saturday</b> )

7. Order of Field Events for Odd Years. 2019, 2021, 2023

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
3:00	3:15	Coaches' Meeting
3:45	N/A	Pole Vault ( <b>Girls Finals Only on Thursday</b> )
N/A	4:00	<b>Pole Vault (Boys Finals Only on Saturday)</b>
3:45	4:00	Discus (Boys first, girls to follow)
3:45	N/A	High Jump ( <b>Boys Finals Only on Thursday</b> )
N/A	4:00	<b>High Jump (Girls Finals Only on Saturday)</b>
3:45	N/A	Long Jump ( <b>Girls first, boys to follow on Thursday</b> )
N/A	4:00	<b>Long Jump (Boys first, girls to follow on Saturday)</b>
3:45	4:00	Shot Put (Girls first, boys to follow)
		Triple Jump ( <b>Girls first, boys to follow on Thursday</b> )
		<b>Triple Jump (Boys first, girls to follow on Saturday)</b>

## 8. Order of Running Events.

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 Girls
7:05	6:45	300 Meter Low Hurdles
7:20	6:50	300 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
N/A	7:20	3000 Meter Run Girls
N/A	7:35	3000 Meter Run Girls
8:25	7:50	4 X400 Meter Relay Girls
8:35	7:55	4 X400 Meter Relay Boys
	8:15	Team Scores and Awards



## 15. Assignments

Host schools for boys: KAPOLEI  
Host schools for girls: LEILEHUA  
Site preparation: Glenn Nita Mililani  
Protest Committee: Nolan Tokuda, Darren Camello  
Announcers: TBA  
Starter: TBA  
Backup Starters: TBA  
Meet Referee: Glen Wakumoto and/or my designee per OIA Bluebook  
Meet Officials: Glen Wakumoto and/or my designee per OIA Bluebook  
Clerks-of-Course: Kapolei & Leilehua  
Seeding Clerk: Kaonohi Borden Anuenue  
Entries & Results: Wes Ohori Leilehua & Earl Kishimoto Moanalua  
Head Timer: Mitchell Otani Kalani  
Finish Lynx Crew: Wes Ohori Leilehua & Earl Kishimoto Moanalua

### **Hurdle Crew:**

Flight 1 Moanalua  
Flight 2 Moanalua  
Flight 3 Kahuku  
Flight 4 Kahuku  
Flight 5 Campbell  
Flight 6 & 7 Campbell  
Flight 8 & 9 Kailua  
Flight 10 Kailua

<b><u>Event</u></b>	<b><u>School</u></b>		<b><u>Equipment</u></b>
	<b>BOYS</b>	<b>GIRLS</b>	
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:	Leilehua / Kapolei		

### **Zones:**

Turn #1: Castle (2 people)  
Turn #2: Waipahu (2 people)  
Turn #3: Aiea (2 people)

Finish line and runners: Nolan Tokuda

Awards presentation: Nolan Tokuda

Results to coaches, press and websites: Earl Kishimoto Moanalua & Edwin Alfaro Mililani

Hospitality: Darren Camello Kapolei