

CAL TRACK/RUBY TUESDAY HAWAII INVITATIONAL

Saturday, March 23, 2019

Field Events 3:00 PM

Running events 4:30 PM

Host School Site.....Moanalua High School

Meet Director.....Walter Thompson

Awards.....Rick Nakashima

Announcer.....Dan Tuttle

Board of Appeals.....Jeff Meister

Walter Thompson

Rick Nakashima

Glen Wakumoto

Sponsors of the Meet.....CalTrack

Ruby Tuesday Hawaii

Windward Snow

SPECIFIC OBJECTIVES:

- A. To bring school 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.

ENTRIES:

- A. Meet is Open to all 9th thru 12th grade girls and boys
- B. Exceptions maybe given with the approval of the Meet Director.
- C. Entry Limit of (4) events per athlete.
- D. Each school may enter (3) athletes per individual event and (1) relay team.
- E. Proof of mark is required for all entries.
- F. Entry Deadline: 8:00 PM March 18, 2019
- G. NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE!
- H. All entries received with no proof mark shall be disqualified.
- I. Send Entries to: Coach Earl: menehunetrack@gmail.com

TRACK & FIELD EVENT LIMITS:

- A. Top 24 entries in the 100/110 High Hurdles, 300 Low/Int. Hurdles and 800
- B. Top 32 entries in the 100, 200 and 400
- C. Top 16 entries in the 1500 & 3000
- D. Top 16 in all Field Events, 4X100 and 4X400 Relays
- E. Top 16 in the Mixed Relay
- F. Number of entries maybe increased in some events.
- G. Performance List will be available by 8:00 PM March 20.

ENTRY FEE AND ADMISSION:

- A. NO Team Entry Fee.
- B. NO Admission will be charged.

RULES GOVERNING the INVITATIONAL MEET:

1. Starting Blocks will be provided by the meet sponsors.
2. 1/4" pyramid spikes or less and NO 7mm
3. In the Shot Put and Discus events, the Top 8 will receive (1) more throw.
4. In the Long Jump and Triple Jump events, the Top 8 will receive (1) more jump.

ORDER OF EVENTS:

- A. Girls will run first in all running events.
- B. Discus: Boys first, Girls to follow.
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- F. High Jump: Girls first, Boys to follow.
- G. Pole Vault: Girls first, Boys to follow 1:30 PM at Punahou

MEET OFFICIALS:

- A. Volunteers and Officials will be selected and assigned by the Meet Director.
- B. As provided for the Book of Rules a Board of Appeals will be named to assist Meet Referee.

SEEDING PROCEDURE:

- A. All running events will be run as timed finals.
- B. Fastest runners will run in the last heat.
- C. In the 3000 Meter Run, only (1) heat of 16 or less.

AWARDS:

- A. Medals: for the Top (3) Places in all events.
- B. Ribbons: for the top (4th – 8th) places in all events.
- C. Most Outstanding Male and Female Athlete in the Field Events.
- D. Most Outstanding Male and Female Athlete in the Running Events.

OTHER MEET INFO:

- A. Souvenir Invitational T-Shirt will be on sale during the meet.
- B. Concession Stand will be Open.
- C. Shaved Ice will be Open.

Any Questions Please Contact Walter Thompson at:

renegadestrack@hawaii.rr.com

See Website: for the latest Invitational Meet Info.

CalTrack/Ruby Tuesday Invitational Website:

<https://sites.google.com/site/caltrackrubytuesdayhiinvt/>

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