

Oahu Interscholastic Association  
Varsity Western Division Track & Field Championships  
Saturday, April 6, 2019 – Timed Finals, Field Events: 3:00 PM Running Events: 4:30 PM  
Location Pearl City High School  
**Girls Host:** Nanakuli **Boys Host:** Campbell

A. 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.

B. 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.

C. Rules Governing Tournament

The rules are established by the current National Alliance Edition of Track and Field Rules, published by the National Federation of State High School Athletic Association, shall prevail except as modified herein.

- a. Each school may enter only **(1)** team in each relay event; cards are to be submitted at the start of the event.
- b. **Each school may enter only three (3)** participants per event.
- c. **Participants may enter any six (6)** track and field events.
- d. All participants must have a mark (distance or time) from a previous qualifying, invitational or championship meet. No post entries will be allowed.
- e. All schools (coaches and participants) are required to remain in their respective assigned seating areas except when warming up for an event. Failure to adhere may result in an athlete disqualification.
- f. The order of events will be strictly adhered to; however, the actual times for the performance of specific events may vary. The time schedule is a guide. It is the responsibility of the individual teams or contestants to report on time for all events.
- g. Scoring in all events shall be 10-8-6-4-2-1 respectively.

D. Officials

- a. Each member school shall be held responsible to assist in officiating in all Divisional Championship and OIA Championship meets.
- b. The OIA Track and Field Commissioner and/or his/her appointee shall be the meet referee at all divisional, JV and Varsity Championship meets.
- c. The host school will print a list of responsibilities and assignments for each participating school.

#### E. Entries

- a. **Entry deadline: Tuesday, April 2, 2019 @ 7:00 p.m. – No post entries.**
- b. **All entries must have a mark, time, site and date of event.**
- c. **Email Varsity Western Entries only to Todd Nishida (toddnishida@gmail.com)**
- d. No post-entries will be accepted.
- e. No Seeding meeting will be held. Performance list will be posted on OIA Track 101 website.
- f. The Official Entry: 1. Team Manager Export Entry File. 2. Team Manager Export Varsity Roster File. PLEASE UPDATE YOUR TEAM'S ROSTER. 3. A PDF hard copy of your team entries with proof of mark.
- g. Roster file must include Full Legal Name, grade and Comp No. Any athlete not in the database will be disqualified.

#### F. Rules of Entry

- a. Each school may enter only one team in each relay event. Alternates are allowed according to the book of rules. Each school may enter only three participants per event in Championship meets. Athletes are subject to qualifying standards.
- b. Varsity Divisional *1st-6th* place finishers will qualify for the OIA Varsity Championship, regardless of minimum standards.

#### G. Participation

- a. The OIA will follow the HHSAA rules of participation. Presently athletes may participate in any six track and field events including relays. Participation shall be subject to the qualifying standards.
- b. Entry constitutes participation, except in the relays. The coach is responsible to turn in six names to the Clerk-of-Course upon checking in for relay events. The names of the four participants will be clearly indicated, and their remaining names will be alternates for that event. Full names from the eligibility lists/rosters will be the only accepted entries.
- c. Participants must be attired in their school uniform (as defined in the book of rules) in both the trials and finals at time of check-in or face disqualification. Athletes competing in the throwing events are allowed to use an alternate and matching school-issued uniform.
- d. **1/4" or less** pyramid spikes are the only spikes approved for use on most all-weather tracks. This includes running and field events. Other spikes are illegal. Upon notification the athlete must change his/her spikes before the start of the event or the athlete will be disqualified from the event.
- e. When an athlete is disqualified from further participation in a track meet, the Games Committee shall determine if the rule infraction is serious enough to warrant the athlete being suspended from the next contest.

#### H. Meet Format

- a. There will be two calls first and last. First call for all events will be 20 minutes prior to start of the event; last call will be 10 minutes prior to start of the event. All participants **may check in at first call or** must report promptly on last call or be scratched. The clerk will be located at a designated area specified by the host school.
  1. Relay teams will submit their cards to the clerk. All team members must be present upon check in for the relays.
  2. Participants in the field events will report to their respective areas in person on the last call.
  3. Any participant failing to report by the last call for their respective events will be scratched.
  4. After check-in is completed, any person who does not report to the starting line will be ineligible for any further events.

- b. Prior to each meet, the host school will conduct an assignment and scratch meeting 45 minutes before the start of the first event. The purpose of this meeting is to eliminate the loss of time due to scratches and reseeding before the scheduled event.
- c. Warm-up for field events.
  - 1. **15** minutes before events (only the participants may warm up).
  - 2. 10 minutes warm-up between flights.
  - 3. Before beginning warm-ups and competition, in both the Girls and Boys Triple Jump, both of the long jump boards, girls and boys, will be turned over, board-side down, to match the runway surface, when possible. (06/2016)
  - 4. In the Shot Put, all competitors' coaches must be present on the infield near the ring/circle while competitors take warm-ups until the event official is present. IN the Discus, all competitors' coaches must be present on the infield, behind and in close proximity to the throwing cage while competitors take warm-ups until the event official is present. (06/2016)
  - 5. Allow for 10 minutes check-out time for field events, except for the high jump and pole vault, where National Federation Rules apply.

#### I. Seeding Procedures

- a. Host school of meet does the seeding according to best times, distances and heights.
- b. Seed no more than 32 participants in both Track and Field. Qualified entries over 32 entry maximum may be listed as event alternates and placed in the event(s) at the replace scratched entries.
- c. When a tie results in the 32<sup>nd</sup> place, the more recent results will have preference. All athletes tied for 32<sup>nd</sup> place will be listed.
- d. Each event will be seeded; competitors will participate according to seed with the top seeded qualifiers competing in the last heat/flight.
- e. In the Divisional and OIA JV Championships, the field events competitors' order of rank shall be listed from **worst to best**.

#### J. Scoring

- a. For all field events, except the vertical jumps (High Jump and Pole Vault), each competitor will be given 3 trials. 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.
- b. 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. In cases of ties involving different or multiple heats, the tie will be kept and points will be distributed evenly.
- c. Scoring in all individual events shall be 10-8-6-4-2-1.
- d. Scoring in all relays shall be 10-8-6-4-2-1.

#### b. Awards

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

## K. Tournament Time Schedule

- a. All other field and running events will be held on Saturday, April 6 at Pearl City High School Track and Field.
- b. For all OIA Divisional, JV and Varsity championship meets only certified implements will be allowed for throwing events. **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.
- c. **Spike certification will be available to any athlete up to one-half hour prior to the start of the event.**
- d. 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.**

Timed Finals	Events
2:15	Coaches Meeting
3:00	Pole Vault (Girls/Boys)
3:00	Discus (Boys/Girls)
3:00	Shot Put (Girls/Boys)
3:00	Long Jump (Boys/Girls)
3:00	High Jump (Girls/Boys)
	Triple Jump (Boys/Girls)
4:30	100 M High Hurdles (Girls)
4:40	110 M High Hurdles (Boys)
4:50	100 M Dash (Girls/Boys)
5:05	1500 M Run (Girls/Boys)
5:30	400 M Relay (Girls/Boys)
5:45	400 M Dash (Girls/Boys)
6:00	300 M Low/Int. Hurdles (Girls/Boys)
6:20	800 M Run (Girls/Boys)
6:35	200 M Dash (Girls/Boys)
7:00	3000 M Run (Girls/Boys)
7:40	1600 M Relay (Girls/Boys)
8:00	Presentation of Team Awards

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

## L. Uniforms

- a. All participants must be attired in their school uniforms (as defined in the book of rules) or face disqualification. Weight people may compete in school designated sweat suits.
- b. Weight people will be allowed to wear identical school T-shirts when in competition. Shirts worn by weight team must be identical to one another.
- c. When participating on all-weather surfaces, spikes will be no longer than ¼ inch **or less** pyramid spikes only. Failure to comply will result in disqualification from the event.

**M. Standards**

	<b>Girls JV</b>		<b>Girls V</b>	
	<u>Hand</u>	<u>Lynx</u>	<u>Hand</u>	<u>Lynx</u>
100 M Hurdles	25.0h	25.24	23.5h	23.74
100 M Dash	16.6h	16.84	16.0h	16.24
1500 M Run	7:26.3h	7:26.54	6:58.4h	6:58.74
400 M Relay	66.0h	66.24	63.0h	63.24
400 M Dash	82.0h	82.24	78.6h	78.84
300 M Low Hurdles	67.0h	67.24	63.0h	63.24
800 M Run	3:30.0h	3:30.24	3:15.0h	3:15.24
200 M Dash	35.0h	35.24	34.5h	34.74
3000 M Run	16:15.6h	16:15.84	15:47.7h	15:47.94
1600 M Relay	6:00.0h	6:00.24	5:50.0h	5:50.24
Pole Vault	5' 6"		6' 0"	
High Jump	3' 10"		4' 0"	
Long Jump	12' 0"		13' 0"	
Triple Jump	25' 0"		26' 0"	
Discus	50' 0"		55' 0"	
Shot Put	20' 0"		21' 0"	

	<b>Boys JV</b>		<b>Boys V</b>	
	<u>Hand</u>	<u>Lynx</u>	<u>Hand</u>	<u>Lynx</u>
110 M Hurdles	23.0h	23.24	22.6h	22.84
100 M Dash	13.4h	13.64	12.8h	13.04
1500 M Run	6:02.6h	6:02.84	5:34.7h	5:34.94
400 M Relay	58.0h	58.24	52.0h	52.24
400 M Dash	66.0h	66.24	64.6h	64.84
300 M Int. Hurdles	57.0h	57.24	49.8h	50.04
800 M Run	2:45.0h	2:45.24	2:30.0h	2:30.24
200 M Dash	28.0h	28.24	26.8h	27.04
3000 M Run	12:32.6h	12:32.84	11:50.8h	11:51.04
1600 M Relay	4:30.0h	4:30.24	4:20.0h	4:20.24
Pole Vault	7' 0"		8' 0"	
High Jump	4' 8"		5' 0"	
Long Jump	15' 0"		16' 0"	
Triple Jump	30' 0"		32' 0"	
Discus	80' 0"		90' 0"	
Shot Put	26' 0"		30' 0"	

**e. Miscellaneous Information**

- a. This is a championship meet. Admission will be charged at Pearl City 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
- b. Complimentary tickets
  - 1.Pep squad members will be allowed to enter without paying if they are in their team uniform.
  - 2.Each school should provide an athletes and coaches list for entry.
  - 3.Pearl City High School Requires **2 COPIES** of your gate list.
- c. Games and Meet Appeals Committee
- d. Host school will inform all coaches of games and meet appeals committee

1. 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.
- e. 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.
- f. Timers and Judges
  1. Do not send down your athletes to work as an official. Athletes may assist in measuring for the discus, shot put, raking the sand pit, or putting up the crossbars. None of the recording or judging will be the responsibility of a student. Any other additional bodies will be appreciated.

N. School Site Information

a. **PARKING INFO**

Spectator parking is allowed in the main stadium or gym parking lots. No spectators will be allowed to drive past the double cattle gates leading up to the baseball field.

b. **BUS DROP-OFF & PICK UP**

Buses are to drop off and pick up in the stadium parking lot.

c. **TEAM & SPECTATOR TENTS**

Teams are permitted to erect tents in the upper level of the stadium.

d. **STADIUM ENTRY GATE**

e. **RESTROOM & CONCESSION**

Restrooms and concessions are located underneath the stadium.

f. **COACHES BOX**

1. Coaches Box for field events will be marked off and Reserved for field event coaches only.
2. No Coaches, Spectators, Parents and Athletes not warming up/down or participating on the infield after 3:00 pm.

**These are the assignments for the OIA Varsity Western Division timed finals:**

Computer Personnel and Equipment		Leilehua / Pearl City
Clerk of Course		Nanakuli/Campbell
Starter		
Backup Starters		
Head Timer		
Announcer		
Meet Referee		Glen Wakumoto
High Jump set up		Host Schools
Pole Vault set up		Host Schools
Pit rakes/Discus pegs		Host Schools
Hurdles set up		Host Schools
Hurdle Crew	Flight 1	Nanakuli
	Flight 2	Nanakuli
	Flight 3	Aiea
	Flight 4	Aiea
	Flight 5	Waipahu
	Flight 6	Waipahu
	Flight 7	Pearl City
	Flight 8	Pearl City
	Flight 9	Pearl City
	Flight 10	Pearl City
Shot Put		Kapolei/Aiea
Discus		Waianae/Nanakuli
High Jump		Waipahu/Leilehua
Pole Vault		Mililani/Mililani
Long Jump		Campbell/Waialua
Triple Jump		Pearl City/Radford
(3) Relay/Turn Judges		Leilehua/Kapolei/Radford

Triple jump trials and finals will start immediately after the completion of the long jump.

Schools responsible to run the field events are to bring the proper equipment to run the event. Example: Bring measuring tapes and pencils. Clip boards, event sheets will be provided by the host school.