

**INAUGURAL LEEWARD  
JUNIOR VARSITY INVITATIONAL TRACK & FIELD MEET**

Friday, March 17, 2023

Coaches Meeting: 1:30 PM

Field Events 2:00 PM

Running Events 3:00 PM

Host School Site	Waipahu High School
Meet Director	Tere Bandy
Awards	Mark Inay
Announcer	TBA
Board of Appeals	Tere Bandy
	Andrew Moody
	Rory Pico
Clerk of Course	TBA
Head Starter	Glen Wakumoto
Head Timer	Mike Bearis



### **Specific Objectives:**

- A. To expose JV teams within the leagues to participate in competition together.
- B. Foster friendly competition between JV athletes and enhance the quality of high school track and field to progress towards Varsity and State levels.

### **Entries:**

- A. This Invitational Meet is Open to Junior Varsity athletes in the 9<sup>th</sup> and 10<sup>th</sup> grade.
- B. Each school may enter no more than three (3) athletes per individual event and one (1) relay team.
- C. Each competitor may be entered in no more than four (4) events.
- D. **Entry Deadline: Tuesday, March 14, 2023 at 9:00 PM.**
- E. Entries made via Athletic.net
- F. NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE (3/14/23 @ 11:00 PM)
- G. Changes to existing entries (substitutions or scratches) may be emailed to Coach Tere Bandy, no later than Thursday, March 16, 2023 at 7:00 PM.

### **Rules Governing the Meet:**

- A. This is governed by the 2023 NFHS Track and Field Rules and the OIA game rules.
- B. Participants shall be attired in a uniform that is either school issued or clearly designates school.
- C. 1/4 inch or less pyramid spikes are the only spikes allowed for use on the Waipahu High School track.
- D. Starting blocks will be provided (schools are encouraged to bring their own to aid in expedited race set up for athletes).
- E. In the Shot Put and Discus events, the Top 8 will receive one (1) additional attempt.
- F. In the Long Jump and Triple Jump events, the Top 8 will receive one (1) additional attempt.
- G. Long Jump: Boys first, Girls to follow.
- H. Triple Jump: Boys first, Girls to follow.
- I. High Jump: Boys first, Girls to follow.
- J. Pole Vault: Girls first, Boys to follow.
- K. Discus: Boys first, Girls to follow.
- L. Shot Put: Girls first, Boys to follow.

### **SCORING:**

Scoring in all individual events and relays, unless specified as non-scoring events, shall be 10-8-6-4-2-1 respectively.

### **Meet Officials:**

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

## Order of Events:

- A. The order of running events will follow the modified schedule as per the NFHS Book of Rules.
- B. Girls will run first in all running events, to be followed by the Boys.

### RUNNING EVENT SCHEDULE

#### **Girls 4x800m Relay**

#### **Boys 4x800m Relay**

Girls 100m High Hurdles

Boys 110m High Hurdles

Girls 100m Dash

Boys 100m Dash

#### **Girls 4x200m Relay**

#### **Boys 4x200m Relay**

Girls 1500m Run

Boys 1500m Run

Girls 4x100m Relay

Boys 4x100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 300m Low Hurdles

Boys 300m Intermediate Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3000m Run

Boys 3000m Run

#### **Girls 4x100m Throwers Relay**

#### **Boys 4x100m Throwers Relay**

Girls 4x400m Relay

Boys 4x400m Relay

Awards Ceremony – Team and Outstanding Athlete

**Awards:**

- A. Ribbons will be awarded for the top 8 in all events.
- B. The **Most Outstanding Male** and **Female Athlete** will be awarded at the conclusion of the meet. Head coaches (one per school) will be given a Goggle Form URL/link that will be used to submit votes. <https://bit.ly/LJVTFMOFM>

**Other Meet Information:**

- A. Bus Drop Off: will be in the lower bus stalls next to tennis courts.
- B. Parking is available in upper parking lot and on grass near the (rail side) tennis courts.
- C. Concession stand will be open.
- D. Questions or Concerns: Contact Coach Tere Bandy at [Coach@TereBandy.com](mailto:Coach@TereBandy.com)

**Assignments:**

Hurdles – Flights

1 & 2 Roosevelt

3 & 4 Leilehua

5 & 6 Kalaheo

7 & 8 Mililani

9 & 10 Kalaheo

Discus – Kapolei

Shot Put – Waianae

Long Jump – Campbell

Triple Jump – Pearl City

High Jump – Kalani

Pole Vault – Kaiser