



2023 MENEHUNE HAWAII INVITATIONAL
MOANALUA HIGH SCHOOL ATHLETIC STADIUM
SATURDAY MARCH 11, 2023
FIELD EVENTS 11:00 PM
RUNNING EVENTS 1:00 PM

1. SPECIFIC OBJECTIVES:

- A. To recognize the combined efforts of all the individual participants and participating schools in the meet.
- B. To provide a competitive environment for all our athletes in both OIA & ILH and the State of Hawaii.
- C. To promote the highest principles of sportsmanship in athletics for all.
- D. Increase the exposure of all athletes competing in track and field.

2. GAME RULES:

- A. This meet shall be governed by the current National Alliance Edition of Track and Field rules, published by the National Federation of State High School Athletic Association unless noted in our meet rules.

3. MEET OFFICIALS:

- A. Coaches and Volunteers. We need adult help with running all field events and relay exchange zones.
- B. We also need adults and athletes to help with all hurdle events.
- C. **Please let us know if you and your crew can help us out.**
- D. **All teams will be asked at our coaches meeting for help unless previously assigned. If we do not get the required help to run an event this may cause delays. We will provide the necessary equipment to run the events.**
- E. **We need help with following: (Long Jump, Triple Jump, Discus, Shot Put, High Jump, Pole Vault, Relay Exchange Zones and Hurdle Crews) We will try to cover the following: (Lap Counter, Finish Line Recorder, Place Cards, Clerk of Course, Starting Line, Starter, Awards, Announcer, Timing Crew and Meet Results).**

4. GAMES AND MEET APPEALS COMMITTEE: TBA

5. ATHLETIC TRAINER: OIA & Moanalua High School Athletic Trainer will provide first-aid and EMS during our meet. Coaches must have the contact information on all team members' in case of an emergency. Our athletic trainer will be located near our pole vault runway or in front of our weight room.

6. ENTRY LIMITS & DIVISIONS:

- A. Each competitor may participate in up to **five (5)** track and field events.
- B. Junior Varsity Division Open to 9 & 10 Grade only (**5 Entries per Running Event and 5 Entries per Field Events**).
- C. Varsity Division Open to 9 - 12 Grade (**5 Entries per Running Event and 5 Entries per Field Events**).
- D. JV and Varsity Relays are limited to (**2 Relay Teams per Division**).
- E. Top 8 Division will be selected from the overall top eight entries entered from the JV and Varsity Divisions. If we have any ties, the more recent date of the mark/time will break the tie. If ties still cannot be broken, the ruling will be all ties get in or none get in.
- F. In the distance running events anyone walking or being lapped more than once maybe asked to step off the track. If your athlete is not ready for the event, please don't enter them.
- G. Weight Person Relay Open to JV and Varsity Athletes Competing in the Discus or Shot Put Events only.
- H. Coaches / Parent Relay are not open to any athletes. This is just for fun.

7. MEET FORMAT:

- A. In the field events:
 - a. All JV athletes will go first, followed by all Varsity athletes.
 - b. Last will be the Top 8 Division, except in the High Jump and Pole Vault.
 - c. We reserve the right to combine the division during competition due to low numbers or to help expedite the completion of the event. Individual place awards will not be combined.
- B. In the running events:
 - a. Girls shall run first in all running events.
 - b. All JV athletes will run first, followed by all Varsity athletes unless combined.
 - c. Last will be the Top 8 Girls and Boys Division in the 1500 and 3000.
 - d. Top 8 Division Girls and Boys will be combined in one heat for the 1500 and one heat in the 3000.
 - e. In the 1500 & 3000 our plan is to run one JV & Varsity girls and one JV & varsity boy's race.
 - f. Athletes entered in the 1500 and 3000 meter run maybe issued a wrist band and/or bib number or hip numbers to help identify them as a JV or Varsity athlete at the finish line and assist in the order of finish.

8. MEET RULES AND PARTICIPATION:

- A. Completed relay cards are to be submitted at check-in with all team members present.
- B. All athletes competing must be entered via Athletic.net. No new athletes will be added on meet day.
- C. Mixed JV and Varsity Relay Teams are considered Varsity.
- D. Once the athlete has checked in to an event, shall constitute participation.
- E. All athletes entered in the long jump, triple jump, discus and shot put shall receive up to three attempts. Athletes competing in the Top 8 Division shall receive an additional attempt.
- F. All athletes entered in the high jump and pole vault shall receive three attempts at each height provided they are still in the competition. No additional attempts allowed except in the Top 8 Division.
- G. Relay exchange zones may be monitored. Athlete's uniform in the relay should match by color and style.
- H. Participants if possible should be attired in their school uniforms or school colors.
- I. In the 1500 and 3000 will start using a waterfall and a split waterfall starting line.
- J. All participants are required to wear shoes during all competition. **Spikes shoes are recommended, but not required, pyramid spikes may not exceed ¼" or 6.53 mm only. Spike Verification required before spike shoes can be used on all synthetic surfaces.**
- K. **Implement Certification required before the start of competition in the shot put and discus.**
- L. **Pole Vault officials shall verify the pole and or equipment used by each vaulter before the start of the event. If the athlete comes with the improper pole and one cannot be found, the athlete will not be allowed to compete in the event.**
- M. All participants, team managers, spectators and coaches are requested to remain in their respective seating areas, except when participating in an event or warming up or warming down for an event. Emergency access road is off limits to everyone at all times.
- N. No coaching from the infield unless they are in the designated coach's box for that field event.
- O. The track and infield are strictly off limits to coaches and spectators once the meet starts.
- P. Cheering from the infield is strongly discouraged. Please keep it in the stands. Except in designated areas for all field events on the infield.
- Q. Participants are not allowed to use any electronic device on the infield. Watches are allowed.
- R. 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 and athletes to report on time to check in and participate in all events entered.
- S. Failure to adhere to all meet rules and participation rules may result in the athlete and or team being disqualified. We do not want to disqualify anyone from our meet, but to be fair to everyone we will.
- T. The Meet Director or our Athletic Trainer Reserves the Right to refuse anyone from participating in any events if we feel the safety of the athlete is in question. We also may stop the event or meet if we cannot continue to provide a safe environment for all athletes, spectators, coaches, officials and volunteers.

9. ENTRY FEE: **Admission or team entry fee will not be charged.** Please visit our concession so we may continue our invitational without charging any fees.

10. TEAM ROSTER / ENTRY DEADLINE & ELIGIBILITY:

- A. Registration and Entries on **Athletic.net** opens 12:00 AM Tuesday February 1, 2023.
- B. Relay entries are entered via **Athletic.net** relay names are not required at this time. Athletes running on the relay team are officially entered on the relay cards distributed at coaches meeting.
- C. Enter your team on Athletic.net before **7:30 PM Thursday March 09, 2023.**
- D. Participants must meet the eligibility rules of their respective Schools, League or Association prior to completion.
- E. A very limited amount of entry replacements per team maybe allowed due to injuries or covid concerns.
- F. All changes must be completed before the start of our coaches meeting. No Add-ons allowed.
- G. Any new changes will be considered scratched from the event. No changes after coaches meeting.
- H. Email us way before the deadline if you have any questions or problems with Athletic.net to Coach Earl – (menehunetrack@gmail.com).

11. REPORTING:

- A. All participants must report promptly by last call or will not be allowed to compete in that event.
- B. There will be two calls first and last. Athletes may check in on first call, but we prefer they check in on last call. All calls made are for all divisions unless specifically announced. Participants in the running events will report to the Clerk of Course. The clerk will be located at a designated area specified by the meet director.
- C. Relay teams will submit their official relay cards to the clerk. All team members must be present upon check in with baton for all relays.
- D. Zone Judges will assist any athlete with the location of the zone and insure a legal exchange is made.
- E. Participants in relays will be dispersed to their respective starting areas immediately after being assigned their lanes.
- F. Participants in the field events shall report directly to the official of the field event at the location of the event.

12. ORDER OF EVENTS/TIME SCHEDULE:

- A. The schedule is just a guide, but if we are running ahead we will keep going. See meet schedule below.
- B. Our plan is to finish around an hour earlier or more.

13. TIMING:

- A. Finish LYNX System (FAT) Official Timing used in all running events.
- B. In the event of a malfunction of our timing system, we may choose to re-run the event at another time or if not possible to re-run the event, we reserve the right to exclude the event from the meet results.
- C. An electronic starting device maybe used to start all running events.

14. AWARDS:

- A. JV Division and Varsity Division 1st to 8th Place Ribbons shall be given.
- B. Top 8 Division: 1st to 3rd Place Medals 4th to 8th Place Ribbons shall be given.
- C. If a tie occurs in any event that can't be broken, co-awards shall be given.
- D. We will try to give field and running events awards as the meet progress.
- E. No team awards.

15. CONCESSION:

- A. Yes, we will have a concession open during our meet.
- B. Island Snow Shave Ice will be on the right side of our concession.
- C. Water for the athletes will be provided on the mauka side of our infield.

16. PARKING AND DROP OFF:

- A. Parking is available in the faculty or student parking lot.
- B. Do not park in reserved or handicap stalls unless authorized.
- C. Do not park by the gym even if the gate arm is up.
- D. Park only in marked stalls and keep the red curb open for school bus pickup and drop off.
- E. Only meet official and athletic trainers will be allowed to park near the track.
- F. Coaches will be allowed to drop off tents or equipment by the gym, but must park in the faculty or student parking lots.

17. MEET CANCELATION:

- A. In the event we need to cancel the meet due to weather or other unforeseen event or disaster. We will contact you on Friday March 10, 2023 or as soon as possible.
- B. Plan B will be see you next year.
- C. Please check our website for the latest meet info: [Menhune OIA / ILH Hawaii Invitational](https://sites.google.com/site/menhuneoiailhinvitational/)
<https://sites.google.com/site/menhuneoiailhinvitational/>

18. MEET ASSIGNMENTS:

- A. All team are required to sign-up and help with the following positions below.
- B. Sign-ups are on a first come, first served, so email us as soon as possible with number of workers and event your team will help with.
- C. Check our website for updates on events still available and other help we may need.
 - a. Long Jump G/B 2 to measure and rake 1 to record
 - b. Triple Jump G/B 2 to measure and rake 1 to record
 - c. High Jump G/B 1 to measure and crossbar replacement and 1 to record
 - d. Pole Vault G/B 2 to move the standards and crossbar replacement and 1 to record
 - e. Shot Put G/B 2 to measure and 1 to record
 - f. Discus G/B 2 to measure and 1 to record
 - g. Relay Zone 2 Per Zone X 3 Zones
 - h. Hurdle Crews 2 Per Hurdle Cart

19. **Facility and Seating Rules:**

- a. Please HELP get the word out to your athletes, staff, parents and supports.
- b. Spectators will have the mauka side top and bottom bleacher or section 1 near our common finish line. (No Tents or Large Umbrellas Allowed in this Section.)
- c. It is recommended all teams and coaching staff arrive not more than one hour before coaches meeting.
- d. Participants include: student-athletes, coaches, athletic trainers, school officials, etc.
- e. No Loitering anywhere on campus.



2023 MENEHUNE HAWAII INVITATIONAL
MOANALUA HIGH SCHOOL ATHLETIC STADIUM

SATURDAY MARCH 11, 2023

FIELD EVENTS 11:00 PM

RUNNING EVENTS 1:00 PM

MEET REMINDERS & INFORMATION

- Please be extremely careful not to exceed the athlete entry limitation, this will avoid the athlete being disqualified. We do not want to disqualify anyone.
- Online registration and entries via [ATHLETIC.NET](https://athletic.net). See instructions on how to register.
- Remind your athletes to look both way before crossing our track and do not hang around the finish line and check in area unless instructed by a meet official.
- Do not jump over any fence around our track. The gates near our common finish line maybe locked.
- Teams may set up tents in the designated bleacher sections only. Please bring ropes to tie down your tent. Tents are highly recommended. No tents are allowed outside the bleachers of our stadium.
- Please keep the bleacher section in front of the common finish line open for spectators. No tents or teams are allowed to set up in this section.
- The restrooms are located on the right side of the concession stand. Please remind your team to help keep it clean.
- Check to see if all your athletes are listed and all information is correct.
- Coaches, Please **DO NOT ENTER** Athletes in the 1500 and 3000 meter run unless your athletes have the necessary training to safely compete in these events within a reasonable amount of time.
- We welcome all teams bring your school's banner to be used during the meet. We are allowing teams to attach banners to the fence during our meet, but you must remove anything you use to tie it down once the meet is over.
- Remind your athletes and parents we going to be moving our meet along as quickly as possible. Our plan is to finish our meet an hour to an hour half ahead of schedule.
- Do not use any kind of tape or devise that punctures our track and runways. For relay passing zones you may use **white chalk only**. We will provide chalk to your team upon request.
- **Only white chalk or runway markers** maybe used in the Long, Triple, High Jump and Pole Vault. The use of any device that penetrates the runway is strictly prohibited. Please remove your runway markers after you complete your event.
- All spectators must remain in the stands. No one will be allowed on the emergency access road during our meet. This includes the area in front and surrounding areas of the weight room.
- Only field event coaches are allowed in the coaching box to help assist their athlete during all field events. Once the event is over please return to the stands.
- Coaching on the infield is not allowed once the meet starts.
- Athletes are not allowed to use electronic device on the infield and in all field events outside our track.
- Parents and coaches are allowed to come on the infield to taking pictures during the individual awards being conducted during our meet, but you must return to the stands once you get your shot.
- Any starting block or equipment brought to be used on our track must be first inspected and approved before your team is allowed to use it.
- No food or drinks allowed on or near our track and any synthetic surfaces. Only water is allowed.
- **DO NOT CROSS THE FINISH LINE** once the meet starts for any reason. Always go around. The surrounding area near the finish line is also off limits during our meet.
- The finish line tent is for meet officials only.
- **Infield is for participants and officials only**. No coaches or spectators are allowed on the infield and track once the meet starts. Please stay outside the fence around the track. Emergency access road is off limits to everyone. Emergency access road must be kept clear at all times.
- Water for athlete will **NOT** be provided on the infield.
- Please remember to follow all school and meet rules and have fun.
- Don't forget to get a team together for the coaches/parent 4X100 meter relay.
- Please come and check if all your athletes' awards were picked up at the end of the meet.
- Live meet results will also be posted on our website. [Menehune Hawaii Invitational Track Meet](#)
- Coaches, please have your team clean up their area. We will be passing out trash bags if needed at our coaches meeting.



2023 MENEHUNE TRACK OIA / ILH HAWAII INVITATIONAL
MOANALUA HIGH SCHOOL
ATHLETIC STADIUM

SATURDAY MARCH 11, 2023

FIELD EVENTS 11:00 AM

RUNNING EVENTS 1:00 PM

TENTATIVE MEET SCHEDULE

10:30 Athlete Spike Check (Finish Line Tent)
10:30 Coaches Meeting
10:45 Concession will open
10:50 Team Roll Call
10:00 Implement Certification (Just below the stadium scoreboard)
Implement Certification will close at 11:00 AM Spike Check will close at 1:00 PM

TIME:	FIELD EVENTS:	ALL DIVISIONS:
11:00	Shot Put	Girls first, Boys to follow
11:00	Discus	Boys first, Girls to follow
11:00	High Jump	Boys first, Girls to follow
11:00	Pole Vault	Girls first, Boys to follow
11:00	Long Jump	Boys first, Girls to follow
	Triple Jump	Boys first, Girls to follow

TIME:	RUNNING EVENTS:
1:00	100 Meter High Hurdles (33) JV
1:10	100 Meter High Hurdles (33) Varsity
1:20	100 Meter High Hurdles (33) Top 8
1:30	110 Meter High Hurdles (39) JV
1:40	110 Meter High Hurdles (39) Varsity
1:50	110 Meter High Hurdles (39) Top 8
1:55	100 Meter Dash JV Girls
2:05	100 Meter Dash Varsity Girls
2:15	100 Meter Dash Top 8
2:20	100 Meter Dash JV Boys
2:30	100 Meter Dash Varsity Boys
2:40	100 Meter Dash Top 8
2:45	1500 Meter Run JV Girls
2:55	1500 Meter Run Varsity Girls
3:05	1500 Meter Run JV Boys
3:15	1500 Meter Run Varsity Boys
3:25	1500 Meter Run Top 8 Girls and Boys

3:35	400 Meter Relay JV Girls
3:45	400 Meter Relay Varsity Girls
3:55	400 Meter Relay JV & Varsity Girls Weight Person Relay
4:05	400 Meter Relay JV Boys
4:15	400 Meter Relay Varsity Boys
4:25	400 Meter Relay JV & Varsity Boys Weight Person Relay
4:35	400 Meter Dash JV Girls
4:45	400 Meter Dash Varsity Girls
4:55	400 Meter Dash Top 8
5:00	400 Meter Dash JV Boys
5:15	400 Meter Dash Varsity Boys
5:25	400 Meter Dash Top 8
5:35	300 Meter Low Hurdles (30) JV
5:45	300 Meter Low Hurdles (30) Varsity
5:55	300 Meter Low Hurdles (30) Top 8
6:00	300 Meter Intermediate Hurdles (36) JV
6:10	300 Meter Intermediate Hurdles (36) Varsity
6:20	300 Meter Low Hurdles (30) Top 8
6:30	800 Meter Run JV Girls
6:40	800 Meter Run Varsity Girls
6:50	800 Meter Run Top 8
6:55	800 Meter Run JV Boys
7:05	800 Meter Run Varsity Boys
7:15	800 Meter Run Top 8
7:20	200 Meter Dash JV Girls
7:30	200 Meter Dash Varsity Girls
7:40	200 Meter Dash Top 8
7:45	200 Meter Dash JV Boys
7:55	200 Meter Dash Varsity Boys
8:05	200 Meter Dash Top 8
8:10	3000 Meter Run JV & Varsity Girls
8:30	3000 Meter Run JV & Varsity Boys
8:45	3000 Meter Run Top 8 Girls and Boys
9:00	1600 Meter Relay JV Girls
9:10	1600 Meter Relay Varsity Girls
9:20	1600 Meter Relay JV Boys
9:30	1600 Meter Relay Varsity Boys
9:40	Coaches / Parents 4X100 Meter Relay

Live Meet Results Will Be Posted on Our Website at: [Menehune HAWAII Invitational Track Meet](#)

PLEASE CLEAN UP YOUR AREA! THANKS FOR ALL YOUR SUPPORT!

We will alternate all running events as follows: JV, Varsity & Top 8 Girls than Boys to follow

****Time Schedule Will Be Altered As Needed.**

Athletes may **check in on first or last call**. Check in on last call is preferred.

****1st Call---**approximately 15 minutes before event starts.

****Last Call---**approximately 10 minutes before event starts.