

Oahu Interscholastic Association  
Varsity Western Division Track & Field Championships

**Trials** Thursday, April 6, 2023

**Trials** Field Events: 3:45 PM Running Events: 5:00 PM

Location Waipahu High School

**Trials** Girls Host: Campbell Boys Host: Aiea

**Finals** Saturday, April 8, 2023

**Finals** Field Events: 4:00 PM Running Events: 5:30 PM

Location Waipahu High School

**Finals** Girls Host: Nanakuli Boys Host: Waianae

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 4, 2023 before 8:00 PM via Athletic.net**
- b. No post-entries will be accepted.

- c. No Seeding meeting will be held. Performance list will be posted on OIA Track 101 website. d. The Official Entry: Athletic.net
- e. Roster file must include Full Legal Name, and grade. 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 the 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. Meet Format and Seeding Procedures:

1. 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.
2. When trials are held in the 1500 meter run, it's to qualify 12 competitors to finals.
3. 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.
4. A minimum of one trial in the distance events must be run when possible.
5. The international curve will be used for all 1500 meter runs.
6. 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.
7. 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.
8. In the OIA Varsity Championships, the field events should go in order of rank from best to worst in the trials, and reverse the order to worst to best in the finals.
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.**

#### 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.

#### K. Awards

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

#### L. Schedule and Order of Events

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 6, 2023 Event Start Times May Vary.
5. **Finals:** Saturday April 8, 2023 The Event Will Start as Listed Below.
6. Order of Field Events for **Even Years.** 2024, 2026, 2028

TRIALS FINALS EVENTS

3:00 3:15 Coaches' Meeting  
 3:45 N/A Pole Vault (**Boys Finals only on Thursday**) 4:00 Pole Vault (**Girls Finals only on Saturday**) 3:45 Discus ((**Girls Finals only on Thursday**) 4:00 Discus (**Boys Finals only on Saturday**) 3:45 N/A High Jump (**Girls Finals only on Thursday**) N/A 4:00 High Jump (**Boys Finals only on Saturday**) 3:45 N/A Long Jump (**Boys Finals only on Thursday**) N/A 4:00 Long Jump (**Girls Finals only on Saturday**) 3:45 Shot Put (**Boys Finals only on Thursday**) 4:00 Shot Put (**Girls Finals only on Saturday**) Triple Jump (**Girls Finals only on Thursday**) Triple Jump (**Boys Finals only on Saturday**)

7. Order of Field Events for **Odd Years.** 2023, 2025, 2027

TRIALS FINALS EVENTS (All Field events are Single day Trial/Finals)

3:00 3:15 Coaches' Meeting  
 3:45 N/A Pole Vault (**Girls Finals only on Thursday**) 4:00 Pole Vault (**Boys Finals only on Saturday**) 3:45 Discus ((**Boys Finals only on Thursday**) 4:00 Discus (**Girls Finals only on Saturday**) 3:45 N/A High Jump (**Boys Finals only on Thursday**) N/A 4:00 High Jump (**Girls Finals only on Saturday**) 3:45 N/A Long Jump (**Girls Finals only on Thursday**) N/A 4:00 Long Jump (**Boys Finals only on Saturday**) 3:45 Shot Put (**Girls Finals only on Thursday**) 4:00 Shot Put (**Boys Finals only on Saturday**) Triple Jump (**Boys Finals only on Thursday**) Triple Jump (**Girls Finals only on Saturday**)

8. Order of Running Events.

TRIALS    FINALS

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 Boys
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 Boys
8:25	7:50	4 X400 Meter Relay Girls
8:35	7:55	4 X400 Meter Relay Boys

8:10 Team Scores and Awards

**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.

**M. 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  $\frac{1}{4}$  inch **or less** pyramid spikes only. Failure to comply will result in disqualification from the event.

**N. Standards Girls V**

Hand Lynx

100 M Hurdles 23.5h 23.74  
100 M Dash 16.0h 16.24  
1500 M Run 6:58.4h 6:58.74  
400 M Relay 63.0h 63.24  
400 M Dash 78.6h 78.84  
300 M Low Hurdles 63.0h 63.24  
800 M Run 3:15.0h 3:15.24  
200 M Dash 34.5h 34.74  
3000 M Run 15:47.7h 15:47.94  
1600 M Relay 5:50.0h 5:50.24

Pole Vault 6' 0"

High Jump 4' 0"

Long Jump 13' 0"

Triple Jump 26' 0"

Discus 55' 0"

Shot Put 21' 0"

**Boys V**

Hand Lynx

110 M Hurdles 22.6h 22.84  
100 M Dash 12.8h 13.04  
1500 M Run 5:34.7h 5:34.94  
400 M Relay 52.0h 52.24  
400 M Dash 64.6h 64.84  
300 M Int. Hurdles 49.8h 50.04  
800 M Run 2:30.0h 2:30.24  
200 M Dash 226.8h 27.04  
3000 M Run 11:50.8h 11:51.04  
1600 M Relay 4:20.0h 4:20.24  
Pole Vault 8' 0"  
High Jump 5' 0"  
Long Jump 16' 0"  
Triple Jump 32' 0"  
Discus 90' 0"  
Shot Put 30' 0"

**O. Miscellaneous Information**

- a. This is a championship meet. Admission will be charged.
- b. Tickets for Championships are available on Ticketspicket.com.
- c. General admission for ages 6 and up is \$8.00
- d. This link will direct spectators to the OIA ticketing page. <https://events.ticketspicket.com/agency/d1cf3caa-854f-46b0-9231-6a65329eb2ee>
- e. Complimentary tickets Please Provide Gate List of Names.
  - i. Pep squad members will be allowed to enter without paying if they are in their team uniform.
  - ii. Each school should provide an athletes and coaches list for entry by Tuesday, April 4.2023
  - iii. Waipahu High School Requires **ONE COPY** of your gate list. Please send to Stacie Nii [stacie.nii@k12.hi.us](mailto:stacie.nii@k12.hi.us)
- f. Games and Meet Appeals Committee
- g. Host school will inform all coaches of games and meet appeals committee
  - i. 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.
- h. Records
  - i. 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.
- i. Timers and Judges
  - i. 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.

P. School Site Information (Will be shared by Waipahu at a later date)

- a. **PARKING INFO**
- 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**
- 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 Coaches Meeting.

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

Computer Personnel and Equipment Waipahu / Campbell  
 Clerk of Course Girls Waipahu/Nanakuli  
 Clerk of Course Boys Aiea/Waianae  
 Starter  
 Backup Starters

Head Timer  
Announcer  
Meet Referee  
Protest Committee ???  
Awards Host Schools

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  
Flights 7 & 8 Pearl City  
Flights 9 & 10 Pearl City

Shot Put Kapolei/Nanakuli  
Discus Waianae/Waianae  
High Jump Leilehua/Kapolei  
Pole Vault Mililani/Mililani  
Long Jump Radford/Aiea  
Triple Jump Campbell/Waialua  
(3) Relay/Turn Judges Leilehua/Kapolei/Radford (2 per Zone)

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.