

**CAL TRACK/RUBY TUESDAY HAWAII  
INVITATIONAL**

**Saturday, March 22, 2025**

**Field Events 1:00 PM**

**Running events 3:00 PM**

**Host School Site.....Moanalua High School**

**Meet Director.....Walter Thompson**

**Awards.....Rick Nakashima**

**Announcer.....Sam Moku**

**Board of Appeals..... Walter Thompson**

**Rick Nakashima**

**Doug Kilpatrick**

**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.**

## **RULES OF ENTRIES:**

- A. Meet is Open to all 9<sup>th</sup> thru 12<sup>th</sup> grade girls and boys.**
- B. All athletes entered must Not have competed in any organized track meet 24 hours prior to the start of the Cal Track / Ruby Tuesday Invitational.**
- C. Any athletes found in violation will be disqualified from the meet.**
- D. Exceptions may be made with the approval of the Meet Director.**
- E. Entry Limit of (3) events per athlete.**
- F. Each school may enter (3) athletes per individual event and (1) relay team.**
- G. (4) alternates will be listed in all running events.**
- H. Proof of mark is required for all entries.**
- I. Entry Deadline: 7:30 PM Wednesday, March 19, 2025**
- J. Entries via Athletic.net Entries open on March 1, 2025.**
- K. NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE!**
- L. All entries received with no proof mark shall be disqualified.**

## **TRACK & FIELD EVENT LIMITS:**

- A. Top 32 entries in the 100/110 High Hurdles, 300 Low/Int. Hurdles and 800**
- B. Top 32 entries in the 100**
- C. Top 32 entries in the 200 and 400**
- D. Top 16 entries in the 1500 & 3000**
- E. Top 16 or less in all Field Events, 4X100 and 4X400 Relays**

## **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.**
  - 2. In the Shot Put and Discus events, the Top 8 will receive (1) more throw.**
  - 3. In the Long Jump and Triple Jump events, the Top 8 will receive (1) more jump.**
- A. Long Jump: Boys first, Girls to follow.**
  - B. Triple Jump: Boys first, Girls to follow.**
  - C. High Jump: Girls first, Boys to follow.**
  - D. Pole Vault: Boys first, Girls to follow.**
  - E. Discus: Boys first, Girls to follow.**
  - F. Shot Put: Girls first, Boys to follow.**

## **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.**

## **ORDER OF EVENTS:**

- A. Girls will run first in all running events.**

## **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.**