

# Oahu Interscholastic Association

## JV Western Division Track & Field Championships

Saturday, April 05, 2025 – Timed Finals, Field Events: 3:00 PM Running Events: 3:30 PM

**Location:** Pearl City High School

**Participating Schools:** Aiea, Campbell, Kapolei, Leilehua, Mililani, Nanakuli, Pearl City, Radford, Waialua, Waianae, Waipahu

**Girls Host:** Radford **Boys Host:** Leilehua

### 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 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; a relay card must be submitted at the time of check-in.
- b. **Each school may enter only three (3)** participants per event.
- c. **Participants may enter any six (6)** track and field events.
- d. Participation by an individual shall be subject to the qualifying standards. Entry in an event shall constitute participation, except in relays where actual running constitutes participation.
- e. All participants must have a mark (distance or time) from a previous qualifying, invitational or championship meet. No post entries.
- f. 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.
- g. 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.
- h. Scoring in all events shall be 10-8-6-4-2-1 respectively.

### D. Officials

- a. Each member school held responsible for assisting 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: Thursday, April 3, before 8:00 PM via Athletic.net**
- b. No post-entries will be accepted.
- c. No Seeding meeting will be held. The 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. JV Divisional *1st-6th* place finishers will qualify for the OIA JV championship, regardless of minimum standards.

#### G. Participation

- a. The OIA will follow the HHSAA rules of participation. At present 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 for turning in up to eight names for relay events on athletic.net 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 (SEE HHSAA TRACK & FIELD RULES GOVERNING TOURNAMENT)
- a. There will be two calls, the first and last. The first call for all events will be 20 minutes prior to the start of the event; the last call will be 10 minutes prior to the start of the event. All participants **may check in at the 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.
    - i. Relay teams will submit their cards to the clerk. All team members must be present upon check in for the relays.
    - ii. Participants in the field events will report to their respective areas in person on the last call.
    - iii. Any participant failing to report by the last call for their respective events will be scratched.
    - iv. 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-minute warm-up between flights.
3. A mandatory 10-minute warm-up before girls' High Hurdles and 10-minute warm up time before boys' high hurdles must be allowed before the first call is made. (6/2025)
4. Before beginning warm-ups and competition, in both the Girls and Boys Triple Jump, both long jump boards, girls and boys, will be turned over, board-side down, to match the runway surface, when possible. (06/2016)
5. 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)
6. 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. The 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 entries maximum may be listed as event alternates and placed in the event(s) at the replace scratched entries.
- c. When a tie results in 32nd 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 the best attempt from all rounds. In the 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 the 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

- a. No Awards.

#### L. Tournament Time Schedule

- a. 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.

- b. **Spike certification will be available to any athlete up to one-half hour prior to the start of the event.**
- c. 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)

3:30 3200 M Relay (Girls/Boys)

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)

15. The Finish Lynx System will be the official timer for all OIA track meets. If the 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 the 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 JV**

##### Hand Lynx

100 M Hurdles 25.0h 25.24

100 M Dash 16.6h 16.84  
1500 M Run 7:26.3h 7:26.54  
400 M Relay 66.0h 66.24  
400 M Dash 82.0h 82.24  
300 M Low Hurdles 67.0h 67.24  
800 M Run 3:30.0h 3:30.24  
200 M Dash 35.0h 35.24  
3000 M Run 16:15.6h 16:15.84  
1600 M Relay 6:00.0h 6:00.24

Pole Vault 5' 6"  
High Jump 3' 10"  
Long Jump 12' 0"  
Triple Jump 25' 0"  
Discus 50' 0"  
Shot Put 20' 0"

## Boys JV

### Hand Lynx

110 M Hurdles 23.0h 23.24  
100 M Dash 13.4h 13.64  
1500 M Run 6:02.6h 6:02.84  
400 M Relay 58.0h 58.24  
400 M Dash 66.0h 66.24  
300 M Int. Hurdles 57.0h 57.24  
800 M Run 2:45.0h 2:45.24  
200 M Dash 28.0h 28.24  
3000 M Run 12:32.6h 12:32.84  
1600 M Relay 4:30.0h 4:30.24

Pole Vault 7' 0"  
High Jump 4' 8"  
Long Jump 15' 0"  
Triple Jump 30' 0"  
Discus 80' 0"  
Shot Put 26' 0"

### O. Miscellaneous Information

- a. This is a championship meet. Admission will be charged.
- b. Tickets for Championships are available on GOFAN:  
<https://gofan.co/app/school/HI50316?activity=Track%20and%20Field>
- c. General admission is \$9.00.
- d. GoFan Hawaii
- e. Complimentary entry. 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.
  - iii. Pearl City High School Requires **ONE COPY** of your gate list. Send to Reid Shigemasa
- f. Games and Meet Appeals Committee
- g. The 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

- a. PARKING INFO
  - 1. General free parking will be available
  - 2. Premium parking will be available, \$7.00
  - 3. VIP parking will be available for coaches and administration (a limited list from AD required)
- b. BUS DROP-OFF & PICK UP
  - 1. Buses will be required to dropoff and pickup in lower stadium parking lot (all buses must wait on Hookiekie Street for pick up)
- c. STADIUM ENTRY GATE
  - 1. Please Provide One Copy of your coaching staff, team managers and team's roster for (2) gates (required)
- d. TEAM TENTS
  - 1. Team tents must be set up on the highest portion of our bleacher
- e. ATHLETIC TRAINER'S
  - 1. Athletic Trainer's will be set up on the Ewa side of the field (scoreboard side)
- f. RESTROOM
  - 1. Located behind our bleachers
  - 2. Please no loitering
- f. CONCESSION
  - 1. Will be available and located behind our bleachers, will open at 4pm
- g. COACHES BOX
  - 1. Coaches Box for field events will be marked off and reserved for field event coaches only.
  - 2. No other Coaches, Spectators, Parents and Athletes not warming up/down or participating on the infield after 3:00 pm.
- h. REMINDERS
  - 1. Please monitor your team areas for trash and use the trash bins.

2. Please monitor your athletes, no loitering, stay in bleachers or on the field
3. Pick up your team ribbons after the meet.

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

Computer Personnel and Equipment Campbell / Pearl City / Leilehua Clerk of Course Girls Radford  
Clerk of Course Boys Leilehua  
Starter Tere Bandy  
Backup Starters James Lee  
Head Timer TBD  
Announcer TBD  
Meet Referee Glen Wakumoto  
Protest Committee ???  
Awards

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 Nanakuli/Nanakuli  
Discus Waianae/Kapolei  
High Jump Mililani/Mililani  
Pole Vault Leilehua/Leilehua  
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 for running 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.