

**THE THIRD ANNUAL ANTHONY “TONY” JONES
LEEWARD JUNIOR VARSITY INVITATIONAL TRACK & FIELD MEET**

Thursday, March 20, 2025

Coaches Meeting: 12:15 PM

Field Events 1:00 PM

Running Events 2:00 PM

Host School Site	Leilehua High School (James Lee)
Meet Director	Tere Bandy
Awards	Mark Inay
Announcer	TBA
Board of Appeals	Glen Wakumoto Andrew Moody Reid Yoshikawa
Clerk of Course	TBA
Head Starter	Glen Wakumoto
Head Timer	TBA



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 toward Varsity and State levels.

Entries:

- A. This Invitational Meet is open to junior varsity athletes in the 9th and 10th grades who are in the junior varsity status.
- 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 18, 2025 at 9:00 PM.**
- E. Entries made via Athletic.net
- F. NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE (3/18/23 @ 11:00 PM)
- G. Changes to existing entries (substitutions or scratches) may be emailed to Coach Tere Bandy, no later than Wednesday, March 19, 2025, at 1:00 PM.

Rules Governing the Meet:

- A. This is governed by the 2025 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 Leilehua High School track.
- D. Starting blocks will be provided (schools are encouraged to bring their own to aid in expedited race setup 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 and Head Official.

- 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 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 to 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 Google Form URL/link that will be used to submit votes. Generally, the winner is selected by the number of points that they have helped their team accumulate during the course of the track meet, coaches' votes will be critical for numerical ties.

Other Meet Information:

- A. Team tents should be set up in the bleachers closest to the tennis courts. No tents on the field.
- B. Bus drops off is in the main parking lot.
- C. NO CLEATED OR SPIKED OBJECTS ALLOWED ON THE TRACK OTHER THAN ISSUED TRACK SHOES ¼ INCH PYRAMID SIZE SPIKES OR SMALLER.
- D. NO ADHESIVE (TAPE) FOR ANY MARKINGS
- E. CHALK MAY BE USED FOR JUMP AREAS AND FOR ONLY RELAY EXCHANGE ZONES, MARKERS OKAY FOR JUMP AREAS
- F. NO FOOD OR DRINKS ALLOWED ON THE STADIUM TRACK (other than water). This includes NO GUM CHEWING, SUNFLOWER OR PUMPKIN SEEDS, AND CANDY OF ANY KIND. NO SPORTS DRINKS ARE ALLOWED IN THE STADIUM AS WELL.
- G. Questions or Concerns: Contact Coach Tere Bandy at Terrance.Bandy@k12.hi.us (hosting facility: Coach James Lee JTL96786@gmail.com)

Assignments:

Hurdles – Flights

1 & 2 Waipahu

3 & 4 Leilehua

5 & 6 Campbell

7 & 8 Mililani

9 & 10 Hanalani

Discus – Kapolei/Waipahu

Shot Put – Campbell/Farrington

Long Jump – Mililani/ Kalaheo

Triple Jump – Waianae/Roosevelt

High Jump – Pearl City/Kalani

Pole Vault – Leilehu/Kaiser