



Oahu Interscholastic Association

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Track and Field
Championships Moanalua
High School
Football Stadium

Trials Thursday, May 1, 2025

Girls Host: Kahuku **Boys Host:** Anuenue

Finals Saturday, May 3, 2025

Girls Host: Kaimuki **Boys Host:** Waianae

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A. Specific Objective

- 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. Track and Field Rules

- a. This meet is governed by:
 1. The current National Alliance Edition of Track and Field Rules published by the National Federation of State High School Athletic Associations.
 2. The O.I.A. game rules.
 3. The HHSAA rules of participation.
- b. Rules of entry of the meet:
 - a. Each school may enter no more than **three** competitors in each individual event.
 - b. Each school may enter **only one team** in each relay event. The coach is responsible for turning in up to eight names on the official relay card to the Clerk-of-Course upon checking in for all relay events. The names of the four participants will be indicated, and the remaining names will be alternates for that event. Full names from the eligibility lists & your rosters file will be the **only** accepted entries.
 - c. Each competitor may be entered in **no more** than six events.
 - d. Participants may participate in any **six** track and field events. Entry constitutes 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 will be allowed.
- f. 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.
- g. 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.
- h. Scoring in all events shall be 10-8-6-4-2-1 respectively.
- i. Participants must be attired in their school uniform (as defined in the book of rules) in both the trials and finals, or face disqualification. Athletes competing in the throwing events are allowed to use an alternate and matching school issued uniform.
- j. **1/4" or less pyramid spikes** are the only spikes allowed for use on all-weather tracks. Any other spikes are considered illegal and are subject to disqualification.
- k. Qualified entries over 32 entries maximum may be listed as event alternates and placed in the event(s) at the time of trials to replace scratched entries. (Note: When ties result in 32nd place, the more recent results will have preference. See O.I.A. seeding procedures. Athletes must meet the minimum qualifying standards or top six in the Varsity Divisional place winners qualify for the OIA Varsity Championship regardless of minimum standards.
- l. Entries shall be subject to the following standards below:

	Girls	Girls	Boys	Boys
Orderof	HAND	LYNX	HAND	LYNX
RUNNINGEVENTS		F.A.T.		F.A.T.
100 / 110 Meter High Hurdles	19.31	20.00	18.26	18.5
100 Meter Dash	13.36	13.64	11.26	11.57
1500 Meter Run	5:50.00	5:52.00	4:48.00	4:45.00
400 Meter Relay (4X100)	58.00	58.24	47.00	47.24
400 Meter Dash	1:07.00	1:07.24	55.00	55.24
300 Meter Low Inter Hurdles	55.30	55.54	46.50	46.74
800 Meter Run	2:50.00	2:50.24	2:15.00	2:14.00
200 Meter Dash	28.50	28.9	23.70	24.01
3000 Meter Run	13:30.0	13:30.24	10:39.76	10:40.00
1600 Meter Relay (4X400)	4:48.24	4:48.24	3:55.00	3:55.24
FIELDVENTS				
Pole Vault	6'6"		8'6	
High Jump	4'2"		5'4	
Long Jump	14'0"		18'9	
Triple Jump	28'0"		36'6	
Discus	75'0"		115'	
Shot Put	27'0'"		40'	

D. Officials

- a. Each member school shall be held responsible to assist in officiating in all 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 29, 2025, 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 and athletic.net.
- 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. Athletes are subject to qualifying standards.
- b. Entries may be rejected if performances cannot be verified. Each school shall be limited to three entries in each individual event. When this maximum is reached, alternates shall not be accepted from said school even though their athlete has met the qualifying standard. Each school shall be allowed to enter no more than one team in each relay event provided the school has met the qualifying standards. Qualifying relay teams must establish their qualifying time with a team of four runners who are eligible for competition.
- c. Varsity Divisional *1st-6th* place finishers will qualify for the OIA Varsity Championship, regardless of minimum standards.
- d. When two or more competitors have submitted the same time or mark for consideration the athlete with the most recent qualifying date (the date closest to the championship meet) will be admitted. If two or more athletes have the same date, both (or more) will be accepted. However, the lowest unbreakable tie will not be accepted if it causes the number of participants to exceed 32, thus causing more than four heats for the running events.

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. Checking In

- a. The clerk will be located at a designated area specified by the host school.
- b. All competitors and alternates must report to their event at or before the time of the "Last Call." Competitors who fail to report prior to the closing of the event – by the Clerk of the Course for running events.
- c. RELAY EVENTS: All members of any relay team are to check in in person at the same time whereby the Clerk of Course will check the relay cards. In relay events, no more than 8 individuals may be listed on the relay entry card/sheet, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry card/sheet. It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.
- d. Any athlete who scratches after he/she has checked in and the event is pronounced closed will be ineligible for the rest of the meet. (NOTE: This penalty only applies if an athlete has checked in. There is no penalty if an athlete chooses not to compete and does not check in for his/her event.)
- e. 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.

I. Warm-Up and Checking In for Field Events

1. Competitors may check in and warm up once event venue is open by head official. All competitors and alternates must report to their event at or before the time of the "Last Call." Competitors who fail to report prior to the closing of the event – by the Head Event Judge in the case of field events – shall not be allowed to compete.
2. A competitor who is seen approaching the event and making a good faith attempt to join the final check-in group shall be allowed to compete.
3. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed and compile the final list of competitors with alternates filling empty slots as necessary. Event is closed once final instructions are given to athletes.
4. When athletes are gathered for instructions at the close of the check-in

process, the Head Event Judge will prior to compiling the final list of competitors go through the roll call again to reconfirm those who have checked out and see if any missing competitors are actually present to assure no athlete has been missed due to official error. Should such an error be discovered, the athlete will be added to the list of active competitors, provided he/she was previously entered in that event.

5. **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 10 minutes check-out time for field events, except for the high jump and pole vault, where National Federation Rules apply.

J. MULTI-EVENT ATHLETES – CHECKING IN/OUT OF FIELD EVENTS:

- a. When checking out from a Field Event and checking in to a running event, a competitor may leave the running holding area after checking in to return to the field event unless there is a compelling reason for the Clerk of the Course to retain that competitor in the holding area.
- b. Whenever an athlete leaves a field event or running event holding area, it is the sole responsibility of that athlete and coach to check on lane and flight assignments, start times and time remaining to complete field event attempts. If circumstances warrant, the Head Field Event Judge may grant a reasonable extension to the check-out time limit (five to ten minutes) but it should be clearly understood that following the time limit, whenever the competitor's name is called for a trial/attempt and the competitor is not present and available, the trial/attempt will be immediately recorded as a PASS.
- c. Multi-Event athletes may be excused from one event to compete in another by checking out with the head event judge. The time of checkout and the event to which the athlete is checking out for shall be noted.
- d. For all horizontal jumps and throws, the check-out time limit is recorded by the head event judge and is limited to 10 minutes except as extended above. When an athlete returns, he/she must check back in with the head event judge and:
 1. Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
 2. May inform the head event judge to re-start the clock and check-out again without taking a passing trial as long as the event for which the athlete is checking out is still in progress.

3. There is no check-out limit for the High Jump and Pole Vault. If an athlete has checked out, each missed call-to-jump will be immediately recorded as a "Pass".) (NOTE: If an athlete has checked out, each absence from an attempt will be recorded as a pass ("-“ or "P").). The excused athlete must check back in with the head event judge to return to the jumping order. and should do so no more than 5 minutes after the completion of the event for which he/she was excused. If the athlete does not return by the 5-minute mark, the jumper is re-inserted into his/her spot in the jumpers' order at that time and is called to jump when his/her turn comes up.
- e. EVENT TERMINATION:
1. When all competitors present at a throw or horizontal event have completed their attempts – not including the last attempt by the leading qualifier - all missing competitors shall be called in order as soon as their approved check-out period tolls. If they are not present, they have not checked back into the event, and the call is immediately recorded as a PASS. This process is repeated for additional calls for the same athlete. When all attempts by others have been completed, the leading qualifier may take his/her last attempt, and the event ends with places awarded.
 2. For the High Jump and Pole Vault, any missing competitor who is still checked out for a running or other field event with the field event official is called five minutes after the conclusion of the running event final or heat or field event in which the competitor is participating. Failure of the athlete to return to the jumping order at that time concludes the event for that athlete

K. Seeding Running Events

- a. Selection of lanes for finals shall be made electronically based upon commonly accepted advancement formulas (on the day of the trials).
- b. Individual advancement: place & time; relay advancement: place and time.
- c. Non-lane events: a) 1500: Aim for 2 heats of 12. 12 competitors will advance to Finals.
- d. 3000: One heat to be conducted during Finals. Entry limit of 32.
- e. NOTE: Effective 2019, the 800 is no longer considered a "Non-laned" event and thus, when possible, the 800 will be run in lanes for both Trials and Finals. The Games Committee will determine when the 800 will not be run in lanes.
- f. Advancement Formulas - Laned Events:
 1. Any running event conducted in lanes during the Trials, with four (4) or more heats shall qualify the top runner in each heat, with the remaining slots and the two alternates to be determined by taking the next best qualifying times.
 2. Any running event conducted in lanes during the Trials, with three

(3) heats shall qualify the first two finishers per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.

3. Any running event conducted in lanes during the Trials, with two (2) heats shall qualify the first three finishers per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.

4. All relay will qualify by best times only.

g. Seeding and Drawing procedure for Running Events:

1. Following seeding of the top eight entries, the remaining entries shall be seeded in rank order. Except if entrants have identical times, they may be interchanged to avoid runners from the same school being in the same heats. Preference shall be given to separation of athletes from the same school.

2. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.

3. If heats are combined prior to the race, all heats for the event shall be repositioned.

4. When possible, all running events will be timed to the 100th of a second. Apparent ties will be read to the 1000th of a second to determine accurate placing.

5. In relay trials, if teams in different heats have the same time after reading to the 1000th of a second, the order of finish as judged in the heats shall determine qualifying positions.

6. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.

7. Whenever possible, lane vacancies in finals will be filled. h) Alley seeding patterns for the 3000m run: There shall be two alleys with waterfall start lines – the first staggered from Lane 1 to 4 and the second staggered from Lane 5 through 8. Starting with the first seed, allow runners to pick their spot at any place on either line in either alley and go down the seed list. Close off Lane 5-8 alley when it reaches the 1/3 threshold.

L. Seeding Field Events

a. All efforts in the long and triple jumps should be measured.

b. In discus and shot put, mark all legal throws and do not use a "minimum mark line." Note Girls shot put - 4 kilos. School site should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.

c. Allow the use of any certified implements for throwing events. Certification will be available to any athlete up until one hour prior to the start of the event. Certified throwing implements are not obligated to be shared.

d. Field events shall begin at least one (1) hour prior to the start of running events in both trials and finals. The head event official is responsible for opening his/her field event venue 1 hour prior to event start time to allow for adequate athlete marks and warm-up time. Athletes may check-in prior

- to warm-up time.
- e. Pole Vault- Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment.
 - f. The Games Committee shall have the authority to establish the starting heights and successive heights of the crossbar for high jump and pole vault.
 - g. Ten minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a similar ten minute warm-up period between flights. There shall be 10- minute warm up prior to SP, DT, LJ and TJ field event finals. Warm-up approaches, in horizontal or vertical jumps shall only be run in the direction the event will be conducted. Note: During competition and while a competitor is on the clock it is permissible for an athlete, after an aborted attempt, to run, jog or walk in the opposite direction the event is being conducted. (Rule 6-2-7) k) For the long jump and pole vault, jump officials will maintain a measuring tape alongside the runway starting at the respective board during the duration of the event to assist with mark placement and adjustment. For the triple jump, jump officials will maintain a measuring tape alongside the runway starting at the pit during the duration of the event to assist with mark placement and adjustment.
 - h. Conduct field events as single day finals events. m) Games committee will order athletes from best to worst for trial attempts. Where there is more than one flight, the flight with the best marks goes first in any succession. For vertical jumps, the jumping order is worst to best.
 - i. In the horizontals and throws, each athlete will be given three trial attempts. After all trial attempts have been completed, the top eight competitors will receive three more finals attempts on the same day. NOTE: Field events do not have alternates. All competitors that tie for 8th place will be finalists. Does not apply to vertical jumps.
 - j. Finals competitors will be reordered from worst to best. Does not apply to vertical jumps.
 - k. All legal trials marks carry over to finals. Does not apply to vertical jumps.
 - l. Pole Vault and High Jump should start at the same time so that most competitors can have a chance to complete the event prior to the start of running events.
 - m. By gender. Events start with similar time schedules each day. Genders will rotate from year-to-year.

N. Scoring

- a. For all field events, except the vertical jumps (High Jump and Pole Vault), each competitor will be given 3 attempts. Upon completion of all flights, the top eight (8) qualifiers will be given an additional 3 attempts. 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.

O. Schedule and Order of Events

1. 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.**
2. **Trials**: May 1, 2025, Event Start Times May Vary.
3. **Finals**: May 3, 2025, The Event Will Start as Listed Below.

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.

P. Competitor's Uniform and Equipment

- a. All participants are required to wear school-issued or school-approved (confirmed by the head coach) uniforms, preferably with school identifying insignia and worn as intended by the manufacturer.
- b. Athletes competing in the throwing events are allowed to use alternate school issued or school-approved uniform of matching color or design. (NOTE: Schools with athletes competing in alternate uniforms.
- c. The competitor's uniform shall meet the following requirements and restrictions.
- d. Each competitor should wear shoes on both feet. The shoes should have an upper and recognizable sole and heel. The (shoe) upper must be designed so that it can be fastened securely to the foot. The use of slippers or socks does not meet the requirements of the rule.
- e. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Bare midriff tops are not allowed. The top or one piece uniform may have school identification, school name or school logo, school nickname and the top may have the competitor's name. The uniform top shall not be knotted or have a knot-like protrusion. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
- f. Each competitor should wear a school-issued or school-approved track bottom or one-piece uniform which may have the school identification, school name, school logo or school nickname. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips. Any visible garment(s) worn underneath the uniform top

and/or bottom are now considered a foundation garment and as such are not subject to logo/trademark/reference or color restrictions.

- g. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform, any undergarment, and the bottom. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel.
- h. Appropriate warm-up attire should be worn in the track infield area. This includes the requirement that all competitors must wear covered shoes in the infield area at all times. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that draw attention to athletes.
- i. Competitors will not be permitted to wear baseball caps, bandanas, beanies or other head covering or adornments. However, a functional hair tie, scrunchie, or headband that is worn to hold the competitor's hair in place will be permitted.
- j. Only prescription sunglasses may be worn. Jewelry may be asked to be removed by an official if deemed a safety issue. Head coverings worn for religious reasons are not considered hair devices and must not be made of abrasive, hard or unyielding materials and must be secured to the body and/or uniform.
- k. SPIKES Spike length is decided by the Games Committee and dictated by the host track. All spikes for running and field events shall be pyramid shaped spikes and are not to exceed 1/4" or 3/8" for HJ in length when measured from the sole of the shoes. No "Needle" or "Christmas Tree" spikes of any length will be allowed. It will be the responsibility of the athlete to get his/her spikes inspected and to change his/her spikes should a change be necessary. No spikes will be provided. a. b. c. All spikes must be inspected prior to the start of the day's competition and shoes will be marked after this initial inspection. Spikes will be inspected again at the time of check-in to any event.

R. **ELECTRONIC DEVICES AND WEARABLES:** No electronic devices and/or wearables will be allowed in the competition area or the infield. (see "Designated Coaches Areas" for exceptions) Wearing a simple watch that tells, or measures time is permissible. Any electronic device or wearable whose function is other than that of telling and/or measuring time is illegal. GPS type watches or other wearables that give on-going splits, pre-programmed beeps, pulse measurements, and/or similar aid may not be worn.

S. **Markings:** White Chalk only – **tape is not allowed.** Teams must bring their own chalk. In the event of rain, teams are responsible for providing alternative markings. Examples are Flat washers, popsicle sticks, etc.

T. **Starting Blocks:** Blocks will be provided. Teams may bring their own or make arrangements to borrow from another team.

U. Miscellaneous Information

- a. This is a championship meet. Admission will be charged.
- b. Tickets for Championships are available on Gofan.com
- c. General admission for ages 6 and up is \$9.00
- d. This link will direct spectators to the OIA ticketing page.
 1. <https://gofan.co/app/school/HI17623>
- e. Complimentary tickets Please Provide Gate List of Names.
- f. Each school should provide an athletes and coaches list for entry by Tuesday, April 29, 2025
- g. Moanalua High School Requires **ONE COPY** of your gate list. Please send to Joel Kawachi: joel.kawachi@k12.hi.us
- h. Games and Meet Appeals Committee
- i. Host school will inform all coaches of games and meet appeals committee
- j. Which will consist of three or more members selected from the following: hostschool's Athletic Director, host site's Athletic Director, Meet Director, League Track Coordinator and/or a current Head Track coach.
- k. Appeals must be made through the meet director and only by the Head Coach.
- l. The Games Committee may serve as the Jury of Appeals.
- m. Protests and Appeals
 1. Protests are to be made by the coach to the applicable referee (Running Event Referee, Field Event Referee or Meet Referee) as soon as possible. As specified in the NFHS Track and Field rule book (Rule 3.5.2), if the coach chooses to appeal because he/she still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the Jury of Appeals within 30 minutes of the referee's denial of protest.
 2. Appeal forms can be found at the officials' tent near the finish line and must be turned into the applicable referee. As provided by Rule 3-4-4 in the NFHS handbook, the Meet Referee has the sole authority for ruling on irregularities not covered within the rules.
- n. Penalty:
 1. When a violation is observed and noted by a meet official, the penalty for the wearing of an illegal uniform is that the competitor shall be required to make the uniform legal before becoming eligible for further competition. Competition shall not be delayed while a competitor attempts to make the uniform legal.
 2. The competitor and Head Coach will be issued a warning that a subsequent violation shall result in disqualification from the event.
 3. Removing any part of the team uniform while in the area of competition, as defined by the games committee, is illegal.
 4. This shall lead to a warning and if repeated, to disqualification from the

event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

- o. Failure to comply with appropriate spike length and style:
 - 1. FIRST OBSERVED VIOLATION: Warning will be issued to competitor and recorded. Coach will also be advised of first warning.
 - 2. Competitor is required to change his/her spikes to approved length and type before becoming eligible for further competition.
- p. Subsequent Violations:
 - 1. If a competitor is found to be wearing illegal spikes during competition, he/she will be disqualified from the event
 - 2. If same competitor is found to be in violation a second time, either at the time of check-in or during competition, he/she will be disqualified from the meet.

V. Records

- a. The host school(s) is responsible to update all records from the finals.
 - 1. This information must be given to the records committee after the meet.
- b. Timers and Judges
- c. Do not send down your athletes to work as an official. Athletes may
 - 1. assist in measuring for the discus, shot put, raking the sand pit, or putting
 - 2. up the crossbars. None of the recording or judging will be the
 - 3. responsibility of a student. Any other additional bodies will be appreciated.

W. Awards

- a. Medals will be given to the first six (6) finishers in all events.
- b. Team plaque awards will be given to the boys and girls team champions.

X. Department of Education policies

- a. All Department of Education policies must be adhered to while participating as an athlete or as a spectator.
- b. Coaches are to inform their athletes and parents that Department of Education maintains a drug free environment for all athletic events.

Y. Schedule and Order of Events for OIA VARSITY CHAMPIONSHIPS

- a. Implement Certification will be available to any athlete up to one 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 hour prior to the start of the event.

c. Girls go first in all running events for both trials and finals. FIELD EVENTS:
Conducted as Single Day Finals Only events.

d. There will be a minimum of 10-minute warm up for both the Girls 100HH and the Boys 110HH before the first call of the Girls 100HH.

e. 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.

f. Trials: Thursday, May 1, 2025 - Event Start Times May Vary.

g. Finals: Saturday, May 3, 2025 - The Event Will Start as Listed Below

Z. Order of Field Events for EvenYears. 2026, 2028, 2030

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
2:45	2:45	Coaches' Meeting
3:30	N/A	Pole Vault (BoysFinalsonlyonThursday)
N/A	3:30	PoleVault(GirlsFinalsonlyonSaturday)
3:30	N/A	High Jump (GirlsFinalsonlyonThursday)
N/A	3:30	HighJump(BoysFinalsonlyonSaturday)
3:30	N/A	Long Jump (BoysFinalsonlyonThursday)
N/A	3:30	LongJump(GirlsFinalsonlyonSaturday)
TBD	N/A	Triple Jump (GirlsFinalsonlyonThursday)
N/A	TBD	TripleJump(BoysFinalsonlyonSaturday)
2:30	N/A	Discus (GirlsFinalsonlyonThursday)
N/A	2:30	Discus(BoysFinalsonlyonSaturday)
3:30	N/A	Shot Put (BoysFinalsonlyonThursday)
N/A	3:30	ShotPut(GirlsFinalsonlyonSaturday)

Order of Field Events for OddYears. 2025, 2027, 2029

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
2:45	2:45	Coaches' Meeting
3:30	N/A	Pole Vault (GirlsFinalsonlyonThursday)
N/A	3:30	PoleVault(BoysFinalsonlyonSaturday)
3:30	N/A	High Jump (BoysFinalsonlyonThursday)
N/A	3:30	HighJump(GirlsFinalsonlyonSaturday)
3:30	N/A	Long Jump (GirlsFinalsonlyonThursday)
N/A	3:30	LongJump(BoysFinalsonlyonSaturday)
TBD	N/A	Triple Jump (BoysFinalsonlyonThursday)
N/A	TBD	TripleJump(GirlsFinalsonlyonSaturday)
2:30	N/A	Discus (BoysFinalsonlyonThursday)
N/A	2:30	Discus(GirlsFinalsonlyonSaturday)
3:30	N/A	Shot Put (GirlsFinalsonlyonThursday)
N/A	3:30	ShotPut(BoysFinalsonlyonSaturday)

Order of Running

Events. TRIALS FINALS

4:00	4:45	4 x 800 Meter Relay Girls
4:20	5:00	4 x 800 Meter Relay Boys
5:00	5:30	100 Meter High Hurdles
5:10	5:35	110 Meter High Hurdles
5:20	5:40	100 Meter Dash Girls
5:30	5:45	100 Meter Dash Boys
5:40	5:50	1500 Meter Run Girls
5:55	6:00	1500 Meter Run Boys
6:15	6:15	4 X100 Meter Relay Girls
6:25	6:20	4 X100 Meter Relay Boys
6:35	6:25	400 Meter Dash Girls
6:45	6:30	400 Meter Dash Boys
7:00	6:35	300 Meter Low Hurdles
7:10	6:40	300 Intermediate Hurdles
7:20	6:45	800 Meter Run Girls
7:30	6:50	800 Meter Run Boys
7:45	6:55	200 Meter Dash Girls
7:50	7:00	200 Meter Dash Boys
	N/A	Minimum 20 Minute Break at conclusion of the
Boys 200		
N/A	7:05	3000 Meter Run Girls
N/A	7:20	3000 Meter Run Boys
8:15	7:40	4 X400 Meter Relay Girls
8:25	7:45	4 X400 Meter Relay Boys
	8:10	Team Scores and Awards

Games and Meet Appeals Committee

- a. Host schools will inform all coaches of games and meet appeals committee.
- b. 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.

Meet Assignments

Trials: GirlsHost: Kahuku **BoysHost:** Anuenue

Finals: GirlsHost: Kaimuki **BoysHost:** Waianae

Site preparation:	Moanalua
Protest Committee	Host Schools and Glen Wakumoto
Announcer	Host Schools Trials & Host Schools
FinalsStarters	Terry Bandy, James Lee
Backup Starters:	Mark Inay
Meet Referee	Glen Wakumoto and/or my designee per OIA
Meet Officials	Glen Wakumoto and/or my designee per OIA
Clerk of Course	Ami Yamane - Kalani
Seeding Clerk	Kaonohi Borden - Anuenue
Entries & Results	Earl Kishimoto - Moanalua
Head Timer	Mitchell Otani - Kalani
Finish Lynx Crew	Anuenue & Moanalua
Starting Block Crew	Host Schools Trials & Host Schools Finals
Hospitality	Host Schools Trials & Host Schools Finals

HurdleCrew:

Flight 1	Moanalua
Flight 2	Pearl City
Flight 3	Kailua
Flight 4	Kahuku
Flight 5	Kalaheo
Flight 6	Nanakuli
Flight 7&8	Kalani
Flight 9 & 10	Campbell

<u>Event</u>	<u>School</u>		<u>Equipment</u>
	<u>BOYS</u>	<u>GIRLS</u>	
Long Jump	Kalani	Radford	Clipboard, 50 ft. tape
Triple Jump	McKinley	Campbell	Clipboard, 50 ft. tape
High Jump	Leilehua	Kaimuki	Clipboard, 10 ft. tape
Pole Vault	Mililani	Kaiser	Clipboard, 25 ft. tape
Discus	Kapolei	Kapolei	Clipboard, 200 ft. tape
Shot Put	Farrington	Waianae	Clipboard, 100 ft. tape
Records Clerk:	Host Schools		

Zones:

- | | | |
|----------|---------|------------|
| Turn #1: | Castle | (2 people) |
| Turn #2: | Waipahu | (2 people) |
| Turn #3: | Aiea | (2 people) |

Finish line and runners:	Host Schools Trials & Host Schools Finals
Awards presentation:	Host Schools Trials & Host Schools Finals
Results to coaches, press and websites:	Earl Kishimoto Moanalua & Edwin Alfaro Mililani

A. School Site Information

a. **PARKING INFO**

1. Track Access Parking is RESERVED, for Athletic Trainers, Meet Officials, and Host School Ad's and Host School Head Coaches, your name must be on the track parking list if available.
2. Parking in the student and faculty parking lots will be tight due to other activities on campus. Please plan accordingly. Parking by the GYM is reserved for authorized concession workers, Moanalua support staff with the gate access code. Please do not park along any red curbs, trash bins and handicap stalls unless you have a handicap placard. Limited parking in the neighborhood near the school.
3. Parking near the lower gate is very limited and restricted to athletic trainers, meet officials, host school's athletic directors and host school's head coaches. No other coaches are allowed to park.
4. Do Not Block emergency access road, park on the grassy side of the road and block in anyone.
5. You may not be able to leave before the end of the meet if you are parking on the scoreboard side of the track.

b. **BUS DROP-OFF & PICK UP**

1. Tell your bus driver to drop your team off at the student parking by the fire stations side and just walk through the path between the music room and

performing arts center, go past the front of the gym on the right side and head straight cross the parking lot down the stairs. Please ask gate personnel for elevator access.

c. **STADIUM ENTRY GATE**

1. Please Provide One Copy of your coaching staff, team managers and team's roster.
2. Main Gate is located at the top of the stairs next to R Building.
3. Maine Gate is for teams, coaches and spectators.
4. Security will be manning the lower gate. **DO NOT GIVE THEM A HARD TIME.**
5. Lower Gate is located below the tennis courts. (Limited to Team and Coaches being dropped off).
6. Lower Gate is **NOT** for spectators to enter.
7. Lower Gate is for athletic trainers, meet officials only. This gate may be locked once the meet starts.

d. **TEAM & SPECTATOR TENTS**

1. All Tents are only allowed in the stadium bleachers and on the grassy area along the emergency access road. **DO NOT USE SPIKES OR ANYTHING THAT PENETRATES THE GROUND!!!** Teams with tents must bring weights to hold down tents to prevent tents from becoming a hazard. **PLEASE REMIND YOUR ATHLETES TO KEEP THE EMERGENCY ACCESS ROAD CLEAR AT ALL TIMES!!!**
2. The Spectator Section will be marked off in the **first two sections** on the mauka side of the beaches near the tennis courts.
3. No tents of any kind will be allowed in this area. Spectators with tents may set up on the team side.
4. No Tents are allowed on all grassy areas around the turns of the track. No one is allowed to set up front of the weight-room.

e. **ATHLETIC TRAINER'S**

1. Athletic Trainer's will be set up on the mauka side of the field near the middle of the pole vault runway.

f. **RESTROOM & CONCESSION**

1. Restrooms are located at the top of the bleachers on the right side of the concession stand.
2. The concession will be open around 3:00 PM till near the end of the meet.

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 2:00 pm.

h. **REMINDERS**

- a. Please monitor your team areas for trash and use the trash bins.
- b. At the end of the meet please tie up your team's trash and bring it to our dumpster in the teacher's parking lot or place it at the bottom of our bleachers on the track side of the fence.