

**CAL TRACK/RUBY TUESDAY HAWAII
INVITATIONAL**

Saturday, March 21, 2026

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 9th thru 12th grade girls and boys.**
- B. SINCE THIS YEAR'S MEET IS EARLIER, WE WILL ACCEPT TIMES & DISTANCES FROM THE 2025 STATE MEET**
- C. Exceptions may be made with the approval of the Meet Director.**
- D. Entry Limit of (3) events per athlete.**
- E. Each school may enter (3) athletes per individual event and (1) relay team.**
- F. (4) alternates will be listed in all running events.**
- G. Proof of mark is required for all entries.**
- H. Entry Deadline: 7:30 PM Thursday, March 19, 2026**
- I. Entries via Athletic.net Entries open on February 1, 2026.**
- J. NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE!**
- K. 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 12 or less in 4X400 Mixed Relay (Boys are 1, 3 & Girl 2, 4)**
- F. 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.**