

Oahu Interscholastic Association
JV Track and Field Championships
Kaiser High School
Saturday April 25, 2026
Girls Host: Farrington Boys Host: -

A Specific Objectives

1. To determine the OIA JV Track and Field Champions through competition.
2. To recognize the combined efforts of all the individual participants and participating schools.
3. To encourage the highest standards and principles of general behavior.
4. To promote the highest principles of sportsmanship in interscholastic athletics for all OIA Championships.

B Eligibility

1. Each contestant must be eligible under the rules of the OIA By-Laws, Article I “Eligibility” Sections 1-6 in the OIA Handbook.

C Rules Governing the Track and Field Meet

1. The current National Alliance Edition of Track and Field rules published by the National Federation of State High School Athletic Associations will prevail unless modified as indicated in the OIA Handbook.
2. Each school may enter only (1) team in each relay event; a relay card must be submitted at the time of check-in.
3. Each school may enter only three (3) participants per event.
4. Participants may enter any six (6) track and field events.
5. 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.
6. 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.
7. 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.
8. Scoring in all events shall be 10-8-6-4-2-1 respectively.

D League Format

1. Girls will run first, Boys to follow in all running events.
2. 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 just a guide. It is the responsibility of the individual teams or contestants to report on time for all events.

E Participation

1. The OIA will follow the HHSAA rules of participation. Presently athletes may participate in any six track and field events including relays.
2. Participation shall be subject to the qualifying standards or top six JV Divisional place winners qualify for the OIA JV Championship regardless of minimum standards.
3. Entry constitutes participation, except in the relays. The coach is responsible for their relay team. The names of the four participants will be circled, and their remaining names

will be alternates for that event. Full names from the eligibility lists/rosters will be the only accepted entries.

4. 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.
5. All participants in the running and most field events are required to use ¼” pyramid spikes or smaller. They are the only spikes approved for use on most weather tracks. Other spikes are considered 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.**
6. 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.

F Rules of Entry

1. Athletes must meet the minimum qualifying standards or top six JV Divisional place finishers to qualify for the OIA JV Championship regardless of minimum standards.
2. Each school may enter only one team in each relay event. Each school may enter only three participants per individual event in JV Championships.
3. Coaches are reminded to use your **JV relay times** and **not your Varsity relay times** when submitting your relay entries.

G Entry Deadline

1. **Thursday April 23, 2025, by 8:00 pm via athletic.net**
 - a. No post-entries will be accepted.
 - b. Official Entry via: Athletic.net
 - c. Roster file must include Full Legal Name, and grade. Any athlete not in the database will be disqualified.
 - d. A scratch meeting will be held at the time of the coaches meeting for reseeding purposes.

H Meet Format (timed finals)

1. The international curve will be used for all 1500 meters and 3000-meter runs.
2. In the 800-meter run all athletes will have their own lane.
3. Warm up for field events:
 - a. 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.
 - b. 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 near the throwing cage while competitors take warm-ups until the event official is present.
 - c. Allow 10 minutes check-out time for field events, except for the high jump and pole vault, where the National Federation Rules apply.
 - d. 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.
 - e. 15 minutes before events (only the event participants may warm up).
 - f. 10 minutes warm up between flights.
4. Reporting
 - a. There will be two calls, first and last. First call will be 15 minutes prior to the start of the event; last call will be 5 minutes prior to the start of event. All participants must report promptly on the last call or be scratched.
 - b. Participants in the running events will report to the clerk of course. All relay

- participants must be present at check-in.
- c. Participants in the field events will report to their respective area in person or by representative if participating in another event on last call.
 - d. After the check-in is completed, any person who does not report to the starting line will be ineligible for any further participation in the meet.
 - e. 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.

I Officials

1. Each member school shall be held responsible to help officiate in the OIA track meets, including the OIA JV Championships. See Official Assignments List for more info.

J Seeding Procedures

1. The Host school of the meet does the seeding according to best times.
2. 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 events to replace scratched entries.
3. When a tie results in 32nd place, the more recent results will have preference. All athletes tied for 32nd place will be listed.
4. Each event will be seeded; competitors will participate according to seed with the top seeded qualifiers competing in the last heat/flight.
5. Field events should go in order of rank from **worst to best**.

K Scoring and Awards

1. Scoring in all individual and relay events shall be: 10-8-6-4-2-1
 - a. 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.
 - b. No awards.

L Tournament Time Schedule

- a. Field and running events will be held on Saturday, April 19, 2025, at Pearl City High School Track and Field.
- b. 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.
- c. **Spike certification will be available to any athlete up to one-half hour prior to the start of the event.**
- d. There shall be a coaches meeting called by the host school forty-five minutes before the first event for the purpose of distributing all the complete information and materials and to eliminate the loss of time due to scratches and reseeding before the scheduled event. If no coach or adult representative from your team is present, your team will not be allowed to participate in the meet.
- e. **See HHSAA Tournament Guidelines for additional information.**

M Order of Events for JV Championship

<u>Timed Finals</u>	<u>Events</u>
2:15	Coaches Meeting
3:00	Pole Vault (Boys/Girls)
3:00	Discus (Girls/Boys)
3:00	Shot Put (Boys/Girls)
3:00	Long Jump (Boys/Girls)
3:00	High Jump (Girls/Boys)
	Triple Jump (Boys/Girls)
3:30	4x800 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)
4:05	1500 M Run (Girls/Boys)
5:30	4X100 M Relay (Girls/Boys)
5:45	400 M Dash (Girls/Boys)
6:00	300 M Low Hurdles (Girls)
6:10	300 M Int. Hurdles Boys)
6:20	800 M Run (Girls/Boys)
6:35	200 M Dash (Girls/Boys)
7:00	3000 M Run (Girls/Boys)
7:30	4X400 M Relay (Girls/Boys)

N Results and Timing

1. Results of all meets will be submitted to the Track Advisory Chairperson within three days.
2. The Finish Lynx System will be the official timer for the JV Championship Track Meet.
3. If the Finish Lynx system is not operational, use of Finish Lynx manual start will be acceptable for all OIA Championship Meets.

O Standards

1. A committee including the boys' and girls' advisory chairperson and the Executive Director shall be formed to evaluate the minimum standards prior to the JV Championships.
2. The following standards will be observed in entering the participants into the track and field events for the JV Championship Meet. These may be adjusted by the committee pending performance by athletes prior to the JV Championships.

<i>Updated 4/15/2026</i>	Girls	Girls	Boys	Boys
Order of RUNNING EVENTS	HAND	LYNX F.A.T.	HAND	LYNX F.A.T.
3200 Meter Relay (4x800)	12:19.76	12:20.00	10:39.76	10:40.00
100 / 110-Meter-High Hurdles	21.26	21.50	21.76	22.00
100 Meter Dash	14.00	14.15	11.81	12.05
1500 Meter Run	6:25.00	6:25.24	5:04.76	5:05.00
400 Meter Relay (4X100)	1:05.00	1:05.24	58.00	58.24
400 Meter Dash	1:10.76	1:11.00	57.76	58.00
300 Meter Low Intermediate Hurdles	1:01.36	1:01.60	52.26	52.50
800 Meter Run	3:02.80	3:03.00	2:24.76	2:25.00
200 Meter Dash	29.75	29.99	24.86	25.10
3000 Meter Run	15:29.76	15:30.00	11:39.76	11:40.00
1600 Meter Relay (4X400)	5:10.00	5:10.24	4:30.00	4:30.24
FIELD EVENTS				
Pole Vault	5'6"		7'0"	
High Jump	4'0"		4'10"	
Long Jump	12'3"		17'0"	
Triple Jump	25'6"		30'0"	
Discus	60'0"		83'0"	
Shot Put	23'0"		30'5"	

P Admissions Information

- a 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 + processing fee.
- d GoFan Hawaii
- e Complimentary entry. Please Provide Gate List of Names.
 - Each school should provide an athletes and coaches list for entry.
 - Pep squad members will be allowed to enter without paying if they are in their team uniform.
 - The Host School Requires **ONE COPY** of your gate list.
 - **Email Gate List to site school Athletic Director** (Kaiser HS - Nelson Chee - nelson.chee@k12.hi.us) by **8:00 PM Thursday April 23, 2026.**

Q Games and Meet Appeals Committee

1. The host schools will inform all coaches of the games and meet appeals committee
 - a. 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.

R Records

1. The host school(s) is responsible for updating all records from the finals. This information must be given to the records committee after the meet.

S. All Department of Education policies must be adhered to while participating as an athlete or as a spectator.

T. Coaches are to inform their athletes and parents that the Department of Education maintains a drug free environment for all athletic events.

Oahu Interscholastic Association JV Track and Field Championships
Officiating Assignments

Each member school shall be held responsible for two officials in the OIA JV Track and Field Championship Meet. The following schools have been assigned to these responsibilities:

Site preparation:	Site School	
Hospitality:	Host Schools	Farrington
Computer Seeding	Host Schools	LYNX Crew
Entries / Results	Earl Kishimoto	Moanalua
Finish Lynxs Crew	Kaonohi Borden	Earl Kishimoto
Clerk of Course	Host Schools	Farrington
Starters	TBA	
Backup Starters	TBA	
Meet Referee	Glen Wakumoto and/or my designee per OIA Bluebook	
Head Timer / Finish Line	Mitchell Otani	Kalani
Announcer	Farrington	
Awards	No Awards	
Field Event Set Up	Site School	Host Schools

<u>Field Event</u> <i>Order listed above in Section M: Boys/Girls alternate yearly</i>	<u>School</u>		<u>Equipment</u> <i>Site school will provide measuring tape for runway marking</i>
	<u>BOYS</u>	<u>GIRLS</u>	
Long Jump	Roosevelt	Leilehua	Clipboard, 50 ft. tape
Triple Jump	Aiea	Kalani	Clipboard, 50 ft.
High Jump	Mililani	Kalaheo	Clipboard, 10 ft.
Pole Vault	Kaiser	Moanalua	Clipboard, 25 ft.
Discus	Waianae	Kahuku	Clipboard, 200 ft.
Shot Put	Kapolei	Campbell	Clipboard, 100 ft.

Relay Zones

1	Radford
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2	Waipahu
3	Kailua

Hurdle Crews

Flight 1	Pearl City
Flight 2	Campbell
Flight 3	Kalani
Flight 4	Radford
Flight 5	Castle
Flight 6	Waipahu
Flight 7	Moanalua
Flight 8	Kaiser
Flight 9	McKinley
Flight 10	Kalaheo