

THE FORTH ANNUAL ANTHONY "TONY" JONES LEEWARD JUNIOR VARSITY INVITATIONAL TRACK & FIELD MEET

Thursday, March 20, 2026

Coaches Meeting: 12:15 PM

Field Events 1:00 PM

Running Events 2:00 PM

Host School Site	Waipahu High School
Meet Director	Tere Bandy
Awards	Mark Inay
Announcer	TBA
Board of Appeals	Glen Wakumoto Waipahu AD Andrew Moody OIA T&F coordinator TBA
Clerk of Course	TBA
Head Starter	Glen Wakumoto
LYNKX/Timing System	Waipahu HS

Event Sponsors

Leeward Track and Field Club

Honolulu County Athletics Track & Field

Runners HI



Specific Objectives:

- A. To enhance opportunities for exposure to 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 17, 2026, at 9:00 PM.**
- E. Entries made via Athletic.net
- F. **NO POST ENTRIES WILL BE ACCEPTED PAST THE DEADLINE (3/18/26 @ 11:00 PM)**
- G. Changes to existing entries: In the past, a secondary window for corrections has been granted. Coaches will be notified and informed of a two-hour window on Wednesday. Time will be determined. Once this window has been closed, no other additions will be accepted. Scratches will be accepted up to the last call of each event. Students who scratch after the start of the meet will not be allowed to participate in the remainder of the meet.

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 the 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: Girls first, Boys 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.

MOST OUTSTANDING ATHLETES (GIRLS/BOYS)

Will be selected using the total points score, and in the event of a tie, the coaches' votes (one per school).

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

Mixed 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. (<https://forms.gle/WeUy8SkZ6wKrb8Y56>)

Other Meet Information:

- A. Team tents should be set up in the uppermost section of the bleachers, left or right of the stadium press box (not under). Teams should be aware that Waipahu bleachers are not equipped with tiedown points, and tents must be secured by weights. Teams are asked to reduce tents to two 10x10 or one 10x20 stacked or secured vertically for all teams to fit. Once all teams have accepted invites and/or been accepted to participate, teams will receive an assigned seating. A secondary tent area will be located on the grassy area near the retaining wall of the northern border of the stadium.
- B. Bus drops off: When viewing our tennis courts, the right side has been equipped with bus lanes designated for bus drop off.
- C. Coaches and Athletic Trainers parking will be limited to a first come first serve basis, located within the inner gate of the sports complex. Each team will be allotted one trainer and one coach's vehicle entry into the area. Each attending team will need to submit a by name VIP request NLT March 18, 2025, by 9 pm.
<https://forms.gle/AYi76Cq6zCzMspqT6>
- D. NO CLEATED OR SPIKED OBJECTS ALLOWED ON THE TRACK OTHER THAN ISSUED TRACK SHOES ¼ INCH PYRAMID SIZE SPIKES OR SMALLER.
- E. NO ADHESIVE (TAPE) FOR ANY MARKINGS
- F. CHALK SHALL BE USED FOR JUMP AREAS AND FOR ONLY RELAY EXCHANGE ZONES. MARKERS OKAY FOR JUMP AREAS
- G. NO FOOD OR DRINKS ALLOWED ON THE STADIUM TRACK/IN-FIELD (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.
- H. Questions or Concerns: Contact Coach Tere Bandy at Terrance.Bandy@k12.hi.us

Assignments:

Hurdles		Field Events		Exchange Zone	
Flights 1 & 2	Nanakuli/ Pearl City	Shot	Kapolei/ Castle	Zone 1	In: Campbell
Flights 3 & 4	Kahuku/ Kalaheo	Disc	Waianae/ Farrington		Out: Castle
Flights 5 & 6	Kalani/ Kamaile	Long Jump	Campbell/ Kahuku	Zone 2	In: Farrington
Flights 7 & 8	Roosevelt/ Waianae	High Jump	Mililani/ Roosevelt		Out: Kapolei
Flights 9 & 10	Waipahu	Pole Vault	Waipahu/ Mililani	Zone 3	In: Leilehua
		Triple Jump	Leilehua/ Kalani		Out: Mililani

4th Annual Coach Tony Jones JV Invitational Track Meet Discrepancy Reporting and Request for Change (3/19/26) (<https://forms.gle/aeyZuVgDrtj6egsa8>)