



Oahu Interscholastic Association
Varsity Track & Field Championships
Trials Thursday, May 7, 2026

Location: Mililani High School

HOST SCHOOLS

GIRLS: ROOSEVELT

BOYS: KAIMUKĪ

Field Events: 3:30 PM

Running Events: 5:00 PM

FIELD EVENTS - FINALS ONLY ON THURSDAY

<i>GENDER</i>	<i>EVENT</i>	<i>DAY</i>	<i>TIME</i>
<i>GIRLS</i>	<i>DISCUS</i>	<i>THURSDAY</i>	<i>2:30 PM</i>
<i>BOYS</i>	<i>SHOT PUT</i>	<i>THURSDAY</i>	<i>3:30 PM</i>
<i>BOYS</i>	<i>POLE VAULT</i>	<i>THURSDAY</i>	<i>3:30 PM</i>
<i>GIRLS</i>	<i>HIGH JUMP</i>	<i>THURSDAY</i>	<i>3:30 PM</i>
<i>BOYS</i>	<i>LONG JUMP</i>	<i>THURSDAY</i>	<i>3:30 PM</i>
<i>GIRLS</i>	<i>TRIPLE JUMP</i>	<i>THURSDAY</i>	<i>3:30 PM</i>

Finals Saturday, May 9, 2026

Location: Mililani High School

HOST SCHOOLS

GIRLS: LEILEHUA

BOYS: KAILUA

Field Events: 4:00 PM

Running Events: 5:15 PM

FIELD EVENTS - FINALS ONLY ON SATURDAY

<i>GENDER</i>	<i>EVENT</i>	<i>DAY</i>	<i>TIME</i>
<i>BOYS</i>	<i>DISCUS</i>	<i>SATURDAY</i>	<i>3:00 PM</i>
<i>GIRLS</i>	<i>SHOT PUT</i>	<i>SATURDAY</i>	<i>4:00 PM</i>
<i>GIRLS</i>	<i>POLE VAULT</i>	<i>SATURDAY</i>	<i>4:00 PM</i>
<i>BOYS</i>	<i>HIGH JUMP</i>	<i>SATURDAY</i>	<i>4:00 PM</i>
<i>GIRLS</i>	<i>LONG JUMP</i>	<i>SATURDAY</i>	<i>4:00 PM</i>
<i>BOYS</i>	<i>TRIPLE JUMP</i>	<i>SATURDAY</i>	<i>4:00 PM</i>



A. SPECIFIC OBJECTIVES

- a. To determine the individual or team champions for Boys and Girls.
- b. To recognize the combined efforts of all the individual participants and participating teams in the tournament.
- c. To encourage the highest principles of sportsmanship of general behavior.
- d. To promote the highest principles 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. RULES GOVERNING THE TOURNAMENT

- a. The rules are established by the current National Alliance Edition of Track and Field Rules published by the National Federation of State High School Athletic Associations; it shall prevail except as modified herein.
- b. Each school may enter only one (1) team in each relay event.**
 - i. Entries (up to 8) MUST BE SUBMITTED VIA ATHLETIC.NET
 - ii. Schools may make roster changes only until the conclusion of the coaches' meeting on Trials Day. Changes are limited to the number of athletes originally entered. For example, if eight (8) athletes are submitted via Athletic.net, up to eight (8) athletes may be changed.

Schools may replace or substitute athletes; however, they may not add athletes beyond the original number entered.
 - iii. If a relay event does not have trials, schools are allowed to make changes **up until the end of the coaches meeting** on the FINALS DAY.
- c. Each school may enter only three (3) participants per event.**
- d. Participants may enter any six (6) track and field events.**
- e. All participants must have a mark (distance [measurement] or time) from a previous qualifying invitational or championship meet. **No post entries will be allowed.**
- f. All schools (coaches and participants) are required to remain in their respective assigned seating areas **EXCEPT WHEN WARMING UP FOR AN EVENT OR WARMING DOWN.**
 - i. Failure to adhere to this warning may result in athlete disqualification.
- g. 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 contestant or teams to report on time for all events.**
- h. Scorings in all events shall be 10-8-6-4-2-1 respectively.

D. OFFICIALS

- a. Each member school shall be held responsible to assist in officiating in all Divisional Championship and OIA Championship meets.
- b. The OIA Track & Field Commissioner and or his or her appointee shall be the meet referee at all divisional Championship meets.
- c. The host school will share the Coaches Packet with each participating school via email as well as by printing a list of responsibilities and assignments.



E. SUBMISSION OF ENTRIES

- a. **ENTRY DEADLINE: TUESDAY, MAY 5TH, 2026 BY 8:00PM VIA [ATHLETIC.NET](https://athletic.net)**
- b. No post-entries will be accepted.
- c. No seeding meeting will be held. Performance lists will be posted on the [OIA Track 101 website](https://athletic.net).
- d. The Official Entries are taken from [Athletic.net](https://athletic.net)
- e. Entries will be closed by 8:00pm on Tuesday, May 5th, 2026.

F. RULES OF ENTRY

- a. Each school may enter only one team in each relay event. Alternates are allowed according to the book of rules. Each school may enter only three (3) participants per event in Championship meets.
- b. Varsity Divisional 1st-6th place finishers will qualify for the OIA Varsity Championship.
- c. Top 24 athletes entered in each event and allowed the next 4 rankings as alternates to assure full complement of 24 competitors. When two or more competitors have submitted the same time or mark for consideration in the state meet, the athlete with the most recent qualifying date (the date closest to the 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 24, thus causing more than three heats for the running events.

G. MEET FORMAT

- a. There will be two calls, **FIRST CALL** and **LAST CALL**. First call for all events will be 15 minutes prior to the start of the event; last call will be 10 minutes prior to the start of the event. All participants **may check in at first call or must report promptly on last call or be scratched**. The clerk will be located at a designated area specified by the host school(s).
 - i. Relay teams will be submitted via [Athletic.net](https://athletic.net). All team members must be present upon check in for the relays.
 - ii. Participants in the field events will report to their respective areas in person on the last call.
 - iii. Any participant failing to report by the last call for their respective events will be scratched.
 - iv. After check-in is completed, any person who does not report to the starting line will be ineligible for any further events.
- b. Prior to each meet, the host school(s) 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.
- c. Warm-up for field events.
 - i. 15 minutes before events (only the participants may warm up).
 - ii. There will be a 10 minute warm-up time between flights.
 - iii. 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 (6/2016).
 - iv. 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 (6/2016).
 - v. Allow 10 minutes check-out time for field events, except for the High Jump and Pole Vault where National Federation Rules apply.



H. TRACK AND FIELD RULES GOVERNING THE MEET

- a. The OIA Track meet is conducted and administered with NFHS Rules, Case Book, and Official's Manual as the basis for action. The Track and Field Games Committee may issue modifications.
- b. 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.
- c. **RUNNING EVENTS**
 - i. 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.)
 - ii. There will be a minimum of 10-minute warm ups for both the Girls 100MHH and the Boys 110MHH before the first call of the Girls 100MHH (HIADA 2024).
 - iii. Selection of lanes for finals shall be made electronically based upon commonly accepted advancement formulas (on the day of the trials).
 1. Individual advancement: place time
 2. Relay advancement: place and time
 - iv. **Non-lane events:**
 1. 1500: Aim for 2 heats of 12. 12 competitors will advance to Finals
 2. 3000: One heat to be conducted during Finals. Entry limit of 24.
 3. **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 (HIADA 2018).
 - v. **Advancement Formulas - Laned Events**
 1. 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 best qualifying times.
 2. 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.
 - vi. **Seeding and Drawing procedure for Running Events:**
 1. When possible, all running events will be timed to the 1,000th of a second. Apparent ties will be read to the 10,000th of a second to determine accurate placing (OIA 2025).
 2. 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.
 3. After check-in completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
 4. Whenever possible, lane vacancies in finals will be filled.
 5. 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 the Lane 5-8 alley when it reaches the 1/3 threshold (HIADA 2019).



I. 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 - 4kg; Boys Shot Put - 12lbs
- c. Host sites should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps, and throws when available.
- d. Allow the use of any certified implements for throwing events. Certification will be available to any athlete up until one-half hour prior to the start of the throwing events. Certified throwing implements are not obligated to be shared.
- e. Field events shall begin at least one (1) hour prior to the start of the running events in both trials and finals. The head event official is responsible for opening his/her field event venue one (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.
 - i. Due to safety issues (at some sites), the Host School will have the ability to start the Discus event up to an additional hour prior to the start of the other field events.
- f. Pole Vault - Prior to warm-up, the field referee or head judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment.
- g. The Games Committee shall have the authority to establish the starting heights and successive heights of the crossbar for High Jump and Pole Vault.
- h. 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).
- i. 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.
- j. Conduct field events as single day finals events.
- k. The 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.
- l. 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 final attempts on the same day. NOTE: Field events do not have alternates. All competitors that tie for 8th place will be finalists. This does not apply to vertical jumps.
- m. Finals competitors will be ordered from worst to best. This does not apply to vertical jumps.
- n. All legal trials marks carry over to finals. This does not apply to vertical jumps.
- o. 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 the running events.
- p. By gender, events start with similar time schedules each day. Genders will rotate from year-to-year.



J. CHECKING IN:

a. ALL COMPETITORS:

- i. **Competitors may check-in and warm-up once the event venue is opened by the 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 Clerk of the Course for running events or the Head Event Judge in the case of field events, shall not be allowed to compete. 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. 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. The event is closed once final instructions are given to athletes.

b. FIELD EVENTS:

- i. 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.

c. RELAY EVENTS:

- i. All members of any relay team are to check-in--in person at the same time whereby the Clerk of the Course will check and cross-reference the names on the Finish Line sheet. In relay events, no more than 8 individuals may be listed on the relay entry via Athletic.net, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry. It is not necessary to use the same four (4) competitors in the finals who competed in the preliminary rounds of trials.

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

- i. 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 Course to retain that competitor in the holding area. 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.

**ii. NOTES:**

1. Multi-Event athletes may be excused from one event to compete in another event by checking out with the head event judge. The judge must record both the time of checkout and the events the athlete is leaving to compete in.
2. 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:
 - a. Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event.
 - b. 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.
 - c. 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.
 - d. The Games Committee may adjust the 60-minute rule if there may be a disadvantage and potential safety concern for athletes entering later.
 - i. The new rule is to provide a standardized 1.5 minutes for high jump and 2 minutes for pole vault warm-up for any athlete entering after 60-minutes have elapsed is to promote fairness, consistency, and risk minimization.

iii. 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 and they have not checked back into the event, the call is immediately recorded as a PASS. This process is repeated for additional calls for the same athlete.
2. For the High Jump and Pole Vault, a competitor who is absent due to participation in a running event or another field event--while properly checked out with a field event official--will be called five (5) minutes after the conclusion of the heat, final, or field event in which they are competing.

**e. ENTRIES FOR COMPETITORS**

- i. A competitor shall not compete in more than six events including relays.
- ii. Each contestant must meet the OIA qualifying standard for their event during a league meet for the current season. This includes league individual event champions.
- iii. Entries may be rejected if performances cannot be verified.
- iv. Each school is limited to three (3) entries per individual event. Once this maximum is reached, no additional athletes (including alternates) from that school may be entered in the event, even if they have met the qualifying standard.

However, if one of the entered athletes (entry--not competitor) becomes unable to participate in any remaining events for the duration of the meet (e.g., due to injury or family emergency), a replacement may be considered. If another athlete from the same school had previously placed within the top 24 for that event but was excluded due to the three (3)-athlete limit, the vacant entry may be offered to that athlete--provided their qualifying mark is within the top 24.

This replacement process will prioritize otherwise qualified athletes from the same school, in accordance with HIADA 2025 guidelines.

- v. Each school shall be allowed to enter no more than one team in each relay event provided the school has met the qualifying standards.
- vi. Qualifying relay teams must establish their qualifying time with a team of four (4) runners who are eligible for OIA competition. These runners need not be the ones that run the relay in the championship meet.
 1. No hand times or converted hand times will be accepted as qualifying times for the tournament.

K. COMPETITOR'S UNIFORMS

- 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. Athletes competing in the throwing events are allowed to use alternate school-issued or school-approved uniforms of matching color or design. (NOTE: Schools with athletes competing in alternate uniforms in the throwing events MAY be asked to provide proof of alternate uniforms being school-issued or school-approved).
- b. The competitor's uniform shall meet the following requirements and restrictions:
 - i. Each competitor shall wear shoes on both feet. The shoes shall 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.
 - ii. 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.
 - iii. Each competitor shall 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 bottoms 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.



- iv. 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.
 - v. A single manufacturer's logo/trademark/reference, no more than 2- $\frac{1}{4}$ " inches is permitted on the top of a 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.
 - vi. 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.
- c. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that may pose safety issues to athletes.
- i. Jewelry may be asked to be removed by an official if deemed a safety issue.
 - ii. Head coverings worn for religious reasons are not considered hair devices.
- iii. **Penalty:** 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. The competitor and Head Coach will be issued a warning that a subsequent violation shall result in disqualification from the event.
- d. Removing any part of the team uniform while in the area of competition, as defined by the games committee, is illegal.
- i. **Penalty:** 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.

L. **SPIKES**

- a. Spike length is decided by the Games Committee and **dictated by the host track**. All spikes for running and field events should be pyramid shaped spikes and are not to exceed $\frac{1}{4}$ " for all events or $\frac{3}{8}$ " in length for High Jump 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.
 - i. Spike certification will be available to any athlete up to one-half hour prior to the start of the 4x800.
 - ii. Failure to comply with appropriate spike length and style:
 - 1. **FIRST OBSERVED VIOLATION:** Warning will be issued to the competitor and recorded. The Head Coach will also be advised of the first warning. The competitor is required to change his/her spikes to approved length and type before becoming eligible for further competition.
 - 2. **SUBSEQUENT VIOLATIONS:**
 - a. If a competitor is found to be wearing illegal spikes during competition, he/she will be disqualified from the event.
 - b. If the 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.



M. ELECTRONIC DEVICES AND WEARABLES:

- a. Competitors are prohibited from wearing or using audio/visual recording or transmitting devices--including cell phones, cameras, Meta AI glasses, and or headphones--during a race or trial. While general fitness wearables that track data (e.g. GPS, heart rate) are generally allowed, receiving data from coaches via technology during a race or trial is strictly prohibited.

N. DESIGNATED COACHES' AREAS:

- a. For all Field events, the Coaches' boxes will be clearly marked. Coaches are to be within the designated areas at all times when/if coaching an athlete during warm-up and/or competition. No athletes/competitors are allowed in the Coaches' box.
- b. A maximum of two (2) coaches per school (Head Coach and Event Coach) are allowed in the Coaches' box and only when their athlete(s) are actively competing in a trial flight or finals. **Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches.**
- c. Electronic or photo devices will be allowed in the coaching areas and videos may be viewed by athletes and their coaches in or at the Coaching Areas at any time except when the athlete has been called up for their next attempt.

O. SCORING

- a. 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 3 trials. Place finishers will be determined by the 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 the best time. In cases of ties involving runners in the same heat, place finishers 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

P. AWARDS

- a. Ribbons will be given to the first six (6) finishers in all events.
- b. Team plaque awards will be given only at the OIA Varsity Championship Meet.

Q. SCHEDULE AND ORDER OF EVENTS

- a. 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.
- b. Spike certification will be available to any athlete up to one-half hour prior to the start of the 4x800.
- c. There shall be a coaches' meeting called by the host school forty-five (45) minutes before the first event for the purpose of distributing all meet information, assignments, and materials. Roll call will be taken; if no coach or adult representative is present, this could mean no participation for that school until a school authorized adult representative is present



- d. **TRIALS:** Thursday, May 7, 2026 - Event start times will vary.
- e. **FINALS:** Saturday, May 9, 2026 - Events will start as listed below:
- f. **ORDER OF FIELD EVENTS FOR EVEN YEARS: 2026, 2028, 2030**

THURSDAY SINGLE DAY FINAL EVENTS

<u>TIME</u>	<u>EVENT</u>
1:45	Coach's Meeting
2:30*	GIRLS Discus - Starts 1 hour before all other field events
3:30	BOYS Shot Put
3:30	BOYS Pole Vault
3:30	GIRLS High Jump
3:30	BOYS Long Jump
	GIRLS Triple Jump - Immediately follows Long Jump with 10 minute warm-up

- g. **ORDER OF FIELD EVENTS FOR ODD YEARS: 2027, 2029, 2031**

SATURDAY SINGLE DAY FINAL EVENTS

<u>TIME</u>	<u>EVENT</u>
2:15	Coaches' Meeting
3:00	BOYS Discus - Starts 1 hour before all other field events
4:00	GIRLS Shot Put
4:00	GIRLS Pole Vault
4:00	BOYS High Jump
4:00	GIRLS Long Jump
	BOYS Triple Jump - Immediately follows Long Jump with 10 minute warm-up

- h. **ORDER OF RUNNING EVENTS**

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENT</u>
3:30	4:00	4x800 Meter Relay Girls
4:00	4:15	4x800 Meter Relay BOYS
5:00	5:15	100 Meter High Hurdles Girls
5:10	5:35	110 Meter High Hurdles BOYS
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	4x100 Meter Relay Girls
6:25	6:20	4x100 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 Girls
7:10	6:40	300 Intermediate Hurdles BOYS
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	7:05	3000 Meter Run Girls
N/A	7:20	3000 Meter Run BOYS
8:10	7:40	4x400 Meter Relay Girls
8:20	7:45	4x400 Meter Relay BOYS
N/A	8:00	Team Scores and Awards



R. **The Finish Lynx System** will be the official timer for the OIA track meets. If the Finish Lynx System is not operational, use of Lynx manual start will be acceptable for the OIA meets.

S. **STANDARDS**

a. GIRLS VARSITY	<u>HAND</u>	<u>LYNX</u>
4x800M Relay (3200M)	12:19.76	12:20.00
100M Hurdles	23.5	23.74
100M Dash	16.0	16.24
1500M Run	6:58.4	6:58.64
4x100M Relay (400M)	63.0	63.24
400M Dash	78.6	78.84
300M Low Hurdles	63.0	63.24
800M Run	3:15.00	3:15.24
200M Dash	34.5	34.74
3000M Run	15:47.70	15:47.94
4x400M Relay (1600M)	5:50.00	5:50.24
b. GIRLS FIELD EVENTS		
Pole Vault	6'0"	
High Jump	4'0"	
Long Jump	13'0"	
Triple Jump	26'0"	
Discus	55'0"	
Shot Put	21'0"	
c. BOYS VARSITY		
	<u>HAND</u>	<u>LYNX</u>
4x800M Relay (3200M)	10:39.76	10:40.00
110M High Hurdles	22.6	22.84
100M Dash	12.8	13.04
1500M Run	5:34.70	5:34.94
4x100M Relay (400M)	52.0	52.24
400M Dash	64.6	64.84
300M Intermediate Hurdles	49.8	50.04
800M Run	2:30.00	2:30.24
200M Dash	26.8	27.04
3000M Run	11:50.80	11:51.04
4x400M Relay (1600M)	4:20.00	4:20.24
d. BOYS FIELD EVENTS		
Pole Vault	8'0"	
High Jump	5'0"	
Long Jump	16'0"	
Triple Jump	32'0"	
Discus	90'0"	
Shot Put	30'0"	



T. MISCELLANEOUS INFORMATION

- a. This is a championship meet. Admission will be charged
- b. Tickets for championship meets are available on gofan.com
- c. General admission for ages 6 and up is \$11.00
- d. This link will direct spectators to the OIA ticketing page

Thursday, May 7, 2026 GoFan Link

Saturday, May 9, 2026 GoFan Link

- i. Complimentary tickets - Please Provide a roster that includes your school's Coaching Staff, Athletic Directors, Trainers, Team Managers to the Host School's Athletic Director.
- ii. Pep Squad members will be allowed to enter without paying if they are in their team uniform.
- iii. Each school should provide a team roster of Coaching Staff, Athletic Trainers, and Team Managers for entry by Tuesday, May 5, 2026.
- iv. Mililani High School **REQUIRES ONE COPY OF YOUR GATE LIST**. Please submit to Joy Matsukawa at joy.matsukawa@k12.hi.us
- e. Games and Meet Appeals Committee
- f. Host Schools will inform all coaches of games and meet appeals committee
 - i. The Games and Meet Appeals Committee will consist of three or more members selected from the following:
 1. Host School's Athletic Director
 2. Host Site's Athletic Director
 3. Meet Director
 4. League Track Coordinator, and or
 5. Current Head Track Coach
 - ii. Records
 1. The Host School(s) is/are responsible to update all records from the finals.
 2. This information must be given to the records committee after the meet
 - iii. Timers and Judges
 1. Do not send down your athletes to work as an official. Athletes may assist in measuring for the discus, shotput, raking the sand pit, or putting up the crossbars. None of the recording or judging will be the responsibility of a student. Any other additional adults will be appreciated.

U. SCHOOL SITE INFORMATION

a. PARKING INFO

- i. Track Access Parking (Kipapa Drive) is **RESERVED for OFFICIALS**
 1. **Parking will be available on the baseball outfield for officials, admin, and athletic trainers as long as it's not raining and once the Mililani Baseball team is done warming up for their state game.**
- ii. Please **DO NO PARK IN THE FOLLOWING AREAS:**
 1. **BUS DROP OFF/PICK UP AREA FRONTING THE DRIVEWAY on KIPAPA DRIVE**
 2. **BLOCKING ANY TRASH BINS**
 3. **HANDICAP STALLS UNLESS YOU HAVE A HANDICAP PLACARD OR THE DISABILITY LICENSE PLATE**

b. BUS DROP-OFF & PICK UP

- i. Bus drop off: Kipapa Drive



c. TEAM & SPECTATOR TENTS

- i. Please have teams set up their tents on the Post Office side of the stadium. The Baseball Field side will be only for spectators
- ii. No one is allowed on the Track or Field except for officials and coaches (with athletes) setting up for the meet. School is still in session.
- iii. We are not allowing spectators to set up tents in the spectator area, just personal umbrellas will be allowed, **no beach umbrellas.**

d. STADIUM ENTRY GATE

- i. Please **Provide One Copy** of your team roster to the main gate or email it to joy.matsukawa@k12.hi.us **NO LATER THAN TUESDAY, MAY 5, 2026.**
- ii. **KIPAPA DRIVE GATE**
 1. Located on Kipapa Drive
- iii. **MEHEULA GATE ENTRANCE**
 1. Enter from Meheula Parkway
 2. Do not block any trash bins

e. RESTROOMS & CONCESSION

- i. Restrooms are located across the field in the Wahiawa corner
- ii. There will be a concession. Check for their start time; it will remain open til near the end of the meet or sold out.

f. COACHES BOX

- i. Coaches box for field events will be **MARKED OFF** and **RESERVED FOR FIELD EVENT COACHES ONLY.**
- ii. **The infield includes all areas inside of the fence and emergency access road on the apartment side of the track.**
- iii. No Coaches, Spectators, Parents, and Athletes **not warming up/down** or participating will be allowed on the infield after the coaches' meeting.

g. REMINDERS

- i. Please monitor/supervise your team and areas for trash and use the trash bins
 1. **DO NOT PUT:** Pizza boxes, large boxes, or large containers in the rubbish cans
 2. **BREAK IT DOWN** to make it smaller or use a separate trash bag.
- ii. No food, drinks, gum or shelled items on the track for field. **WATER ONLY!**
- iii. No spike larger than $\frac{1}{4}$ " is allowed on the track or $\frac{3}{8}$ " for the High Jump athletes **ONLY.**
- iv. No tape or pins will be allowed on the track for markings--only chalk and official runway markers will be allowed--this includes the jump areas as well
- v. **CLIMBING OVER THE RAILINGS IS NOT ALLOWED - USE THE STAIRS**



OIA VARSITY CHAMPIONSHIP MEET

TRIALS: THURSDAY, MAY 7, 2026 | Field & Running Events 3:30 pm

FINALS: SATURDAY, MAY 9, 2026 | Field 3:30 pm & Running 4:00pm

Mililani High School

Assignments & Tasks

Computer Personnel and Equipment - Moanalua & Ānuenue

Clerk of Course -

	Trials:	Girls - Roosevelt	Boys - Kaimukī
	Finals:	Girls - Leilehua	Boys - Kailua
Starter		USTF Official	
Backup Starters		USTF Official	
Head Timer		Mitch Otani	
Announcer		Trials:	Finals:
Meet Referee		Glenn Wakumoto	
Protest Committee:		ADs/Designee of Host School, OIA AD - Track Advisor, Head Track Official	
Awards		Host Schools	
High Jump set up		Host Site & Assigned Schools	
Pole Vault set up		Host Site & Assigned Schools	
Pit rakes		Host Site	
Tape measure		Assigned Schools	
Marking cane (stick)		Assigned Schools	
Hurdles set up		Assigned Schools as follows	

Hurdle Crew - ASSIGNED SCHOOLS ARE RESPONSIBLE FOR BOTH TRIALS & FINALS

Flight 1 & 2	‘Aiea
Flight 3 & 4	Kalani
Flight 5 & 6	McKinley
Flights 7 & 8	Nānākuli
Flights 9 & 10	Pearl City

Field Events - ASSIGNED SCHOOLS ARE RESPONSIBLE FOR BOTH TRIALS & FINALS

Shot Put	Waianae/Kapolei
Discus	Waipahu/Kapolei
High Jump	Kalāheo/Farrington
Pole Vault	Kaiser/Castle
Long Jump	Kahuku/Radford
Triple Jump	Mililani/Campbell

(3) Relay/Turn Judges - ASSIGNED SCHOOLS ARE RESPONSIBLE FOR BOTH TRIALS & FINALS 2 PER ZONE

ZONE 1	Kamaile
ZONE 2	Waialua
ZONE 3	Kailua

***Triple jump trials and finals will start immediately after the completion of the long jump.

Schools responsible to run the field events are to bring the proper equipment to run the event. Example: Bring measuring tapes and sticks (canes). Clip boards with event sheets will be provided by the host school.