

**Oahu Interscholastic Association
JV Track and Field Championships
John Kauinana Stadium
April 17, 2010**

I. Specific Objectives

- A. To determine the OIA JV Track and Field Champions through competition.
- B. To recognize the combined efforts of all the individual participants and participating schools.
- C. To encourage the highest standards and principles of general behavior.
- D. To promote the highest principles of sportsmanship in interscholastic athletics for all OIA Championships.

II. Eligibility

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

III. Rules Governing the Track and Field Meet

- A. 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.

IV. League Format

- A. JV divisional place winners qualify for the OIA JV championship regardless of minimum standards.
- B. Girls will run first. Boys to follow.

V. Participation

- A. Participants may participate in any six track and field events. Participation by an individual shall be subject to the qualifying standards specified.
- 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 circled, and the 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, or face disqualification. Athletes competing in the throwing events are allowed to use an alternate and matching school issued uniform.
- D. 1/4” needlepoint and pyramid spikes are the only spikes allowed for use on all weather tracks. Any other spikes are illegal and are subject to disqualification.

VI. **Rules of Entry**

- A. Each school may enter only on team in each relay event. Alternates are allowed according to the book of rules. Each school may enter only three participants per event in JV Championships, subject to qualifying standards.
- B. The entry deadline for the JV Championships will be on Tuesday April 13, 2010 by 8:00 pm to Earl Kishimoto. Email entries to menehunetrack@msn.com **Schools must turn in hardcopy and team roster.** No post entries allowed. Seeding meeting will be done at Moanalua HS stadium pressbox on Wednesday April 14, 2010 at 5:30 p.m. Coach's attendance is optional.
- C. Coaches are reminded to list a time, height or distance on their entry forms including when (date) and where (meet) these marks were established. Athletes with no marks/times listed will not be entered in the meet. Coaches are to submit their diskette along with a hard copy of their export report to the host school. Entries will be rejected if performances cannot be verified. Athletes must meet qualifying standards in order to participate.

VII. **Meet Format (this year will be timed finals)**

- A. Trials will be held in all individual field events except for the pole vault and high jump with the discretion of the meet director.
- B. Trials will be held for the 800m run so each finalist has their own lanes. When trials are held, each runner will have their own lane with slower runners being stacked behind faster runners.
- C. Trials will be held for the 1500m run when there are 17 or more runners. For the divisional meets only, there will be no trials for the 3000m run, with the discretion of the meet director.
- D. A minimum of one trial in the distance events must be run when possible.
- E. The international curve will be used for all 1500m and 3000m runs.
- F. Trials will be held in the relays when necessary to qualify not more than eight teams for the finals. All relay teams will qualify by best time.
- G. When there are two heats, the top three runners of each heat plus the next two best times will qualify into the finals. When there are four heats, the top runner in each heat plus the next four best times qualify into the finals. Ninth and tenth place alternates will be selected according to the fast time in the event.
- H. Warm up for field events:
 - 1. 15 minutes before events (only the event participants may warm up).
 - 2. 10 minutes warm up between flights.
- I. Allow for 10 minutes check out time for field events.
- J. Scoring:
 - 1. Scoring in all individual events shall be: 10-8-6-4-2-1
 - 2. Scoring in all relays shall be: 10-8-6-4-2-1

3. Awards will be limited to top six finishers.

K. Reporting Trials

1. All participants must report promptly on last call or be scratched. There will be two calls, first and last. First call will be 15 minutes prior to start of event; last call will be 5 minutes prior to start of event.
2. Participants in the running events will report to the clerk of course. Relay teams will submit their cards at this time.
3. Participants in the field events will report to their respective area in person or by representative if participating in another event on last call.

L. Reporting Finals

1. All qualifiers must report to the clerk of course promptly upon hearing the last call or be scratched. Qualifiers will be dispersed to their respective starting areas immediately after being introduced to the teams and spectators.
2. After check-in is completed, any person who does not report to the starting line will be ineligible for any further events.
3. Record marks made in the trials will stand as a new record.
4. Alternates will be selected to fill scratches in the finals of all running events – the ninth and tenth best times. Alternates should report on last call. No alternates are allowed for field events.
5. Lane selection during trials will be by Standard Lane Preference. Lane selection in the finals will be done at check-in based on place and time.

VIII. Officials

- A. Each member school shall be held responsible to help officiate the OIA track meets, including the OIA JV Championships.
- B. No wristwatches will be allowed for official timing.
- C. Timing will be done by places at all championship meets.

IX. Seeding Procedures

- A. Host school of meet does the seeding according to best times.
- B. Open seeding meeting.
- C. Seed no more than 32 participants in both Track and Field. Qualified entries over 32 maximum may be listed as event alternates and placed in the event(s) at the time of trials to replace scratched entries.
- D. When a tie results in the 32nd place, the more recent results will have preference. All athletes tied for 32nd place will be listed.
- E. Field events should go in order of rank from best to last in the trials, and reverse the order from last to first in the finals.

X. Order of Events for JV Championship

Trials	Finals	Events
3:00	3:00	Coaches Meeting
3:45	3:45	Pole Vault (girls, boys to follow)
		Discus (girls, boys to follow)
3:45	3:45	Shot put (girls, boys to follow)
		Long Jump (girls, boys to follow)
		High Jump (girls, boys to follow)
5:15	5:15	Triple Jump
4:45	4:45	100m HH/110m HH
5:10	5:15	100m dash
5:25	5:30	1500m run
6:00	6:05	4x100m relay
6:15	6:20	400m dash
6:35	6:40	300m hurdles
7:00	7:05	800m run
7:30	7:35	200m dash
7:50	7:55	3000m run
8:30	8:35	4x400m relay
	8:50	Awards Ceremony

- A. 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. No coach or adult representative present, no participation.
- B. JV participants are eligible to compete without losing their JV status during the OIA Relay Championships.
- C. Results of all meets will be submitted to the Track Advisory Chairperson within three days.

XI. The Finish Lynx System will be the official timer for the JV Championship Track Meet.

XII. Standards

- A. 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.
- B. 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.

XIII. Awards

- C. OIA plaques will be awarded to the JV Championship teams.
- D. Ribbon awards will be given to the first six finishers in all events.

I. Miscellaneous Information

A. Admission Fees (Finals Only)

1. \$4.00 – Students with OIA Activity Card and eighth grade and under.
2. \$6.00 – General Admission and high school students without OIA Activity Card.
3. \$1.00 – Discount for active duty military personnel and senior citizens 62 years and older with proper ID.
4. OIA All Sports Pass and Spring Sports passes will be honored.

II. **Code of Conduct**

- 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.