

honolulu marathon

Honolulu Marathon
Hawaii High School Athletic Association
Cross Country State Championships
Patsy Mink Central Oahu Regional Park, Oahu
Saturday, November 1, 2014

HONOLULU MARATHON HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS SATURDAY, NOVEMBER 1, 2014 PATSY MINK CENTRAL OAHU REGIONAL PARK, OAHU

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director	Chris Chun
Office Manager	Russ Aoki
Director of Information	u Haliniak
Asst. Director of Information	s Nakama
Cross Country Coordinator	Medeiros
TOURNAMENT COMMITTEE	
Host School	gh School
Meet Director	l Kawachi
OIA Executive Director	ond Fujino
Meet Referee John	Medeiros
Clerk of CourseLe	s Pelletier
Starter	Mark Zeug
Re-Call Starter	Mark Inay
Appeals Committee	l Kawachi
Official Scorer	eve Foster
Official Timer	& Timing
Athletic TrainersOIA Athleti	c Trainers
Publicity	s Nakama
Video (finish area)	& Timing
Awards and Ceremonies	Marathon
SPECIAL THANKS	
Honolulu Marathon Association	e Director
	Sutton, Jr
	nette Chun
Kalani High School	, Principal
	c Director

HONOLULU MARATHON / HHSAA STATE CROSS COUNTRY CHAMPIONSHIPS Saturday, November 1, 2014 Central Regional Oahu Park

TOURNAMENT INFORMATION

I. Representation

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league.

- A. Representation for the tournament is limited to 200 boys and 200 girls.
- B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted if possible to the next whole number with highest percentages and number of entries being used to keep the total number of entries per division to 200.
- C. The following format was determined based on the number of schools participating within the leagues.

Visit www.sportshigh.com under the Cross Country page for the most current tournament rep.

	BOYS	GIRLS
OIA	65	68
ILH	48	44
BIIF	42	44
MIL	34	32
KIF	11	12
TOTAL	200	200

Each Athletic Director must submit Official School Entry Form (<u>see</u> enclosed entry form) to their League Cross Country Coordinator by **Monday, October 20, 2014, 9:00 a.m.**

Each League Cross Country Coordinator must submit their Official League Entry Form to John Medeiros by **12:00 noon, Monday, October 27, 2014**.

II. Tournament Format and Time Schedule

Format

Girls race first during even numbered years (i.e. 2012, 2014, 2016); the boys race first during odd numbered years (i.e. 2013, 2015, 2017). Schedule is subject to change at HHSAA Executive Director's discretion.

Race Distances

Girls: Three-mile run - one race Boys: Three-mile run - one race

Time Schedule

Friday, October 31, 2014

3:30-5:30 p.m. Course Inspection

5:45 p.m. Coaches' meeting (CORP Pool)

Saturday, November 1, 2014

Course inspection
Coaches' meeting @ finish line
Girls' warm-up time
Last call for girls' race
Girls' race begins; boys' warm-up time
Boys' warm-up time
Last call for boys' race
Boys' race begins
Presentation of Awards

III. Coaches' and Officials' Meeting

All coaches or their designees are <u>required to attend</u> the coaches' meeting at **5:45 p.m., on Friday, October 31** at CORP Pool.

The following will be finalized at the coaches meeting:

- 1. Coaches will check the forms to finalize entries.
- 2. Meet officials will answer any questions regarding the boys and girls courses.
- 3. Schools' starting positions will be determined.
- 4. Race numbers and computer chips for each runner will be issued.
- 5. Other pertinent information will be discussed as necessary.

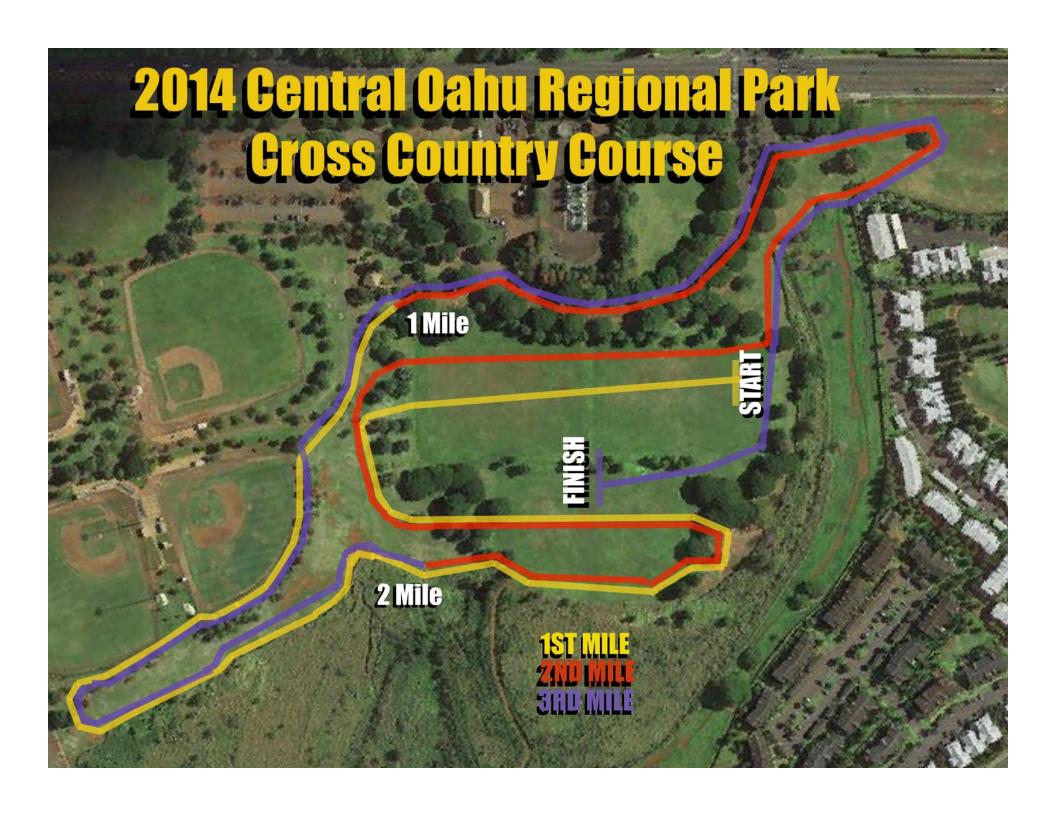
Late changes may be permitted only upon direct verification (written or verbal) from a physician or athletic trainer to the Sport Coordinator.

Deadline: Saturday, November 1, 2014, 7:30 a.m.

IV. Code-of-Conduct

- A. The coach shall have direct responsibility for the conduct of team members prior to, during, and after tournament competition (in the hotel, in public, at the tournament, transportation to and from sites, etc.).
- B. The HHSAA Executive Director may establish a common curfew hour as needed.
- C. The drinking of alcoholic beverages, smoking, drug use, loud, unruly, or destructive behavior will not be tolerated.
- D. Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior, and consideration for other guests at the hotel. Schools and students will be charged for damages incurred by them at the hotel.

E. It is recommended that schools inform parents regarding Code-of-Conduct in writing. (Revised: Oct. 16, 2014)





Hawaii High School Athletic Association

- P.O. Box 62029 Honolulu, Hawaii 96839 Phone: (808) 587-4495 Fax: (808) 587-4496
 - www.sportshigh.com info@hhsaa.org •

HONOLULU MARATHON / HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS November 1, 2014 at Central Oahu Regional Park

BOYS ENTRY

School:	
Coach:	
Coach Cell:	Coach Email:

Please **TYPE** or **PRINT**.

Substitute runners will be taken from the alternate list only.

Please be sure to check the runners' names carefully. At the coaches meeting, all coaches should check the names again.

	First Name	Last Name	GRADE	DATE OF BIRTH (Mo./Day/Yr.)	DATE OF 1 st ENTRY INTO 9 th GRADE
1.					
2.					
3.					
4.					
5.					
6.					
7.					

The above named entries are accurate and complete.

Entry Deadline: Monday, October 27, 2014, NOON.

E-mail form to BOTH the HHSAA office and the HHSAA cross country coordinator:

HHSAA office: roster@hhsaa.org

HHSAA XC Coordinator John Medeiros: jmedeiros@assets-school.net



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HONOLULU MARATHON / HHSAA CROSS COUNTRY STATE CHAMPIONSHIPS November 1, 2014 at Central Oahu Regional Park

GIRLS ENTRY

School:		
Coach:		
Coach Cell:	Coach Email:	

Please **TYPE** or **PRINT**.

Substitute runners will be taken from the alternate list only.

Please be sure to check the runners' names carefully. At the coaches meeting, all coaches should check the names again.

	First Name	Last Name	GRADE	DATE OF BIRTH (Mo./Day/Yr.)	DATE OF 1 st ENTRY INTO 9 th GRADE
1.					
2.					
3.					
4.					
5.					
6.					
7.					

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Entry Deadline: Monday, October 27, 2014, NOON.

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HHSAA office: roster@hhsaa.org

HHSAA XC Coordinator John Medeiros: jmedeiros@assets-school.net

(Revised: Oct. 9, 2014)

CROSS COUNTRY

I. SPECIFIC OBJECTIVES

- A. To determine the individual and team state Cross Country championships for boys and girls.
- B. To promote interest in Cross Country running for both students and adults.
- C. To recognize the combined efforts of all participating teams and schools in the tournament.
- D. To encourage the highest principles and standards of attitude and general behavior.
- E. To promote the highest principles of good citizenship in tournament competitions.

II. OFFICIALS

A. Officials shall be selected from the host league.

III. ELIGIBILITY

- A. There shall be a maximum of 160 each for boys and girls (rev. 08/2009). Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than on-half shall be counted if possible to the next whole number with the highest percentages and number of entries being used to keep the total number or entries per division to 160.
- B. All contestants must have completed a medical examination based on HHSAA and league requirements.
- C. A school may enter one to a maximum of seven runners. A school that enters less than five runners is not eligible for the state team title. Point total of the first five runners scoring for a school shall determine the state team championship.

IV. RULES GOVERNING TOURNAMENT

- A. National Federation Cross Country Rules shall prevail with HHSAA modification, as needed.
- B. Whenever possible, on the day of the meet, allow participants to walk the course up to the time of the final call for the first race.
- C. The Rules Committee shall consist of the HHSAA Executive Director, the Sport Coordinator, and the Tournament Director, whom shall act on any protest or unusual circumstances, whenever necessary.
- D. No one will be permitted on the course while the championships are in progress.

V. TOURNAMENT REPRESENTATION

Each league shall determine the method of selecting their entries, subject to the following limitations of cross-country runners allocated to the league:

- A. Representation for the tournament is limited to 200 boys and 200 girls (rev. 08/2014).
- B. Representation by a league is determined by dividing the league's number of teams by the total number of teams represented in the various leagues. All fractions of more than one-half shall be counted to the next whole number, with highest percentages considered to keep the total number of entries at the specified limits for boys and girls. In case of a tie for the last entry, the last entry shall be awarded to the host league.
- C. The slot for a qualified participant who cannot participate in the meet belongs only to the league in which that athlete participates. Substitutions will come from the list of league alternates, following that league's rule for

qualifiers to state tournaments. If the league cannot fill the vacancy with an alternate, the vacancy will remain unfilled.

D. In the team competition, a Division I and II team champion will be recognized. (Rev. 06/2012)

VI. TOURNAMENT FORMAT AND TIME SCHEDULE

A. Race Distances

- 1. Girls: Three-mile run one race
- 2. Boys: Three-mile run one race

B. Time Schedule

(Note: Boys and girls races shall alternate going first annually.)

aces shall afternate gol	116 11136 4111144117.7
6:15-7:15 a.m.	Course inspection
7:30 a.m.	Coaches' meeting
7:45 a.m.	Girls' warm-up
8:15 a.m.	Last call for girls' race
8:30 a.m.	Girls' race begins
8:30 a.m.	Boys' warm-up
9:00 a.m.	Last call for boys' race
9:15 a.m.	Boys' race begins
10:15 a.m.	Presentation of awards

C. Electronic Scoring/Timing System

An electronic scoring/timing system is to be used. A back-up scoring/timing system shall be used as well. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.

VII. SIZE OF TEAM

Schools may bring an unlimited number of individuals as long as their league qualifies them and that league's entries do not exceed the total number allocated by the formula for determining representation.

VIII. SEEDING

Lanes shall be chosen by random drawing in the following groups of teams, in the following order:

- A. League champions
- B. Scoring teams
- C. Non-scoring teams

IX. UNIFORMS

- A. All contestants are required to wear cross country uniforms designated by their respective schools, preferably with school identifying insignia. Shoes are required.
- B. Uniforms do not need printed numbers on the front and back of uniform. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.

X. AWARDS

- A. Permanent championship trophies for boys and girls teams.
- B. Permanent runner-up trophies for girls and boys teams.
- C. Eight gold medals for boys and girls championship team members.

- D. Individual awards: The first 20 individuals for girls and boys shall be awarded medals (1st place, gold; 2nd place, silver; 18 bronze medals for places 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20).
- E. Schools may order extra medals for team members at their own expense.

XI. TRANSPORTATION

All schools are responsible for their own air and ground transportation reservations.

XII. EVALUATION

- A. Any future recommendations concerning the state meet shall be submitted to the HHSAA Executive Director in writing within two weeks after the meet.
- B. Official results of the tournament are to be submitted by the Sport Coordinator to the HHSAA Executive Director as soon as possible after the meet.



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2014 HONOLULU MARATHON / HHSAA CROSS COUNTRY SOUVENIR T-SHIRT PRE-ORDER FORM

School requests to order the following sizes of the souvenir A4 Drifit T-shirts at \$20.00 per shirt.

Size	Quantity	Price	Total
Small		\$20.00	
Medium		\$20.00	
Large		\$20.00	
X-Large		\$20.00	
XX-Large		\$20.00	
	1	GRAND TOTAL	



Email preorders to your respective host (see below) school. Checks payable to HHSAA may be brought to the tournament site of team's first game.

TOURNAMENT HOST:

Greg Van Cantfort

Phone: (808) 377-7744 ext 320

E-mail: gregory_van_cantfort@notes.k12.hi.us

Pre-order pickup will be the morning of Saturday, November 1st, at the t-shirt tent near the finish line. All pre-orders must be paid in full at this time.

Contact person:	
Daytime phone:	
Email Address:	

	HHSAA CROSS COUNTRY CHAMPIONS - BOYS						
<u>Year</u>	<u>Team</u>	Score	<u>Coach</u>	Individual Champion (Two Mile Course)	<u>School</u>	<u>Time</u>	Course
1965	Punahou	48	Al Rowan	Duncan Macdonald	Kailua	10:10.0	Pali GC
1966	Kamehameha	47	Lee Thomas	Duncan Macdonald	Kailua	10:10.2	Pali GC
1967	Kamehameha	82	Lee Thomas	George Rapoza	Hilo	10:40.3	Pali GC
1968	Castle	44	Harold Kuha	Curt Mench	Castle	10:02.9	Pali GC
1969	Damien	56	Walker Chapman	Curt Mench	Castle	9:42.8	Pali GC
1970	Damien	71	Walker Chapman	Henry Marsh	Punahou	10:05.5	Waiehu GC
1971	Kalani	75	George Butterfield	Henry Marsh	Punahou	10:10.9	Pali GC
1972	Kalani	95	George Butterfield	Stein Rafto	MPI	10:37.1	HPA Campus
1973	Kalani	77	George Butterfield	Stein Rafto	MPI	10:03.6	Pali GC
			(1	wo and One-half Mile Co	urse)		
1974	Radford	53	Thomas Chun	Nolan Gonsalves	Honokaa	13:34.2	Waiehu GC
1975	Radford	66	Thomas Chun	Gary Myers	Radford	15:46.9	Pali GC
				(Three Mile Course)			
1976	Radford	123	Thomas Chun	Dennis Hansen	Maryknoll	17:17.1	HPA Campus
1977	Radford	28	Thomas Chun	David Lynch	Radford	16:01.7	Pali GC
1978	Punahou	67	Ralph Dykes	David Lynch	Radford	16:04.0	Pali GC
1979	Radford	44	Thomas Chun	Jeff Schmitt	Radford	16:17.2	Waiehu GC
1980	Radford	60	Thomas Chun	Pat Frederick	Radford	16:33.3	Hawaii Loa
1981	Punahou	72	Ralph Dykes	Joey Bunch	Radford	16:49.7	Hawaii Loa
1982	Radford	73	Thomas Chun	Joey Bunch	Radford	16:45.4	HPA Campus
1983	Hawaii Prep	35	Stan Shutes	Alan Anzai	St. Louis	15:45.0	Kaanapali
1984	Seabury	87	Noel Murchie	Enrique Ryan	St. Louis	16:53.9	HPA Campus
1985	Punahou	57	Ralph Dykes	Kenny May	Punahou	15:41.9	Wailua GC
1986	Punahou	38	Ralph Dykes	Kenny Miller	Punahou	15:41.1	Kaanapali
1987	Punahou	64	Ralph Dykes	Paul Bedish	Maryknoll	16:47.4	HPA Campus
1988	Punahou	41	Ralph Dykes	Richie May	Punahou	15:41.9	Kauai CC
1989	Punahou	72	Ralph Dykes	Dean Frampton	Seabury	16:09.6	Kaanapali GC
1990	Punahou	72	Ralph Dykes	Tom Jeffrey	Punahou	16:53.4	HPA Campus
1991	Punahou	83	Ralph Dykes	Damian Potts	Lahaina	16:05.4	KukuiolonoGC
1992	Hawaii Prep	58	Karl Honma	Shawn Nixon	Kalaheo	16:22.4	Kaanapali GC
1993	Hawaii Prep	55	Karl Honma	Shawn Nixon	Kalaheo	17:01.7	HPA Campus
1994	Hawaii Prep	63	Karl Honma	Matt Stevens	Hi Baptist	15:45.5	Kukuiolono GC
1995	Hawaii Prep	75	Karl Honma	Matt Stevens	Hi Baptist	15:34.71	Waiehu GC
1996	Punahou	69	Ralph Dykes	Matt Stevens	Hi Baptist	17:09.00	HPA Campus
1997	Kamehameha	83	Steve Jenness	Joshua Villanueva	Hilo	16:13.00	Waiakea
1998	Kamehameha	63	Steve Jenness	James Googe	Radford	15:47.00	Kauai CC
1999	Kamehameha	52	Steve Jenness	Robby Philipp	Mililani	16:35.00	Maui Lani GC
2000	Kamehameha	37	Steve Jenness	Justin Peterson	Kamehameha	17.35.00	HPA Campus
2001	Kamehameha	63	Steve Jenness	Todd lacovelli	Punahou	15:45.00	Kauai CC/Island
2002	Kamehameha	54	Steve Jenness	J.B. Bolson	Kamehameha	16:36.00	CORP
2003	Iolani	56	Jim Rubasch	Jeremy Kamakaala	Kamehameha	16:30.00	Dunes at Maui Lani GC
2004	Kamehameha	73	Steve Jenness	Emmett Weatherford	Hawaii Prep	17:21.65	HPA Campus
2005	Iolani	66	Jim Rubasch	Jeremy Kamakaala	Kamehameha	15:22.40	Kauai CC
<u>Year</u> 2006	<u>Team</u> Kamehameha	Score 79	<u>Coach</u> Steve Jenness	Individual Champion Bryce Jenkins	<u>School</u> Leilehua	<u>Time</u> 16:23.3	<u>Course</u> CORP
			2.2.2.2.000	,		. 5.20.0	23.4

2007	Leilehua	37	Shawn Nakata	Bryce Jenkins	Leilehua	16:07.95	Kapalua Village GC
2008	Leilehua	75	Shawn Nakata	Bryce Jenkins	Leilehua	17:13.00	HPA Campus
2009	Kamehameha	56	Steve Jenness	Margarito Martinez	Leilehua	15:50.05	Island School
2010	Kamehameha	46	Steve Jenness	Margarito Martinez	Leilehua	15:56.65	CORP
2011	Leilehua	55	Shawn Nakata	Troy Esaki	Iolani	16:29.00	Kapalua Village GC
2012	Kamehameha	83	Steve Jenness	Davis Kaahanui	Kamehameha	17:07.90	HPA Campus
2013	KS-Kapalama	59	Steve Jenness	Davis Kaahanui	KS-Kapalama	15:47.51	Island School

HHSAA CROSS COUNTRY CHAMPIONS - GIRLS								
<u>Year</u>	School	Score	Coach (O	Individual Champion	School	<u>Time</u>	Course	
1973	Punahou	37	Hugh Jenkins	Lee Ann Mullen	Punahou	9:21.2	Pali GC	
1974	Punahou	43	Hugh Jenkins	Joni Pagala	Farrington	9:03.2	Waiehu GC	
1975	Radford	31	Thomas Chun	Kathy Robertson	Radford	8:50.3	Pali GC	
1976	Radford	48	Thomas Chun	June Chun	Roosevelt	9:48.2	HPA Campus	
	(Two Mile Course)							
1977	Radford*	25	Thomas Chun	Val Cravens	Kahuku	12:31.6	Pali GC	
1978	Punahou	47	Dan Tuttle	Theresa Ellbogen	HPA	14:39	Pali GC	
1979	Punahou	29	Hugh Jenkins	Carol Lam	Maryknoll	12:27.9	Waiehu GC	
			Dan Tuttle					
1980	Radford	35	Thomas Chun	Tammy Cartwright	Radford	12:39.9	Hawaii Loa	
1981	Punahou	49	Hugh Jenkins	Tammy Cartwright	Radford	12:22.5	Hawaii Loa	
1982	Punahou	28	Hugh Jenkins	Michele Slipher	Punahou	13:17.1	HPA Campus	
1983	Punahou	32	Hugh Jenkins	Nina Liahjell	Kaiser	12:08.0	Kaanapali GC	
1984	Punahou	54	Hugh Jenkins	Nina Liahjell	Kaiser	13:19.1	HPA Campus	
1985	Punahou	33	Hugh Jenkins	Nina Liahjell	Kaiser	11:53.1	Wailua GC	
1986	Punahou	34	Hugh Jenkins	Fiona Glen	Moanalua	11:44.3	Kaanapali GC	
1987	Hawaii Prep	43	Phil Conley	Missy Mowat	Kaiser	13:42.0	HPA Campus	
1988	Punahou	43	Hugh Jenkins	Ann Matthews	Punahou	11:54.8	Kauai CC	
1989	Hawaii Prep	67	Phil Conley	Judy Stott	HPA	11:39.6	Kaanapali GC	
1990	Seabury	67	John Weinert	Erin Mendelson	Punahou	13:32.1	HPA Campus	
1991	Punahou	37	Hugh Jenkins	Maria Bergenheim	Kalaheo	12:12.6	Kukuiolono GC	
1992	Punahou	36	Hugh Jenkins	Emily Taylor	Punahou	13:44.6	Kaanapali GC	
1993	Hawaii Prep	61	Phil Conley	Magdalena Paszta	Kalaheo	13:17.2	HPA Campus	
1994	Hawaii Prep	70	Phil Conley	Casey McGuire-Turcotte	Ka'u	12:22.8	Kukuiolono GC	
1995	Punahou	62	Hugh Jenkins	Eri Macdonald	Punahou	11:51.00	Waiehu GC	
1996	Punahou	32	Hugh Jenkins	Eri Macdonald	Punahou	13:33.00	HPA Campus	
1997	Punahou	31	Hugh Jenkins	Eri Macdonald	Punahou	12:13.00	Waiakea	
1998	Iolani	53	Greg Char	Eri Macdonald	Punahou	11:44.00	Kauai CC	
1999	Punahou	27	Duncan Macdonald	Victoria Chang	Punahou	12:27.00	Maui Lani GC	
2000	Punahou	61	Duncan Macdonald	Annie Kawasaki	St. Francis	13.26.00	HPA Campus	
2001	Iolani	52	Greg Char	Christal Cuadra	Maryknoll	12:03	Kauai CC/Island	
2002	Iolani	37	Greg Char	Nicole Anderson	Iolani	12:02	CORP	
2003	Iolani	61	Greg Char	Tia Ferguson	Seabury Hall	11:46	Dunes at Maui Lani GC	
<u>Year</u> 2004	School Kamehameha	Score 73	<u>Coach</u> Dave Friedemann	Individual Champion Lauren Ho	<u>School</u> Hawaii Baptist	<u>Time</u> 12:34.95	<u>Course</u> HPA Campus	

(Three Mile Course)

Kauai CC	18:11.40	Hawaii Baptist	Lauren Ho	Duncan MacDonald	40	Punahou	2005
CORP	19:26.8	Maryknoll	Juliana Besenbruch	Duncan MacDonald	49	Punahou	2006
Kapalua Village GC	19:31.55	Mililani	Kristin Ali Keith	Duncan MacDonald	64	Punahou	2007
HPA Campus	20:42.90	King Kekaulike	Bailey Massenburg	Duncan MacDonald	48	Punahou	2008
Island School	18:53.85	Punahou	Elli Brady	Duncan MacDonald	62	Punahou	2009
CORP	19:25.50	Seabury Hall	Dakota Grossman	Duncan MacDonald	48	Punahou	2010
Kapalua Village GC	19:2750	Seabury Hall	Dakota Grossman	Mike Franklin	35	Hawaii Prep	2011
HPA Campus	20:21.85	Seabury Hall	Dakota Grossman	Duncan Macdonald	42	Punahou	2012
Island School	18:17.04	Seabury Hall	Dakota Grossman	Duncan Macdonald	62	Punahou	2013

CROSS COUNTRY – BOYS – DIVISION II						
YEAR	SCHOOL	СОАСН	SCORE	RUNNER-UP		
2012	Hawaii Baptist	Ross Mukai	130	Seabury Hall		
2013	Seabury Hall	Bill Frampton	265	Honokaa		

CROSS COUNTRY – GIRLS – DIVISION II						
YEAR	SCHOOL	COACH	SCORE	RUNNER-UP		
2012	Seabury Hall	Bobby Grossman	207	KS – Hawaii		
2013	Seabury Hall	Bobby Grossman	92	KS - Hawaii		

*Unofficial Two and One-half Mile Course

(Revised: Oct. 15, 2014)