



ISLAND MOVERS
TRACK & FIELD STATE CHAMPIONSHIPS
KAMEHAMEHA SCHOOLS – KAPALAMA

TRIALS – FRIDAY, MAY 14, 2010
FINALS – SATURDAY, MAY 15, 2010

**ISLAND MOVERS
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HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director Chris Chun
Director of Information.....Natalie Iwamoto
Track & Field Coordinator Jeff Meister

TOURNAMENT COMMITTEE

Host School.....Kamehameha Schools - Kapalama
Meet Director.....Glennie Adams
ILH Executive Director Don Botelho
Meet Referee Gordon Scruton
Referee – Field..... Alan Fernandez & Myron Isherwood (asst.)
Officials Jeff Meister & Gordon Scruton
Clerks of Course Suzette Nasser & Scott Metcalf (asst.)
Starters..... Gary Hamakawa, Joel Peralto, George Ikeda, Jaime Cabalse, Pat Viernes & Keith Furukawa
Hurdle Crew ILH
Awards.....Don Takaki, Island Movers
Site Preparation.....ILH
Timing Equipment.....ILH
Medical PersonnelOIA & ILH Athletic Trainers
Announcers Sam Moku & Tom Holden
Games Committee Jeff Meister (Chair), Mark Brilhante (OIA), Thomas Correa (BIIF),
..... James Sparke (MIL) & Jon Kobayashi (KIF)
Board of Appeals Mark Brilhante, Jon Kobayashi & Thomas Correa

ENTRIES & SEEDINGS (GIRLS)

Earl Hedani – Chairman
Alan Fernandez
Edwin Alfaro
Bob Martin
Jeff Azuma
Duncan Macdonald

ENTRIES & SEEDINGS (BOYS)

Kimo Weaver – Chairman
Mark Brilhante
Jon Kobayashi
Derrick Higa
Jeff Meister
James Sparke

SPECIAL THANKS

Island Movers, Inc.Don Takaki
Kamehameha Schools – Kapalama..... Dr. Michael Chun, President & Headmaster
..... Julian Ako, Principal
..... Kanani Souza, Head Athletic Director
..... Blane Gaison, Co-Athletic Director
..... Glennie Adams, Co-Athletic Director
..... George Santos, Stadium & Field Supervisor

**ISLAND MOVERS / HHSAA TRACK AND FIELD STATE CHAMPIONSHIPS
KAMEHAMEHA SCHOOLS - KAPALAMA**

TOURNAMENT INFORMATION

I. HHSAA TRACK & FIELD REGULATIONS

HHSAA Track & Field Regulations may be found in the HHSAA Handbook section in this packet.

II. RULES GOVERNING TRACK MEET

- A. Maximum length of spikes used is one-fourth inch (¼) in length measured from the sole of the shoe.
- B. Teams may bring in water coolers.
- C. A limited number of starting blocks will be available at the tournament site. Therefore, schools are encouraged to bring their own blocks with the same ¼ inch spike restriction.
- D. Selection of lanes for finals shall be made electronically based upon commonly accepted advancement formulas (on the day of the trials). Individual advancement: place & time; relay advancement: time only.

III. ENTRIES

- A. The Meet Entry Form with participants' **First** and **Last** names and **Event Performances** must be **received no later than 12:00 noon, Monday, May 10, 2010.**

Send entries by e-mail (preferred), mail or fax to HHSAA track & field coordinator Jeff Meister:

Jeff Meister	Phone: (808) 944-5865
Punahou School	Fax: (808) 944-5864
1601 Punahou Street	E-mail: jmeister@punahou.edu
Honolulu, HI 96822	

League representatives (coordinators) are as follows:

BIIF – Thomas Correa	974-4830
ILH – Jeff Meister	944-5865
OIA – Mark Brillhante	254-7914
MIL – James Sparke	243-2307
KIF - Jon Kobayashi	338-6804

- B. The Track & Field Seeding meeting will be held on Tuesday, May 11, 2010, 6:30 p.m., at the Punahou School athletic complex.
- C. The Official Team Roster Forms with all qualifying participants, listed in **ALPHABETICAL ORDER**, and eligibility must be received by the HHSAA Office via fax (587-4496) by **12:00 noon, Monday, May 10, 2010.**

IV. STATE TRACK & FIELD STANDARDS

See attached track & field standards.

V. CODE OF CONDUCT

- A. The coaches shall have direct responsibility for conduct of team members during competition, in hotels, and anywhere else in public during the tournament, including transportation to and from the tournament.
- B. HHSAA Executive Director may establish a common curfew hour, if needed.

- C. Drinking of alcoholic beverages, use of drugs, loud unruly, or destructive behavior will not be condoned and disciplinary action may be taken.
- D. The Code-of-Conduct must be enforced by the coaches and school administrators.
- E. It is recommended that schools inform parents of this policy in writing.

VI. ADMISSION

- A. Coaches, managers and qualifying athletes must be listed on the entry forms in order to be admitted to the Trials and Finals.
- B. Entry will be through the Team Pass Gate. Teams must enter before the conclusion of first running event.

VII. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

VIII. SITE INFORMATION – KAMEHAMEHA-KAPALAMA

- A. Tents will not be allowed in the grand stands, however tents no larger than 10'x10' in size will be allowed at the designated *ewa* and *makai* side of the field.
- B. Facilities will not be available for practice prior to 11:00 a.m. on Friday, May 14, and prior to 2:00 p.m. on Saturday, May 15. Please note that Kamehameha-Kapalama classes will be in session on Friday.

HHSAA Track and Field Standards for 2010

Boys Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	148-05	136' 01
Shot Put	48-06.25	43-05.25
Long Jump	21-01.25	19-10.50
Triple Jump	42-06.25	40-05.50
High Jump	6-00	5-08
Pole Vault	13-00	11-06

<u>Running Events</u>	<u>Electronic Time Standards (F.A.T.)</u>		<u>Hand Time Standards</u>	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
110 Hurdles	15.74	16.54	15.5h	16.3h
100 Dash	11.24	11.44	11.0h	11.2h
1500 Run	4:19.64	4:27.94	4:19.4h	4:27.7h
4 x 100 Relay	44.24	45.74	44.0h	45.5h
400 Dash	51.44	53.14	51.2h	52.9h
300 Hurdles	41.64	43.24	41.4h	43.0h
800 Run	2:04.14	2:08.34	2:03.9h	2:08.1h
200 Dash	22.84	23.54	22.6h	23.3h
3000 Run	9:39.44	10:08.24	9:39.2h	10:08.0h
4 x 400 Relay	3:34.14	3:41.84	3:33.9h	3:41.6h

Girls Standards

<u>Field Events</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
Discus	113-06	94-04
Shot Put	35-05.75	32-00.25
Long Jump	16-04.25	15-04.00
Triple Jump	34-05.75	32-06.75
High Jump	5-00	4-10
Pole Vault	9-00	7-6

<u>Running Events</u>	<u>Electronic Time Standards (F.A.T.)</u>		<u>Hand Time Standards</u>	
	<u>Auto Standard</u>	<u>Cons Standard</u>	<u>Auto Standard</u>	<u>Cons Standard</u>
100 Hurdles	16.64	17.44	16.4h	17.2h
100 Dash	12.94	13.24	12.7h	13.0h
1500 Run	5:08.54	5:24.24	5:08.3h	5:24.0h
4 x 100 Relay	51.94	54.94	51.7h	54.7h
400 Dash	61.64	63.84	61.4h	63.6h
300 Hurdles	49.14	51.24	48.9h	51.0h
800 Run	2:28.14	2:34.54	2:27.9h	2:34.3h
200 Dash	26.74	27.64	26.5h	27.4h
3000 Run	11:26.14	12:11.94	11:25.9h	12:11.7h
4 x 400 Relay	4:19.94	4:35.84	4:19.7h	4:35.6h

TRACK AND FIELD TOURNAMENT

I. Specific Objectives

- A. To determine the state boys and girls individual and team champions.
- B. To bring schools within leagues in the state together to:
 - 1. Foster friendly competition between them, and
 - 2. Enhance the quality of high school track and field in the state.
- C. To promote citizenship on the part of individuals, teams, schools and spectators.

II. Officials

- A. Volunteers and officials shall be selected and assigned by the HHSAA Executive Director, Sport Coordinator and Tournament Director.
- B. As provided for in the rule book, a Board of Appeals will be named to assist the Meet Referee. Appeals on officials' decisions to this committee must be made through the Meet Director.

III. Eligibility

See HHSAA Handbook.

IV. Games Committee

The HHSAA shall form a Games Committee as called for by the National Federation. The committee should be composed of at least one representative from each league. It should meet to settle issues prior to the start of the track and field season. The committee is responsible for the proper conduct of track and field meet. Other responsibilities are listed under National Federation Rule 3, Section 2, Articles 1-4. This includes hair style and coloring.

V. Rules Governing the Tournament

- A. The National Federation Track and Field Rules will govern, with the following HHSAA modifications:
 - 1. Have the girls go first in all running events for both trials and finals. The order of field events shall be as follows: Discus – boys first, girls to follow; Shot Put – boys first, girls to follow; Long Jump – boys first, girls to follow; Triple Jump – boys first, girls to follow.

Vertical jumps shall be conducted as a final only event. Girls high jump and boys pole vault on Friday and boys high jump and girls pole vault on Saturday.
 - 2. Limit entries for boys and girls to any six events.
 - 3. All efforts in the shot put and long jump should be measured. Note: Girls shot put - 4 kilo.
 - 4. In discus and shot put, mark all throws and do not use a “mark line.”

5. In measuring the discus, officials shall use two flags to mark the performers' best two throws in their trials. In the finals, all throws shall be measured.
6. HHSAA should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.
7. Allow the use of any certified implements for throwing events. Certification will be available to any athlete up until one hour prior to the start of the event. HHSAA implements to still be made available to those who do not have certified implements. All certified throwing implements are obligated to be shared.
8. Ties for eighth qualifying places and listed alternates shall be determined to 100th of a second.
9. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
10. In field events, during trials, competitive order and flights will be set up in "best to worst" and in the finals, the order will be set up in "worst to best."
11. Field events shall begin at least one (1) hour prior to the start of running events in both trials and finals.
12. Track finals shall be held on Saturday evening.
13. In the High Jump and Pole Vault event trials, the Track Coordinator, in consultation with the event head official and the meet referee, may authorize 1" raises in the high jump, or 3" raises in the pole vault at the point where the number of contestants are too many to carry into the finals, but where the normal 2" and 6" raises, respectively, threatens to eliminate too many competitors.
14. Verification of the pole vault shall be done by coach, athletic director, and principal.
15. Pole vault participants shall be allowed to have an official check their take-off mark.
16. The Sport Coordinator, Meet Referee, and Meet Director shall have the authority to establish the new height for starting the High Jump finals.
17. In the 1600 Meter Relay, the race shall be run with a three-turn stagger. First runner, run in lanes throughout. Second runners, run in lanes through his/her first turn and cut for pole on the back straightway.
18. Five minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.

VI. Entries

- A. The Meet Entry Form with participants' first and last names and event performances (and accompanying dates) must be received by the Track and Field Coordinator.
- B. The Team Roster Forms with all qualifying participants listed in alphabetical order must be received by the HHSAA Office.
- C. All leagues must have copies of meet results available to verify performances.

D. Entries

1. Each contestant must meet the HHSAA automatic qualifying or consideration standard for their event during a league meet for the current season. This includes league individual event champions.
2. The state qualifying standard shall be equivalent to the average of the 16th best mark for the last two years. The state consideration standard shall be the average of the 32nd best mark for the last two years. When there are more than 16 athletes meeting the state qualifying standard, any open lanes for the trials shall be filled with athletes meeting the state consideration standards.
3. Each coach is to submit, along with his/her entry form, the results of meets in which performances occurred. This is essential for the Seeding Committee to validate performances. Entries may be rejected if performances cannot be verified.
4. Each school shall be limited to three entries in each individual event. The Seeding Committee shall not accept alternates for an individual school even though that person has met the qualifying standard.
5. Each school shall be allowed to enter no more than one team in each relay event for which the school has met the qualifying standards.
6. Qualifying relay teams must establish their qualifying time with a team of four runners who are eligible for HHSAA state competition. These runners need not be the ones that run the relay in the state meet.
7. Entries are limited to the top 26 qualifiers per event.

E. Coaches, Managers and Qualifying Athletes

1. Head, assistant coaches and athletes must be listed by names on the roster sheet of the entry forms. These lists shall be used for admission to the trials and finals. Persons must be bona fide coaches and athletes.
2. Team managers must be listed by names on the roster sheet of the entry forms. These lists shall be used for admission to the meet trials and finals. There shall be a limit of four managers per team.
3. Complimentary admission only to qualifying participants, coaches and designated managers.
 - a. Non-qualifiers from participating school, or from non-participating schools must pay admission.

VII. Places and Scoring

<u>Place</u>	<u>Individual Events</u>	<u>Relay Events</u>
First	10	10
Second	8	8
Third	6	6
Fourth	4	4
Fifth	2	2
Sixth	1	1

VIII. Seeding and Drawing Procedure

- A. The Drawing committee shall (1) list heats of running events in order of the drawing and (2) list field events in rank order of competition (or in special order if so decided).
- B. After the Seeding Committee has verified the top eight entries above, they shall be seeded in their heats strictly by rank order, except if entrants have identical times, they may be interchanged to avoid runners from the same school or same league being in the same heats. Preference shall be given to separation of athletes from the same school, not the same league.
- C. Following seeding of the top eight entries above, the remaining entries shall be seeded in rank order except entrants with approximately equal times may be interchanged to avoid runners from the same school or same league being in the same heats. Preference shall be given to separation of athletes from the same school, not the same league.
- D. Any running event with four heats shall qualify the top runner in each heat, with the remaining four slots and the two alternates to be determined by taking the next six best qualifying times.
- E. Any running event with three heats shall qualify the first two per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
- F. Any running event with two trials shall qualify the first three per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
- G. Four trial heats shall be reduced to three trial heats if 24 runners or less are left to compete at entry or after scratches.
- H. Three trial heats shall be reduced to two trial heats if 16 runners or less are left to compete at entry or after scratches.
- I. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.
- J. If heats are combined prior to the race, all heats for the event shall be repositioned.
- K. In the 1500 Meter Run, additional runners in excess of eight per heat may be stacked behind for the first turn. 1500 Meter Run not to exceed three heats. The top 12 runners advance to the final. If two heats, top four in each heat plus next four best times. If three heats, top three in each heat plus next three best times.
- L. In the 3000 Meter Run, additional runners in excess of eight per heat may be stacked behind for the first turn. 3000 Meter Run not to exceed two heats. The top 12 runners advance to the final. If two heats, top four in each heat plus next four best times.
- M. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
- N. Whenever possible, lane vacancies in finals will be filled.

IX. Uniforms

- A. All participants are required to wear school-designated uniforms, preferably with school identifying insignia. However, athletes competing in the throwing events are allowed to use an alternate school-issued uniform of matching color or design.

- B. If the meet is held on an all-weather track, all shoe spikes for running and field events must be .25" or less.
- C. Appropriate warm-up attire should be worn in the track infield area.
- D. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

X. Awards and Trophies

- A. Permanent trophies to winning boys and girls championship teams.
- B. Permanent trophies to runner-up boys and girls teams.
- C. Medals for the first five places in individual and relay events.
- D. 20 medals for the boys and girls championship teams.

XI. Transportation

- A. Ground transportation will not be provided. Each school is responsible for their own arrangements.
- B. Air transportation arrangements are to be made by each school.
- C. Additional responsibilities:
 - 1. At least one male chaperone for the boys teams and one female chaperone for the girls teams are recommended.
 - 2. Each school must assume responsibility for supervision of their own traveling team members at all times, including trips and hotel behavior.

XII. Evaluation

- A. Each league may send a track representative to the post-tournament evaluation meeting.
- B. Report is to be submitted to the HHSAA Executive Director within two weeks after the tournament.
- C. Update all meet records. Submit results of the tournament.

XIII. Admission

Adults..... \$7.00
 Senior Citizens (62 and over)..... \$5.00
 Students (Grades K-12)..... \$5.00

Coaches, managers and qualifying athletes must be listed on the entry forms in order to be admitted to the trials and finals.

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
BOYS AND GIRLS TRIALS
FRIDAY, MAY 14, 2010**

***TENTATIVE TIME SCHEDULE**

<u>FIELD EVENTS</u>	<u>TIME</u>
Discus (Boys)	12 noon
Discus (Girls)	(to follow boys discus)
<u>COACHES MEETING</u>	2:00 p.m.
<u>TEAM CAPTAINS MEETING</u>	2:30 p.m.
Shot Put (Boys)	2:15 p.m.
Shot Put (Girls)	(to follow boys shot put)
Long Jump (Boys)	2:15 p.m.
Long Jump (Girls)	(to follow boys long jump)
Triple Jump (Boys)	3:45 p.m. (approx.)
Triple Jump (Girls)	(to follow boys triple jump)
High Jump (Girls)	4:30 p.m.
Pole Vault (Boys)	4:30 p.m.
<u>RUNNING EVENTS</u>	<u>TIME</u>
100 Meter High Hurdles (Girls)	3:15 p.m.
110 Meter High Hurdles (Boys)	3:35 p.m.
100 Meter Dash (Girls)	3:55 p.m.
100 Meter Dash (Boys)	4:15 p.m.
1500 Meter Run (Girls)	4:30 p.m.
1500 Meter Run (Boys)	4:45 p.m.
400 Meter (4 x 100) Relay (Girls)	5:00 p.m.
400 Meter (4 x 100) Relay (Boys)	5:15 p.m.
400 Meter Dash (Girls)	5:30 p.m.
400 Meter Dash (Boys)	5:45 p.m.
300 Meter Hurdles (Girls)	6:00 p.m.
300 Meter Inter. Hurdles (Boys)	6:15 p.m.
800 Meter Run (Girls)	6:45 p.m.
800 Meter Run (Boys)	7:00 p.m.
200 Meter Dash (Girls)	7:20 p.m.
200 Meter Dash (Boys)	7:40 p.m.
3000 Meter Run (Girls)	8:00 p.m.
3000 Meter Run (Boys)	8:25 p.m.
1600 Meter (4 x 400) Relay (Girls)	8:50 p.m.
1600 Meter (4 x 400) Relay (Boys)	9:10 p.m.

Note: Time schedule subject to change based on number of heats per event.

ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
BOYS AND GIRLS FINALS
SATURDAY, MAY 15, 2010

***TENTATIVE TIME SCHEDULE**

FIELD EVENTS

TIME

Discus (Boys)	3:30 p.m.
Discus (Girls)	(to follow boys discus)
High Jump (Boys)	4:30 p.m.
Pole Vault (Girls)	4:30 p.m.
COACHES MEETING	4:30 p.m.
OPENING CEREMONIES	5:15 p.m.
Shot Put (Boys)	5:30 p.m.
Shot Put (Girls)	(to follow boys shot put)
Long Jump (Boys)	4:30 p.m.
Long Jump (Girls)	(to follow boys long jump)
Triple Jump (Boys)	6:00 p.m.
Triple Jump (Girls)	(to follow boys triple jump)

RUNNING EVENTS

TIME

100 Meter High Hurdles (Girls)	5:40 p.m.
110 Meter High Hurdles (Boys)	5:50 p.m.
100 Meter Dash (Girls)	6:00 p.m.
100 Meter Dash (Boys)	6:05 p.m.
1500 Meter Run (Girls)	6:10 p.m.
1500 Meter Run (Boys)	6:20 p.m.
400 Meter (4 x 100) Relay (Girls)	6:30 p.m.
400 Meter (4 x 100) Relay (Boys)	6:40 p.m.
400 Meter Dash (Girls)	6:50 p.m.
400 Meter Dash (Boys)	7:00 p.m.
300 Meter Hurdles (Girls)	7:10 p.m.
300 Meter Inter. Hurdles (Boys)	7:15 p.m.
800 Meter Run (Girls)	7:20 p.m.
800 Meter Run (Boys)	7:25 p.m.
200 Meter Dash (Girls)	7:35 p.m.
200 Meter Dash (Boys)	7:40 p.m.
3000 Meter Run (Girls)	7:50 p.m.
3000 Meter Run (Boys)	8:05 p.m.
1600 Meter (4 x 400) Relay (Girls)	8:20 p.m.
1600 Meter (4 x 400) Relay (Boys)	8:30 p.m.

PRESENTATION OF AWARDS 8:45 p.m.

POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulter's Weight Verification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's office prior to a pole vaulter's first interscholastic competition.

School _____

	<u>Name of Vaulter</u>	<u>Weight*</u>	<u>Pole Rating</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

*Includes full competition uniform and footwear

Date _____ Signature of Principal _____

Date _____ Signature of Athletic Director _____

Date _____ Signature of Coach _____

NOTE TO SCHOOL OFFICIALS

With respect to the pole vault event, please review, among other things, NFHS Track & Field Rules Book, Section 7-5, "Pole Vault".

Note: In order to be eligible to compete in the State Track and Field Meet, a pole vaulter's name must be listed on a fully completed copy of this form. Also, the fully completed form must be made available for review by the Games Committee at the State Track and Field Meet.

BOYS EVENTS

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
PRESENTED BY THE HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
OFFICIAL ENTRY FORM**

SCHOOL _____ LEAGUE _____

Head Track Coach _____

Home Mailing Address _____

Home Phone _____ School Phone _____ Fax Number _____

Send **TEAM ROSTER FORM** to:

HHSAA
P.O Box 62029
Honolulu, HI 96839
Fax: (808) 587-4496
Phone: (808) 587-4495
E-mail: iwamoto@hhsaa.org

Send **MEET ENTRY FORM** to:

Jeff Meister
Punahou School
1601 Punahou Street
Honolulu, HI 96822
Fax: (808) 944-5864
Phone: (808) 944-5865
E-Mail: jmeister@punahou.edu

***Deadlines:**

Meet Entry Form: **12:00 Noon, Monday, May 10, 2010**

Team Roster Form: **12:00 Noon, Monday, May 10, 2010**

ATHLETIC DIRECTOR'S SIGNATURE _____

ENTRIES: 1. Entries for boys are limited to any **six** events.

2. Each contestant **must** have met the minimum standards set for each event.

3. Each school shall be limited to **three** entries in each individual event and **one** team in each relay event.

4. Please **type** entries - first and last names.

BOYS EVENTS

2010 ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
OFFICIAL TEAM ROSTER
Please TYPE

SCHOOL: _____ HEAD COACH: _____

Official Assistant Coach(es):

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Athletic Trainer(s): _____

TEAM MANAGERS: Maximum of **FOUR** per school.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

	PARTICIPANTS (Last name, first)	Grade	Date of Birth	Date of 1st Entry into 9th Grade
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

Athletic Director's Signature: _____

This form must be faxed to the HHSAA office (587-4496) by 12:00 Noon, Monday, May 10, 2010

HHSAA TRACK AND FIELD CHAMPIONSHIP ----- BOYS MEET ENTRY FORM

Date: _____

SCHOOL _____ COACH _____ PHONE: (w) _____ (h) _____

****Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 10, 2010****

Page ____ of ____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	110 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Auto Lynx Timed	15.74	41.64	11.24	4:19.64	51.44	2:04.14	22.84	9:39.44						
Cons Lynx Timed	16.54	43.24	11.44	4:27.94	53.14	2:08.34	23.54	10:08.24						
Auto Hand Timed	15.5h	41.4h	11.0h	4:19.4h	51.2h	2:03.9h	22.6h	9:39.2h	21' 01.25"	48' 06.25"	6' 00"	42' 6.25"	148' 5.0"	13' 0"
Cons Hand Timed	16.3h	43.0h	11.2h	4:27.7h	52.9h	2:08.1h	23.3h	10:08.0h	19' 10.50	43' 05.25"	5' 8"	40' 5.50"	136' 1.0"	11' 6"
1 Niihau, Gary Date	16.51 2/12		11.2h 3/30											
2 Kauai, David Date				4:29.3h 4/01				9:59.94 4/01		48' 10" 4/01				
3 Date		Establish Time or Mark Place time and date in each box that meets state qualifying time.												
4 Date		If mark was hand timed, indicate with an "h" next to time. If lynx time, indicate exact time (in hundredths of second)												
5 Date														
6 Date			S		A		M		P		L		E	
7 Date														
8 Date														
9 Date														
10 Date														
11 Date		To Enter Runners in Relay Events Enter times below												

Relay Events: 4 x 100 M (LYNX: 44.24 auto, 45.74 cons; HAND: 44.0h auto, 45.5h cons) _____
 4 x 400 M (LYNX: 3:34.14 auto, 3:41.84 cons; HAND: 3:33.9h auto, 3:41.6h cons) _____

HHSAA TRACK AND FIELD CHAMPIONSHIP ----- BOYS MEET ENTRY FORM (updated times)

Date: _____

SCHOOL _____ COACH _____ PHONE: (w) _____ (h) _____

****Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 10, 2010****

Page ____ of ____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	110 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Auto Lynx Timed	15.74	41.64	11.24	4:19.64	51.44	2:04.14	22.84	9:39.44						
Cons Lynx Timed	16.54	43.24	11.44	4:27.94	53.14	2:08.34	23.54	10:08.24						
Auto Hand Timed	15.5h	41.4h	11.0h	4:19.4h	51.2h	2:03.9h	22.6h	9:39.2h	21' 01.25"	48' 06.25"	6' 00"	42' 6.25"	148' 5.0"	13' 0"
Cons Hand Timed	16.3h	43.0h	11.2h	4:27.7h	52.9h	2:08.1h	23.3h	10:08.0h	19' 10.50	43' 05.25"	5' 8"	40' 5.50"	136' 1.0"	11' 6"
1 Date														
2 Date														
3 Date														
4 Date														
5 Date														
6 Date														
7 Date														
8 Date														
9 Date														
10 Date														
11 Date														

Relay Events: 4 x 100 M (LYNX: 44.24 auto, 45.74 cons; HAND: 44.0h auto, 45.5h cons) _____

4 x 400 M (LYNX: 3:34.14 auto, 3:41.84 cons; HAND: 3:33.9h auto, 3:41.6h cons) _____

GIRLS EVENTS

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
PRESENTED BY THE HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
OFFICIAL ENTRY FORM**

SCHOOL _____ LEAGUE _____

Head Track Coach _____

Home Mailing Address _____

Home Phone _____ School Phone _____ Fax Number _____

Send **TEAM ROSTER FORM** to:

HHSAA
P.O Box 62029
Honolulu, HI 96839
Fax: (808) 587-4496
Phone: (808) 587-4495
E-mail: iwamoto@hhsaa.org

Send **MEET ENTRY FORM** to:

Jeff Meister
Punahou School
1601 Punahou Street
Honolulu, HI 96822
Fax: (808) 944-5864
Phone: (808) 944-5865
E-Mail: jmeister@punahou.edu

***Deadlines:**

Meet Entry Form: **12:00 Noon, Monday, May 10, 2010**

Team Roster Form: **12:00 Noon, Monday, May 10, 2010**

ATHLETIC DIRECTOR'S SIGNATURE _____

ENTRIES: 1. Entries for girls are limited to any **six** events.

2. Each contestant **must** have met the minimum standards set for each event.

3. Each school shall be limited to **three** entries in each individual event and **one** team in each relay event.

4. Please **type** entries - first and last names.

GIRLS EVENTS

2010 ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS
OFFICIAL TEAM ROSTER
Please TYPE

SCHOOL: _____ HEAD COACH: _____

Official Assistant Coach(es):

1. _____ 3. _____
2. _____ 4. _____

Athletic Trainer(s): _____

TEAM MANAGERS: Maximum of **FOUR** per school.

1. _____ 3. _____
2. _____ 4. _____

	PARTICIPANTS (Last name, first)	Grade	Date of Birth	Date of 1st Entry into 9th Grade
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

Athletic Director's Signature: _____

This form must be faxed to the HHSAA office (587-4496) by 12:00 Noon, Monday, May 10, 2010

HHSAA TRACK AND FIELD CHAMPIONSHIP ----- GIRLS MEET ENTRY FORM

Date: _____

SCHOOL _____ COACH _____ PHONE: (w) _____ (h) _____

****Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 10, 2010****

Page ____ of ____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	100 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Auto Lynx Timed	16.64	49.14	12.94	5:08.54	1:01.64	2:28.14	26.74	11:26.14						
Cons Lynx Timed	17.44	51.24	13.24	5:24.24	1:03.84	2:34.54	27.64	12:11.94						
Auto Hand Timed	16.4h	48.9h	12.7h	5:08.3h	1:01.4h	2:27.9h	26.5h	11:25.9h	16' 04.25"	35' 05.75"	5' 00"	34' 05.75"	113' 06.00"	9' 00"
Cons Hand Timed	17.2h	51.0h	13.0h	5:24.0h	1:03.6h	2:34.3h	27.4h	12:11.7h	15' 04.00"	32' 00.25"	4' 10"	32' 06.75"	94' 04.00"	7' 06"
1 Hawaii, Linda Date	16.51 2/12		11.2h 3/30											
2 Maui, Leilani Date				4:29.3h 4/01				9:59.94 4/01		48' 10" 4/01				
3 Date	<div>Establish Time or Mark</div> <div>Place time and date in each box that meets state qualifying time.</div>													
4 Date	<div>If mark was hand timed, indicate with an "h" next to time.</div> <div>If lynx time, indicate exact time (in hundredths of second)</div>													
5 Date														
6 Date			S		A		M		P		L		E	
7 Date														
8 Date														
9 Date														
10 Date														
11 Date		<div>To Enter Runners in Relay Events</div> <div>Enter times below</div>												

Relay Events: 4 x 100 M (LYNX: 51.94 auto, 54:94 cons; HAND: 51.7h auto, 54.7h cons) _____

4 x 400 M (LYNX: 4:19.94 auto, 4:35.84 cons; HAND: 4:19.7h auto, 4:35.6h cons) _____

HHSAA TRACK AND FIELD CHAMPIONSHIP ----- GIRLS MEET ENTRY FORM (updated times)

Date: _____

SCHOOL _____ COACH _____ PHONE: (w) _____ (h) _____

****Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 10, 2010****

Page ____ of ____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	100 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Auto Lynx Timed	16.64	49.14	12.94	5:08.54	1:01.64	2:28.14	26.74	11:26.14						
Cons Lynx Timed	17.44	51.24	13.24	5:24.24	1:03.84	2:34.54	27.64	12:11.94						
Auto Hand Timed	16.4h	48.9h	12.7h	5:08.3h	1:01.4h	2:27.9h	26.5h	11:25.9h	16' 04.25"	35' 05.75"	5' 00"	34' 05.75"	113' 06.00"	9' 00"
Cons Hand Timed	17.2h	51.0h	13.0h	5:24.0h	1:03.6h	2:34.3h	27.4h	12:11.7h	15' 04.00"	32' 00.25"	4' 10"	32' 06.75"	94' 04.00"	7' 06"
1 Date														
2 Date														
3 Date														
4 Date														
5 Date														
6 Date														
7 Date														
8 Date														
9 Date														
10 Date														
11 Date														

Relay Events: 4 x 100 M (LYNX: 51.94 auto, 54:94 cons; HAND: 51.7h auto, 54.7h cons) _____

4 x 400 M (LYNX: 4:19.94 auto, 4:35.84 cons; HAND: 4:19.7h auto, 4:35.6h cons) _____

SOUVENIR T-SHIRT PRE-TOURNAMENT ORDER FORM



_____ School requests to order the following sizes of the 2010 Island Movers Track & Field State Championships Souvenir T-shirt(s) at \$15.00 per shirt.

SIZE	QUANTITY	PRICE/T-SHIRT	TOTAL
Small		\$15.00	
Medium		\$15.00	
Large		\$15.00	
X-Large		\$15.00	
XX-Large		\$15.00	
		GRAND TOTAL	

Send preorders to Kamehameha Schools - Kapalama (host school) by Thursday, May 13, 2010. Checks payable to HHSAA may be sent with preorders or brought to the coaches' meeting/tournament. **(Note: Preorders must be paid in full by first day of the meet or shirts will be released to the general public.)**

Glennie Adams, Co-Athletic Director
Kamehameha Schools - Kapalama
1887 Makuakane Street
Honolulu, HI 96817
Phone: (808) 842-8390 · Fax: (808) 842-8849

Contact person: _____

Daytime phone: _____

Check one:

☐ Check placed in mail on _____

☐ Will drop off at coaches meeting

HHSAA TRACK AND FIELD TEAM CHAMPIONS – BOYS

<u>Year</u>	<u>Team Champion</u>	<u>Score</u>	<u>League</u>	<u>Coach</u>	<u>Location</u>
1959	Punahou*	N/A	ILH	Al Rowan	Alexander Field
1960	Punahou*	N/A	ILH	Al Rowan	Alexander Field
1961	Punahou	N/A	ILH	John Pennington	Alexander Field
1962	Punahou	60 1/2	ILH	Al Rowan	Alexander Field
1963	Kamehameha	56	ILH	Lee Thomas	Iolani
1964	Kailua	35	OIA	Joe Kahahawai	Alexander Field
1965	Punahou	60	ILH	Al Rowan	Iolani
1966	Kamehameha	45 2/3	ILH	Lee Thomas	Alexander Field
1967	Punahou	48	ILH	Al Rowan	Alexander Field
1968	Punahou	49 1/2	ILH	Al Rowan	Alexander Field
1969	Punahou	62 1/2	ILH	Al Rowan	Alexander Field
1970	Punahou	62 1/2	ILH	Al Rowan	Alexander Field
1971	Kamehameha	50	ILH	Lee Thomas	Alexander Field
1972	Punahou	61	ILH	Al Rowan	Alexander Field
1973	Punahou	66 1/2	ILH	Al Rowan	Maui War Memorial
1974	Punahou	65 1/2	ILH	Al Rowan	Alexander Field
1975	Punahou	76	ILH	Al Rowan	Alexander Field
1976	Leilehua	56	OIA	Gary Clark	Maui War Memorial
1977	Punahou	67	ILH	Al Rowan	Kaiser
1978	Punahou	69	ILH	Al Rowan	Kaiser
1979	Punahou	46 1/2	ILH	Al Rowan	Kaiser
1980	Punahou	49	ILH	Al Rowan	Kaiser
1981	Iolani	40	ILH	Earl Hedani	Kaiser
1982	Radford	54 1/2	OIA	Al Bader	Kaiser
1983	Leilehua	42	OIA	Ernest Balignasay	Alexander Field
1984	Punahou	52 1/4	ILH	Al Rowan	Alexander Field
1985	Radford	46	OIA	Al Bader	Kaiser
1986	Kamehameha	47	ILH	Marshall Muramoto	Kaiser
1987	Maui	40	MIL	John Wienert	Maui War Memorial
1988	Punahou	45 1/2	ILH	Al Rowan	Kaiser
1989	Punahou	68 1/2	ILH	Al Rowan	Kaiser
1990	Punahou	83 1/2	ILH	Al Rowan	Maui War Memorial
1991	Kamehameha	67 1/2	ILH	Marshall Marumoto	Kaiser
1992	Kamehameha	73	ILH	Marshall Marumoto	Kaiser
1993	Punahou	50	ILH	Dacre Bowen	Maui War Memorial
1994	Kamehameha	49	ILH	Marshall Marumoto	Kaiser
1995	Maui	53 1/2	MIL	Odell Marinia	Kaiser
1996	Punahou	51	ILH	Dacre Bowen	Maui War Memorial
1997	Punahou	57	ILH	Dacre Bowen	Kaiser
1998	Punahou	42	ILH	Dacre Bowen	Kaiser
1999	Punahou	42	ILH	Dacre Bowen	Maui War Memorial
2000	Kamehameha	47	ILH	Sam Moku	Mililani High School
2001	Punahou	72	ILH	Louis Johnson	Maui War Memorial
2002	Punahou	51	ILH	Louis Johnson	Mililani High School
2003	Kamehameha	68.5	ILH	Sam Moku	Kamehameha
2004	Pearl City	50	OIA	Donaldo Hopper	Maui War Memorial
2005	KS-Kapalama	70	ILH	Sam Moku	Mililani High School
2006	Kahuku	64	OIA	Sean Makaiau	KS-Kapalama
2007	Punahou	65	ILH	Mike Pavich	Maui War Memorial
2008	Punahou	55.75	ILH	Mike Pavich	Mililani High School
2009	Saint Louis	44.33	ILH	Geoff Garvin	Kea'au High School

**Both meets terminated early due to rain. Punahou ahead at time of termination.*

HHSAA STATE TRACK AND FIELD MEET RECORDS – BOYS

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time or Distance</u>	<u>Year</u>
110 Meter H. Hurdles	David Maeva	KS-Kapalama	14.1 (h)	1986
	Bryan Clay	Castle	13.90 (wa)	1998
	Dana Navarro-Arias	Maui	14.44	1999
300 Meter Int. Hurdles	David Maeva	KS-Kapalama	38.1 (h)	1986
	Dana Navarro-Arias	Maui	38.10	1999
100 Meter Dash	Clayton Mahuka	Nanakuli	10.6 (h)	1985
	Bryan Clay	Castle	10.52 (wa)	1998
	Shane Victorino	St. Anthony	10.80	1999
200 Meter Dash	Casey Flores	Konawaena	21.2 (h)	1996
	Bryan Clay	Castle	21.41 (wa)	1998
	Christopher Rainey	Radford	21.89	2008
400 Meter Dash	Bennett Valencia	Punahou	48.66	1997
800 Meter Run	Joey Bunch	Radford	1:51.1 (h)	1983
1500 Meter Run	Reid Hunter	King Kekaulike	4:03.98	2009
3000 Meter Run	Bryce Jenkins	Leilehua	8:52.90	2009
400 Meter Relay	Donniqtay Campbell, Jonathan Atangan, Ikaika Kawaka & Christopher Rainey	Radford	42.53	2008
1600 Meter Relay	Eugene Williams, John Curry, Mark Brackemhoff, Peter Lee	Radford	3:20.2 (h)	1985
Shot Put	Kaione Crabb	Punahou	59' 08.75"	1997
Discus	Jerrold Avegalio	Kahuku	186'	2003
Long Jump	Trevor May	Saint Louis	23' 08.00"	2009
	Bryan Clay	Castle	24' 06.50" (wa)	1998
Triple Jump	Larry Khan-Smith	Campbell	48' 01"	1986
	Larry Khan-Smith	Campbell	48' 11.50" (wa)	1986
High Jump	Kris Cuaresma-Primm	Mid-Pacific	6' 9"	1998
Pole Vault	Bubba McLean	St. Anthony	15' 3"	1997
Discontinued Events:				
1600 Meter Run	Kurt Mench	Castle	4:09.5	1970
3200 Meter Run	Steve Ferber	Mid-Pacific	9:20.8	1973

Both hand and electronic timing records shall be listed unless the electronic timing record is faster than the hand-timed record. (h) hand-timed; (wa) wind-aided

HHSAA TRACK AND FIELD TEAM CHAMPIONS – GIRLS

<u>Year</u>	<u>Team Champion</u>	<u>Score</u>	<u>League</u>	<u>Coach</u>	<u>Location</u>
1967	Punahou	73	ILH	Arlene Lorenz	Alexander Field
1968	Punahou	49	ILH	Janet Osburn	Alexander Field
1969	Punahou	52	ILH	Janet Osburn	Alexander Field
1970	Punahou	55	ILH	Janet Osburn	Alexander Field
1971	Castle	38 1/2	OIA	Robert Nakagawa	Alexander Field
1972	Punahou	39 1/2	ILH	Mary Perry	Alexander Field
1973	Radford	52	OIA	Tom Chun	Maui War Memorial
1974	Radford	42 3/4	OIA	Tom Chun	Alexander Field
1975	Radford	49	OIA	Tom Chun	Alexander Field
1976	Radford	47	OIA	Tom Chun	Maui War Memorial
1977	Punahou	62 1/2	ILH	Hugh Jenkins	Kaiser
1978	Punahou	56	ILH	Hugh Jenkins	Kaiser
1979	Punahou	61	ILH	Leslie Kellum	Kaiser
1980	Radford	80	OIA	Tom Chun	Kaiser
1981	Punahou	68	ILH	Dan Tuttle	Kaiser
1982	Punahou	93 1/3	ILH	Dan Tuttle	Kaiser
1983	Punahou	77	ILH	Dan Tuttle	Alexander Field
1984	Punahou	54	ILH	Dan Tuttle	Alexander Field
1985	Punahou	69	ILH	Dan Tuttle	Kaiser
1986	Punahou	52	ILH	Dan Tuttle	Kaiser
1987	Punahou	83 1/2	ILH	Dan Tuttle	Maui War Memorial
1988	Punahou	71	ILH	Dan Tuttle	Kaiser
1989	Punahou	58 1/2	ILH	Dan Tuttle	Kaiser
1990	Punahou	88	ILH	Dan Tuttle	Maui War Memorial
1991	Punahou	94	ILH	Steve Link	Kaiser
1992	Punahou	103 2/3	ILH	Steve Link	Kaiser
1993	Hilo	50	BIIF	Bill McMahon	Maui War Memorial
1994	Kalaheo	47	OIA	Gary Stoner/Lewis Fuddy	Kaiser
	Moanalua	47	OIA	David Carvalho	
1995	Hawaii Prep	48 1/2	BIIF	Stan Shutes	Kaiser
1996	Punahou	63 1/2	ILH	Steve Link	Maui War Memorial
1997	Punahou	62	ILH	Steve Link	Kaiser
1998	Punahou	78 1/2	ILH	Steve Link	Kaiser
1999	Punahou	79	ILH	Steve Link	Maui War Memorial
2000	Punahou	49	ILH	Steve Link	Mililani High School
2001	Punahou	47	ILH	Steve Link	Maui War Memorial
2002	Iolani	64	ILH	Earl Hedani	Mililani High School
2003	Iolani	49.5	ILH	Earl Hedani	Kamehameha -Oahu
2004	Punahou	59	ILH	Duncan Macdonald	Maui War Memorial
2005	Punahou	80.33	ILH	Duncan Macdonald	Mililani High School
2006	Punahou	82.33	ILH	Duncan Macdonald	KS-Kapalama
2007	Punahou	91	ILH	Duncan Macdonald	Maui War Memorial
2008	KS-Kapalama	59.25	ILH	Gail Murakami	Mililani High School
2009	Punahou	71.0	ILH	Duncan Macdonald	Kea'au High School

HHSAA STATE TRACK AND FIELD MEET RECORDS – GIRLS

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time or Distance</u>	<u>Year</u>
100 Meter H. Hurdles	Prestine Foster	Hilo	14.8 (h)	1993
	Erin Stovall	Iolani	14.64 (wa)	1997
	Vera Simms	Mililani	14.85	2000
300 Meter Low Hurdles	Vera Simms	Mililani	42.80	2000
100 Meter Dash	Shari Fox	Leilehua	11.8 (h) (wa)	1978
	Heidi Frieze	Punahou	12.1 (h)	1981
	Karen Morant	Radford	12.1 (h)	1983
	June-Ann Lusk	Baldwin	12.25	2005
200 Meter Dash	Endia Abrante	Kaiser	24.44 (wa)	1998
	Lauran Dignam	Iolani	25.04	2002
400 Meter Dash	Endia Abrante	Kaiser	54.41	1998
800 Meter Run	Eri Macdonald	Punahou	2:13.23	1998
1500 Meter Run	Victoria Chang	Punahou	4:38.83	1999
3000 Meter Run	Victoria Chang	Punahou	9:38.03	1999
400 Meter Relay	Elizabeth Dalrymple, Vera Simms, Cherina Tucker, Leila Hammonds	48.92 Mililani		1999
1600 Meter Relay	Jane Yee, Sara Yap, Carolyn Berger, Eri MacDonald	Punahou	4:00.51	1999
Shot Put	Sarah Bryant	Kaiser	44' 03"	1985
Discus	Joan Gago	Campbell	160' 03"	1982
Long Jump	Shari Fox	Leilehua	19' 02.5"	1979
Triple Jump	Samantha Cabrerros	Punahou	38' 06.50"	2006
	Maureen Dunn	Lutheran	39' 01" (wa)	1988
High Jump	Natasha Kai	Kahuku	5' 05.50"	1999
Pole Vault	Chun Mei Nickles	Mililani	11' 4"	2003
Discontinued Events:				
1600 Meter Run	Kathy Robertson	Radford	4:55.7 (h)	1977
3200 Meter Run	Tammy Cartwright	Radford	11:04.5 (h)	1981
800 Meter Relay	Jean Graham,	Campbell	1:43.9 (h)	1975
	Lovena Kalama, Candy Kauahi, Jackie Meyers			

Both hand and electronic timing records shall be listed unless the electronic timing record is faster than the hand-timed record. (h) hand-timed; (wa) wind-aided