Honolulu Marathon

Hawaii High School Athletic Association

CROSS COUNTRY STATE CHAMPIONSHIPS

Saturday, October 31, 2026

Hawaii Preparatory Academy

HONOLULU MARATHON
HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
CROSS COUNTRY STATE CHAMPIONSHIPS
SATURDAY, OCTOBER 31, 2026

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director ..... Chris Chun
Associate Director ..... Russ Aoki
Assistant Director ..... Harley Simon
General Manager ..... Luther Beck
Cross Country Coordinator ..... John Medeiros
Cross Country Assistant Coordinators ..... Les Pelletier & Scott Wagner

TOURNAMENT COMMITTEE

Host School ..... Hawaii Preparatory Academy
Big Island Interscholastic Federation ..... Iris Mcguire, Executive Director
..... Jaime Guerpo, Coordinator
Interscholastic League of Honolulu ..... Blane Gaison, Executive Director
..... Jeremy Honold, Coordinator
Kauai Interscholastic Federation ..... James Muraoka, Executive Director
..... Jerry Jona, Coordinator
Maui Interscholastic League ..... Joseph Balangitao, Executive Director
..... Kieran Devanney, Coordinator
Oahu Interscholastic Association ..... Bryce Kaneshiro, Executive Director
..... Laynie Sueyasu, Coordinator
Meet Referee ..... John Medeiros
Clerk of Course ..... Les Pelletier
Starter ..... Mark Noetzel
Re-Call Starter ..... Les Pelletier
Appeals Committee ..... Chris Chun, John Medeiros & league representatives
Official scorer ..... Manu Shelley, Pacific Sport Events & Timing
Athletic Trainers ..... HPA & BIIF Athletic Trainers

SPECIAL THANKS

Honolulu Marathon Association ..... Dr. Jim Barahal, CEO/President

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
CROSS COUNTRY STATE CHAMPIONSHIPS
SATURDAY, OCTOBER 31, 2026

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.

Total number of berths for state tournament as of **10/8/2026**. For the most current tournament representation, and to view which schools have declared for Division II, visit www.hhsaa.org.

	BOYS	GIRLS
OIA	60	62
ILH	37	42
BIIF	52	48
MIL	37	33
KIF	14	15
TOTAL	200	200

Each **participating school** must submit their Official School Entry Form (see enclosed entry form) to their League Cross Country Coordinator and roster@hhsaa.org by **Monday, October 26, 2026, 9:00 a.m.**

Each **League Cross Country Coordinator** must submit their Official League Entry Form to John Medeiros by **Monday, October 26, 2026, 9:00 a.m.**

II. Tournament Format and Time Schedule

A. Format

Girls race first during even numbered years (i.e. 2024, 2026, 2028); the boys race first during odd numbered years (i.e. 2025, 2027, 2029). Schedule is subject to change at HHSAA Executive Director's discretion.

There will be one race for each gender, with separate scoring teams for the Division I and Division II classifications.
Race Distances for boys and girls will be 5 kilometers (3 miles, 188 yards, 2 inches).

B. Time Schedule

Friday, October 30, 2026

2:30 pm - 5:30 pm	Course inspection (team personnel ONLY)
4:00 pm	Coaches' meeting at gymnasium

Saturday, October 31, 2026

6:30 - 7:15 a.m.	Course inspection
7:15 a.m.	Girls warm-up time
7:30 a.m.	Coaches' meeting (at finish line)
8:15 a.m.	Last call for girls race
8:30 a.m.	Girls *race begins*; boys warm-up time
9:00 a.m.	Last call for boys race
9:15 a.m.	Boys *race begins*
10:15 a.m.	Presentation of awards

III. Coaches' and Officials' Meeting

All coaches or their designees are **required to attend** the coaches' meeting at **4:00 p.m., on Friday, October 30, at gymnasium**.

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 HHSAA cross country coordinator.
Deadline: **7:30 a.m. on race day**

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.

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 200 each for boys and girls. 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 200.

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.*

E. Aids including, but not limited to, GPS devices, body monitors, "smart" watches, etc. will not permitted to be worn by runners. Only watches not considered an aid for racing and strictly used to keep time will be allowed.

F. 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.

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.

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.

VI. TOURNAMENT FORMAT AND TIME SCHEDULE

A. Race Distance

Five kilometers (5K) = 3 miles, 188 yards, 2 inches. *(Rev. 06/2016)*

B. Time Schedule – 1st race to start at 8:30 am

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

6:15 - 7:15 a.m.	Course inspection
7:15 a.m.	Boys'/Girls' warm-up time
7:30 a.m.	Coaches' meeting (at finish line)
8:15 a.m.	Last call for Boy's/Girls' race
8:30 a.m.	Boys'/Girls' race begins, Girls'/Boys' warm-up time
9:00 a.m.	Last call for Girls'/Boys' race
9:15 a.m.	Girls'/Boys' race begins
10:15 a.m.	Presentation of Awards

C. One race per gender, with Division I and Division II teams to be scored separately. *(Adopted 06/2016)*

D. 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

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.

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.

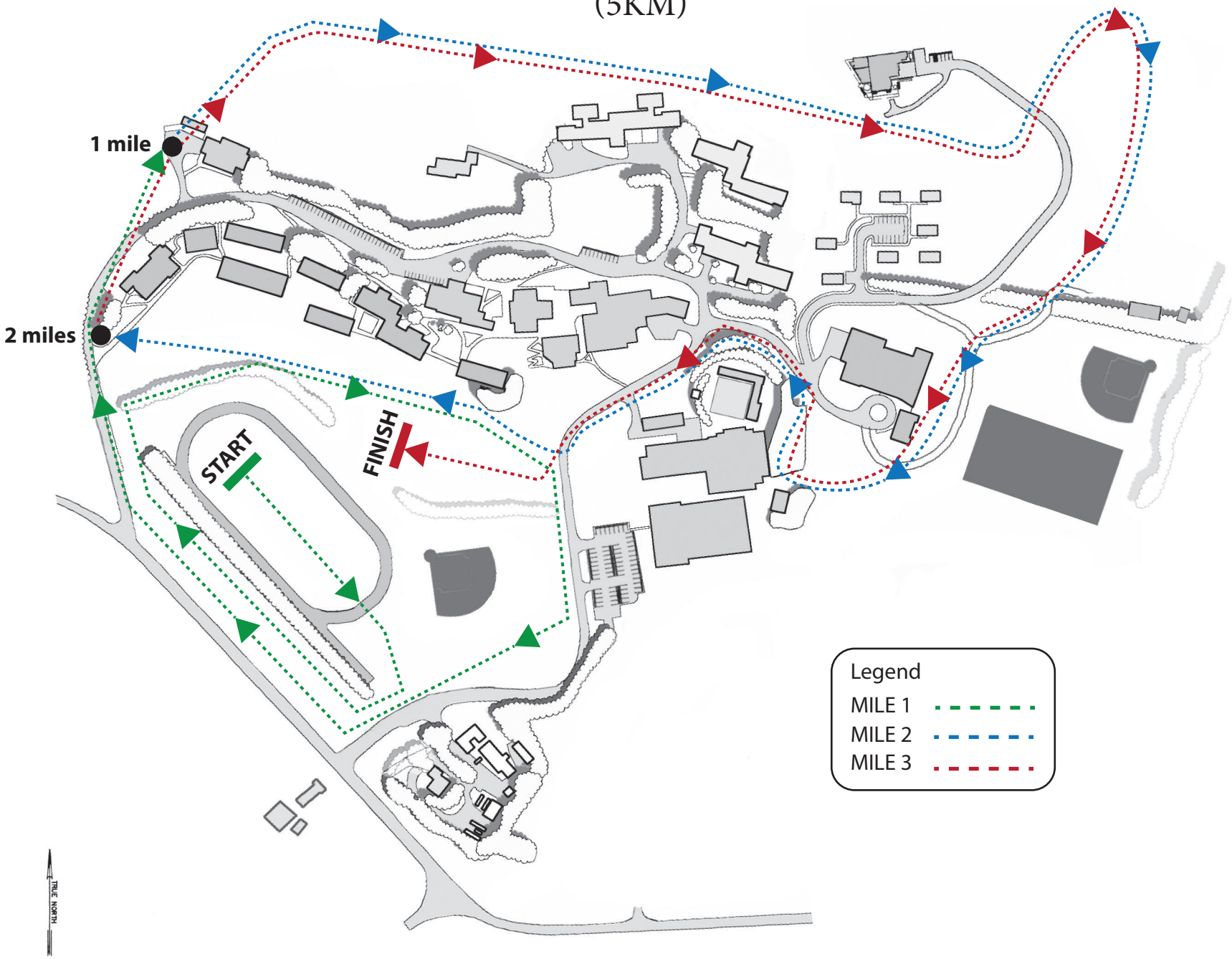
XII. EVALUATION

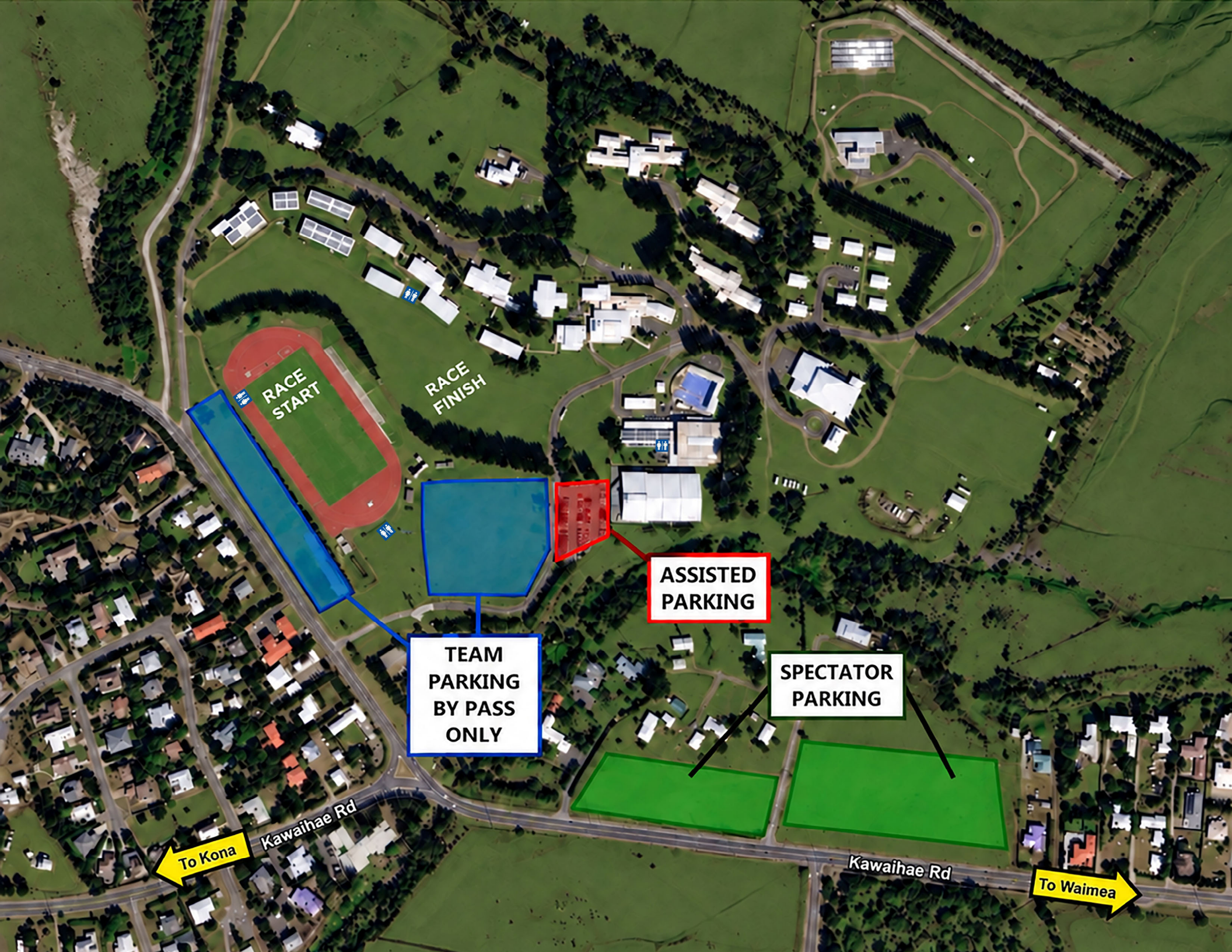
A. Any future recommendations concerning the state meet shall be submitted to the HHSAA Executive Director in writing within two weeks after the meet.

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.

Hawai'i Preparatory Academy

CROSS COUNTRY COURSE
(5KM)




RACE START
RACE FINISH
ASSISTED PARKING
TEAM PARKING BY PASS ONLY
SPECTATOR PARKING
Kawaihae Rd
To Kona
Kawaihae Rd
To Waimea

HHSAA Cross Country Tournament Records

View HHSAA Cross Country Tournament Record book at:

https://hhsaa.org/sports/cross_country/tournament/record_book