



**ISLAND MOVERS
TRACK & FIELD STATE CHAMPIONSHIPS
War Memorial Stadium, Maui
TRIALS – FRIDAY, MAY 3, 2019
FINALS – SATURDAY, MAY 4, 2019**

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director.....Chris Chun
Associate Director.....Russ Aoki
Director of Information & MarketingNatalie Iwamoto
Track & Field CoordinatorJeff Meister and Kimo Weaver
League Executive Directors.....Joseph Balangitao, Maui Interscholastic League
.....Lyle Crozier, Big Island Interscholastic Federation
.....Raymond Fujino, 'Oahu Interscholastic Association
.....Blane Gaison, Interscholastic League of Honolulu
.....Diane Nitta, Kauai Interscholastic Federation

TOURNAMENT COMMITTEE

Tournament Coordinator / Host School.....Brian Millar, St. Anthony High School
League Coordinators.....Nolan Tokuda, Leilehua High School (OIA)
.....Kimo Weaver, Kamehameha Schools-Hawaii (BIIF)
.....Jon Kobayashi, Waimea High School (KIF)
.....Jeff Meister, Punahou School (ILH)
.....Brian Millar, St. Anthony High School (MIL)
Meet Referee Allan Fernandez
Referee – Field.....Tom Chun
Referee – RunningMark Zeug
Starters.....Gary Hamakawa, Joel Peralta, George Ikeda, Glen Wakumoto
Hurdle CrewMIL
Awards.....Don Takaki, Island Movers
Site Preparation.....MIL
Timing Equipment.....BIIF
Medical Personnel.....MIL Athletic Trainers

SPECIAL THANKS

Island Movers, Inc.....Don Takaki

ISLAND MOVERS / HHSAA TRACK AND FIELD STATE CHAMPIONSHIPS TOURNAMENT INFORMATION

I. HHSAA TRACK & FIELD REGULATIONS

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

II. RULES GOVERNING USE OF STADIUM

1. **Coolers:** Teams may bring in water coolers. No personal coolers will be allowed.
2. **Tents:**
 - No tents will be permitted in the stadium grand stands on the Finish Line side of the stadium.
 - Team tents will only be allowed outside of the fence.
 - Tents may be left up between Friday and Saturday at the sole risk of the school/team. The County of Maui is not responsible for any loss or damage if tents are left up.
3. **Markings:** Tape only – chalk is not allowed. Teams must bring their own tape. In the event of rain, teams are responsible for providing alternative markings. Examples are Flat washers, popsicle sticks, etc.
4. **Admission to Stadium:**
 - Athletes must come in with their team. Names will be verified on team rosters.
 - Officials, coaches, and managers must be listed on rosters.
 - Head coaches, Assistant Coaches and Team Managers must be listed by name on the roster sheet of the entry form. These lists shall be used for admission to the Trials and Finals
 - Persons must be bona fide coaches
 - There is a limit of 4 managers per team
 - Complimentary admission only to qualified participants, coaches and designated managers.
 - Non-qualifiers from participating schools or from non-participating schools must pay the admission fee.
5. **Practice times:**
 - **Thursday, May 2nd:** Between 3:00 pm and 7:00pm
 - **Friday, May 3rd:** After 9:00 am
 - **Saturday, May 4th:** After 11:00 am
6. **Starting Blocks:** Blocks will NOT be provided. Teams must bring their own or make arrangements to borrow from another team.
7. **Spikes:** Shoes will be inspected for compliance with the Spike rule. ¼" Pyramid spikes only.

III. SUBMISSION OF ENTRIES

1. The Meet Entry File & Hy-Tek Meet Entry Report containing proof of the submitted mark/time must be **received no later than 12:00 noon, Monday, April 29th, 2019.**
2. Send entries by e-mail to HHSAA track & field coordinator Jeff Meister:

Jeff Meister
Punahou School
1601 Punahou Street
Honolulu, HI 96822

Phone: (808) 944-5865
Fax: (808) 944-5864
E-mail: jmeister@punahou.edu
3. League representatives (coordinators) are as follows:

BIIF – Kimo Weaver	982-0742
ILH – Jeff Meister	944-5865
OIA – Nolan Tokuda	305-3143
MIL – Brian Millar	244-4190
KIF - Jon Kobayashi	338-6804
4. Entries will be reviewed and closed by 9:00 p.m. on **Tuesday, April 30th, 2019.**
5. The Official Team Roster Forms with all qualifying participants, listed in **ALPHABETICAL ORDER**, and eligibility must be received by the HHSAA Office via e-mail to roster@hhsaa.org by **12:00 noon, Monday, April 29th, 2019.** Roster forms can be downloaded from the HHSAA's track and field page on www.sportshigh.com.
6. See "Entries" section in HHSAA Track and Field Handbook for further requirements.

IV STATE TRACK & FIELD STANDARDS

See attached Track & Field standards.

V. CODE OF CONDUCT

1. 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.
2. HHSAA Executive Director may establish a common curfew hour, if needed.
3. Drinking of alcoholic beverages, use of drugs, loud, unruly, or destructive behavior will not be condoned and disciplinary action may be taken.
4. The Code-of-Conduct must be enforced by the coaches and school administrators.
5. It is recommended that schools inform parents of this policy in writing.

VI. 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.

VII. SITE INFORMATION

Pending info will be distributed as it becomes available

HHSAA TRACK AND FIELD HANDBOOK

I. SPECIFIC OBJECTIVES

1. To determine the state individual and team champions for Boys and Girls.
2. To recognize the combined efforts of all the individual participants and participating teams in the state tournament.
3. To encourage the highest principles and standards of general behavior.
4. To promote the highest principles of citizenship in tournament competition.

II. OFFICIALS and VOLUNTEERS

1. Qualifications
 - a. Officials must be currently certified and have a background check pursuant to the NFHS or USATF certification
 - b. Coaches may act as officials whenever designated officials are not available. Coaches will be assigned as needed by the HHSAA sport coordinator or his designee.
2. Selection

Volunteers and officials shall be selected and assigned by the Games Committee or its designee; HHSAA sport coordinator or his designee, or the Referee.
3. Officials Uniforms

All state tournament officials shall wear uniforms in accordance with NFHS or USATF guidelines or as directed by the HHSAA Sports Coordinator.

III. Games Committee and Jury of Appeals

1. The HHSAA or its designee shall form a Games Committee as called for by the NFHS. The committee should be composed of at least one representative from each league. The committee is responsible for the proper conduct of the track and field meet. Other responsibilities are listed under National Federation High School Rule 3, Section 2, Articles 1-4.
2. As specified in the NFHS track and field rule book (Rule 3 Section 5, article 1) a Jury of Appeals will be named to assist the meet referee. Appeals must be made through the meet director and only by the Head Coach. The Games Committee may serve as the Jury of Appeals.

IV. Protests and Appeals

1. Protests are to be made by the head coach to the applicable referee (Running Event Referee, Field Event Referee or Meet Referee) as soon as possible.

2. As specified in the NFHS Track and Field rule book (Rule 3.5.2), if the head coach chooses to appeal because he/she still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the Jury of Appeals within 30 minutes of the referee's denial of protest. Appeal forms can be found at the officials tent near the finish line and must be turned in to the applicable referee.
3. As provided for by Rule 3-4-4 in the NFHS handbook, the Meet Referee has the sole authority for ruling on irregularities not covered within the rules.

V. TOURNAMENT SCHEDULE

RUNNING EVENTS: Girls go first in all running events for both trials and finals.

FIELD EVENTS: Conducted as Single Day Finals Only events:

Day 1 (FRIDAY)	ODD YEARS:	Day 2 (SATURDAY)
Girls	Pole Vault	Boys
Boys	High Jump	Girls
Girls	Long Jump	Boys
Boys	Triple Jump	Girls
Girls	Shot Put	Boys
Boys	Discus	Girls
Day 1 (FRIDAY)	EVEN YEARS:	Day 2 (SATURDAY)
Boys	Pole Vault	Girls
Girls	High Jump	Boys
Boys	Long Jump	Girls
Girls	Triple Jump	Boys
Boys	Shot Put	Girls
Girls	Discus	Boys

See attached Tournament Schedule for specific times for specific events.

VI. TRACK and FIELD RULES GOVERNING THE TOURNAMENT

1. The HHSAA State Track meet is conducted and administered with NFHS Rules, Case Book and Officials Manual as the basis for action. The State Track and Field Games Committee or HHSAA may issue modifications that are available in this packet or in the "Approved Practices Guidelines" document.
2. **RUNNING EVENTS**
 - a. 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.)
 - b. Starting blocks will not be provided. Therefore, schools must bring their own blocks or make prior arrangements to borrow from another school.
 - c. 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: place and time.
 - d. Non-lane events:
 - i. 1500: Aim for 3 heats of 12 to 16. 12 competitors will advance to Finals
 - ii. 3000: One heat to be conducted during Finals. Entry limit of 32.
 - iii. 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)
 - e. Advancement Formulas - Laned Events:
 - i. Any running event conducted in lanes during the Trials, with four (4) or more heats shall qualify the top runner in each heat, with the remaining slots and the two alternates to be determined by taking the next best qualifying times.
 - ii. 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 four best qualifying times.
 - iii. 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.
 - f. Seeding and Drawing procedure for Running Events:
 - i. Following seeding of the top eight entries, the remaining entries shall be seeded in 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.

- ii. Four trial heats shall be reduced to three trial heats if 24 runners or less are left to compete at entry or after scratches.
- iii. Three trial heats shall be reduced to two trial heats if 16 runners or less are left to compete at entry or after scratches.
- iv. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.
- v. If heats are combined prior to the race, all heats for the event shall be repositioned.
- vii. 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.
- viii. When possible, all running events will be timed to the 100th of a second. Apparent ties will be read to the 1000th of a second to determine accurate placing.
- ix. 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.
- x. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
- xi. Whenever possible, lane vacancies in finals will be filled.
- xii. Alley seeding patterns for the 3000m run:

Lane 5 Lane 6 Lane 7 Lane 8

3	4	5	6
11	12	13	14
19	20	21	22
27	28	29	30

Lane 1 Lane 2 Lane 3 Lane 4

1	2	7	8
9	10	15	16
17	18	23	24
25	26	31	32

3. FIELD EVENTS

- a. All efforts in the shot put and long jump should be measured.
Note: Girls shot put - 4 kilo.
- b. In discus and shot put, mark all throws and do not use a "markline."
- c. In measuring the discus and shot put, all throws shall be measured.
- d. HHSAA should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.
- e. 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. Certified throwing implements are not obligated to be shared.
- f. Field events shall begin at least one (1) hour prior to the start of running events in both trials and finals.
- g. Pole Vault verification forms (attached) must be signed by the coach, athletic director, and principal, certifying that the equipment and the vaulter are in compliance with Rule 6-5-3 of the NFHS handbook.
- h. Pole Vault participants (on request) must allow an official to certify the accuracy and appropriateness of the pole (and markings) each vaulter will be using.
- i. The Games Committee shall have the authority to establish the starting heights and successive heights of the crossbar for high jump and pole vault.
- j. Ten 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.
- k. Conduct field events as single day finals events. A maximum of 15 minutes will be given between trials and finals.
- l. Games committee will order athletes from best to worst for trial attempts.
- m. Each athlete will be given three trial attempts. After all trial attempts have been completed, the top eight competitors will receive three more finals attempts on the same day. NOTE: Field events do not have alternates. All competitors that tie for 8th place will be finalists.
- n. Finals competitors will be reordered from worst to best.
- o. All legal trials marks carry over to finals.
- p. Pole Vault and High Jump should start at the same time so that competitors can have a chance to complete the event prior to the start of running events.
- q. By gender. Events start with similar time schedules each day. Genders will rotate from year-to-year

VII. CHECKING IN:

1. ALL COMPETITORS:

All competitors 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.

2. FIELD EVENTS:

When athletes are gathered for instructions at the close of the check-in process, the Head Event Judge will reconfirm those who have checked out to see if any missing competitors are 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.

3. MULTI-EVENT ATHLETES – CHECKING IN/OUT OF FIELD EVENTS and ABANDONMENT

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 unless there is a specific reason for the Clerk of the Course to retain that competitor in the holding area.

If circumstances warrant, the Head Field Event Judge may grant a reasonable extension to the time limit (Three to five 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 recorded as a failed trial/attempt after one minute passes.

NOTES:

- a. Multi-Event athletes may be excused from one event to compete in another by checking out with the head Event judge.
- b. For all horizontal jumps and throws, the check-out time limit is 10 minutes. When an athlete returns, he/she must check back in with the head event judge and:
 1. Shall complete one or more attempts with the athlete inserted into the lineup as necessary to expedite completion of the event. OR
 2. May inform the head event judge to re-start the clock and check-out again with taking a passing trial as long as the event for which the athlete is checking out is still in progress.
 3. No check-outs are allowed during the final round of competition.
- c. There is no check-out limit for the High Jump and Pole Vault. (NOTE: If an athlete has checked out, his/her missed attempt will be recorded as a “Pass”.)

- d. When all competitors present have completed their attempts – not including the last attempt by the leading qualifier or during a jump-off – all missing competitors shall be called in order as soon as their approved check-out period tolls. For the High Jump and Pole Vault, all missing competitors are called immediately. Failure of an athlete to initiate an attempt within the allotted time ends the competition for that athlete. When all missing competitors have been given a chance to initiate an attempt, the event proceeds to the tie-breaker or ends with places awarded.

VIII. ENTRIES for COMPETITORS

1. 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.
2. The Team Roster Forms with all qualifying participants listed in alphabetical order must be received by the HHSAA Office.
3. All leagues must have copies of meet results available to verify performances.
4. A competitor shall not compete in more than six events including relays. (Note that this is a state association rule and deviated from the NFHS Rules Book.)
5. Each contestant must meet the HHSAA qualifying standard for their event during a league meet for the current season. This includes league individual event champions.
6. The state qualifying standard shall start as the average of the 24th best mark for the last two years. 30 days prior to the state tournament, a final list of standards will be sent out. These standards may include adjustments to the original standards.
7. 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.
8. Each school shall be limited to three entries in each individual event. When this maximum is reached, alternates shall not be accepted from said school even though their athlete has met the qualifying standard.
9. Each school shall be allowed to enter no more than one team in each relay event provided the school has met the qualifying standards.
10. 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.
11. No hand times will be accepted as qualifying times for the state tournament.
12. Eliminate qualifying process of "auto" and "cons" and return to have only one

qualifying standard. Standard to be released no later than the first Friday in April

IX. COACHES and MANAGERS

1. Head and assistant coaches 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
2. Team managers must be listed by name 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 schools, or from non-participating schools must pay admission.

X. COMPETITOR'S UNIFORMS

1. All participants are required to wear school-issued or school-approved (confirmed by 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 uniform 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 uniform being school-issued or school-approved)
2. Appropriate warm-up attire should be worn in the track infield area.
3. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
4. Penalty for the wearing of an illegal uniform: When a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in disqualification from the event
5. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that draw attention to athletes.
 - a. Competitors will not be permitted to wear baseball caps, bandannas, or other head covering or adornments. However, a functional hair-tie, scrungie or headband that is worn to hold the competitor's hair in place will be permitted.
 - b. Only prescription sunglasses may be worn.
 - c. GPS watches or similar devices may not be worn.
 - d. Jewelry may be asked to be removed by an official if deemed a safety issue
 - e. Garments, head scarfs and/or similar garments worn for religious beliefs

must be approved by the Games Committee prior to an athlete's competition. Failure to receive prior approval will be viewed as a uniform violation and the competitor shall be required to make the uniform legal before becoming eligible for further competition. The competitor will be issued a warning that a subsequent violation shall result in a disqualification from the event

XI. SPIKES

Spike length is decided by the Games Committee and dictated by the host track. For the 2019 meet, all spikes for running and field events shall be pyramid shaped spikes and are not to exceed .25" in length 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. No spikes will be provided.

1. All spikes must be inspected prior to the start of the day's competition and shoes will be marked after this initial inspection.
2. Spikes will be inspected again at the time of check-in to any event.
3. Failure to comply with appropriate spike length and style:
 - a. FIRST OBSERVED VIOLATION: Warning will be issued to competitor and recorded. Coach will also be advised of first warning. Competitor is required to change his/her spikes to approved length and type before becoming eligible for further competition.
 - b. SUBSEQUENT VIOLATIONS:
 - i. If a competitor is found to be wearing illegal spikes during competition, he/she will be disqualified from the event
 - ii. If 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.

XII. ELECTRONIC DEVICES:

No electronic devices will be allowed in the competition area or in the infield. (see "Designated Coaches Areas" for exceptions)

XIII. DESIGNATED COACHES' AREAS:

1. 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.
2. A maximum of 2 coaches per school are allowed in the Coaches' box. Only individuals whose name(s) are on the Official Tournament Roster will be considered coaches.

3. Electronic or photo devices will be allowed in the coaching areas and may be viewed by athletes between events.

XIV. RESTRICTED AREAS:

Restricted areas at this venue include the track, the infield and the space between the outside edge of the track and the bleachers. Marshalls will be asked to keep these areas free from all persons except officials, contestants and other authorized individuals. Coaching is not allowed in the Restricted Areas.

XV. 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

XVI. AWARDS AND TROPHIES

1. Permanent trophies to winning boys and girls championship teams.
2. Permanent trophies to runner-up boys and girls teams.
3. Medals for the first eight (8) places in individual and relay events.
4. 20 medals for the boys and girls championship teams.

XVII. TRANSPORTATION

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

XVIII. EVALUATION

1. Each league may send a track representative to the post-tournament evaluation meeting.

2. Report is to be submitted to the HHSAA Executive Director within two weeks after the tournament.
3. Update all meet records. Submit results of the tournament.

XIX. 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.

HHSAA Track and Field Standards for 2019

BOYS STANDARDS

Field Events

127-07
43.11.25
19.11.75
40.05.75
5-09
11-06

Discus
Shot Put
Long Jump
Triple Jump
High Jump
Pole Vault

Running Event

16.74
11.34
4:27.54
45.24
53.14
43.74
2:07.94
23.44
9:48.84
3:41.24

110m Hurdles
100m Dash
1500m Run
4 x 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3000m Run
4 x 400m Relay

GIRLS STANDARDS

98-10"
32-01.00
15-08.50
32.06.50
4-07
08-03

17.44
13.04
5:18.14
53.14
1:03.14
49.64
2:32.64
27.04
11:43.54
4:22.14

NOTE: All Running Standards must be Electronically Timed (F.A.T.)

Rev: 02.28.19

2019 HHSAA Track and Field Championships

DAY 1

Friday, May 3, 2019

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	10:40 AM	10:50 AM	11:00 AM
Shot Put	Girls	1:40 PM	1:50 PM	2:00 PM
Long Jump	Girls	1:40 PM	1:50 PM	2:00 PM
Triple Jump	Boys	4:40 PM	4:50 PM	5:00 PM
High Jump	Boys	12:40 PM	12:50 PM	1:00 PM
Pole Vault	Girls	12:40 PM	12:50 PM	1:00 PM

Implement Verification: Boys Discus - 9:30am to 10:30am. Girls Shot - 12:30pm - 1:30pm.

Uniform and spike inspection to begin at 12:00 noon

Official's meeting at 12:00 noon

Coaches meeting at 1:30pm

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Girls	3:10 PM	3:20 PM	3:30 PM
110m High Hurdles	Boys	3:20 PM	3:30 PM	3:40 PM
100m Dash	Girls	3:30 PM	3:40 PM	3:50 PM
	Boys	3:40 PM	3:50 PM	4:00 PM
1500m Run	Girls	3:50 PM	4:00 PM	4:10 PM
	Boys	4:05 PM	4:15 PM	4:25 PM
4 x 100m Relay	Girls	4:25 PM	4:35 PM	4:45 PM
	Boys	4:35 PM	4:45 PM	4:55 PM
400m Dash	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	4:55 PM	5:05 PM	5:15 PM
300m Hurdles	Girls	5:10 PM	5:20 PM	5:30 PM
	Boys	5:25 PM	5:35 PM	5:45 PM
800m Run	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:40 PM	5:50 PM	6:00 PM
200m Dash	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
3000m run	Girls	To be conducted during Finals		
	Boys	To be conducted during Finals		
4 x 400m Relay	Girls	6:30 PM	6:40 PM	6:50 PM
	Boys	6:45 PM	6:55 PM	7:05 PM

NOTES: 1) Time Schedule subject to change based on entries

2) Minimum 20 min break after Boys 200m dash

2019 HHSAA Track and Field Championships

DAY 2

Saturday, May 4, 2019

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Girls	11:40 AM	11:50 AM	12:00 PM
Shot Put	Boys	2:40 PM	2:50 PM	3:00 PM
Long Jump	Boys	2:40 PM	2:50 PM	3:00 PM
Triple Jump	Girls	5:10 PM	5:20 PM	5:30 PM
High Jump	Girls	2:40 PM	2:50 PM	3:00 PM
Pole Vault	Boys	2:40 PM	2:50 PM	3:00 PM

Implement Verification: Girls Discus - 10:30am to 11:30am. Boys Shot - 1:30pm to 2:30pm.

Official's meeting at 2:00pm

Uniform and spike inspection to begin at 3:00pm

Coaches meeting at 4:00pm

Welcoming Ceremony at 5:15pm

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Girls	5:10 PM	5:20 PM	5:30 PM
110m High Hurdles	Boys	5:15 PM	5:25 PM	5:35 PM
100m Dash	Girls	5:20 PM	5:30 PM	5:40 PM
	Boys	5:25 PM	5:35 PM	5:45 PM
1500m Run	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:38 PM	5:48 PM	5:58 PM
4 x 100m Relay	Unified	5:46 PM	5:56 PM	6:06 PM
	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
400m Dash	Girls	6:05 PM	6:15 PM	6:25 PM
	Boys	6:09 PM	6:19 PM	6:29 PM
300m Hurdles	Girls	6:13 PM	6:23 PM	6:33 PM
	Boys	6:17 PM	6:27 PM	6:37 PM
800m Run	Girls	6:21 PM	6:31 PM	6:41 PM
	Boys	6:26 PM	6:36 PM	6:46 PM
200m Dash	Girls	6:31 PM	6:41 PM	6:51 PM
	Boys	6:35 PM	6:45 PM	6:55 PM
3000m run	Girls	6:39 PM	6:49 PM	6:59 PM
	Boys	6:54 PM	7:04 PM	7:14 PM
4 x 400m Relay	Unified	7:09 PM	7:19 PM	7:29 PM
	Girls	7:20 PM	7:30 PM	7:40 PM
	Boys	7:25 PM	7:35 PM	7:45 PM

POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools are 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 _____

NOTES:

- In order to be eligible to compete in the HHSAA State Track and Field Meet, each vaulter's name must be listed on a fully completed copy of this form.
- Pole Vault officials shall be allowed to certify the accuracy and appropriateness of the equipment each vaulter will be using.
- Coaches should review rule 6-5-3 in NFHS Track & Field Rules Book.
- The fully completed form must be made available for review by the Games Committee at the State Track and Field Meet.



Hawaii High School Athletic Association

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2019 ISLAND MOVERS / HHSAA TRACK & FIELD SOUVENIR T-SHIRT PRE-ORDER FORM

_____ School requests to order the following sizes of the souvenir T-shirts at \$20.00 per shirt and Souvenir Tournament Programs at \$5.00.

Size	Quantity	Price	Total
Small		\$20.00	
Medium		\$20.00	
Large		\$20.00	
X-Large		\$20.00	
XX-Large		\$20.00	
N/A	--	--	--
		TOTAL	



E-mail preorders to the host (see below) school. Checks payable to HHSAA may be brought to the tournament site on Day 1 of competition. **Preorders must be paid in full by first day of the meet or shirts will be released to the public for sale.**

HOST SCHOOL:

Brian Millar, Athletic Director

Saint Anthony School

E-mail: bmillar@sasmaui.org

Contact person: _____

Daytime phone: _____

E-mail: _____

HHSAA TRACK AND FIELD TEAM CHAMPIONS – BOYS

Year	Team Champion	Score	League	Coach	Location
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	Donald 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
2010	Punahou	70.0	ILH	Micah Pavich	KS-Kapalama
2011	Punahou	76.0	ILH	Micah Pavich	Maui War Memorial
2012	Baldwin	63.0	MIL	Ardis Anguay	Kea'au High School
2013	Baldwin	66.25	MIL	Ardis Anguay	Mililani High School
2014	KS-Kapalama	83	ILH	Harvey MacInerney	KS-Kapalama
2015	KS-Kapalama	113	ILH	Harvey MacInerney	Maui War Memorial
2016	KS-Kapalama	78.33	ILH	Steve Jeness	KS-Kapalama
2017	Punahou	120	ILH	Micah Pavich	Kea'au High School
2018	Punahou	114	ILH	Todd Iacovelli	KS-Kapalama

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

HHSAA STATE TRACK AND FIELD MEET RECORDS – BOYS

Event	Name	School	Time or Distance	Year
110 Meter H. Hurdles	David Maeva	KS-Kapalama	14.1 (h)	1986
	Bryan Clay	Castle	13.90 (wa)	1998
	Rey Cadiz	Baldwin	14.20	2018
300 Meter Int. Hurdles	Dana Navarro-Arias	Maui	38.10	1999
100 Meter Dash	Clayton Mahuka	Nanakuli	10.6 (h)	1985
	Devin Jenkins	Kapolei	10.46 (wa)	2011
	Christian Padron	Damien	10.63	2018
200 Meter Dash	Casey Flores	Konawaena	21.2 (h)	1996
	Devin Jenkins	Kapolei	21.09(wa)	2011
	Andrei Iosivas	Punahou	21.67	2018
400 Meter Dash	Bennett Valencia	Punahou	48.66	1997
800 Meter Run	Joey Bunch	Radford	1:51.1 (h)	1983
1500 Meter Run	Jac Hebert	Punahou	4:01.23	2014
3000 Meter Run	Kaeo Kruse	KS Kapalama	8:43.12	2014
400 Meter Relay	T. Ono, V. Terrell, J. Pu'u-Robinson, A. Iosivas	Punahou	42.18	2018
1600 Meter Relay	D. Tamura, M. Williams J. Pu'u-Robinson, A. Iosivas	Punahou	3:19.74	2018
Shot Put	Kaione Crabb	Punahou	59' 08.75"	1997
Discus	Jerrod Avegalio	Kahuku	186'	2003
Long Jump	Anthony Kahoo-Davis	Baldwin	24' 10.00"	2016
	Bryan Clay	Castle	24' 06.50" (wa)	1998
Triple Jump	Anthony Kahoo-Davis	Baldwin	49' 10.75"	2016
	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.

(Revised: April, 2019)

HHSAA TRACK AND FIELD TEAM CHAMPIONS – GIRLS

Year	Team Champion	Score	League	Coach	Location
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	KS-Kapalama
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
2010	Punahou	95.0	ILH	Duncan Macdonald	KS-Kapalama
2011	Punahou	66.33	ILH	Duncan Macdonald	Maui War Memorial
2012	Punahou	75.40	ILH	Duncan Macdonald	Kea'au High School
2013	Punahou	69	ILH	Duncan Macdonald	Mililani High School
2014	Seabury Hall	73	MIL	Bobby Grossman	KS-Kapalama
2015	Kaiser	68	OIA	Kevin Kruszona	Maui War Memorial
2016	Hawaii Prep. Acad.	57	BIIF	Pat Lau	KS-Kapalama
2017	Seabury Hall	74	MIL	Bobby Grossman	Kea'au High School
2018	Punahou	92	ILH	Duncan Macdonald	KS-Kapalama

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	Saydee Aganus	Kamehameha - H	14.11	2017
300 Meter Low Hurdles	Vera Simms	Mililani	42.80	2000
100 Meter Dash	Shari Fox	Leilehua	11.8 (h) (wa)	1978
	Kristen O'Hanley	Kaiser	12.01	2017
200 Meter Dash	Endia Abrante	Kaiser	24.44 (wa)	1998
	Alyssa Bettendorf	Seabury	24.68	2014
400 Meter Dash	Endia Abrante	Kaiser	54.41	1998
800 Meter Run	Breanne Ball	Iolani	2:13.03	2012
1500 Meter Run	Zoe Sims	Hawaii Prep Acad.	4:36.22	2013
3000 Meter Run	Victoria Chang	Punahou	9:38.03	1999
400 Meter Relay	K. Patton, A. Hinkle, T. Whitener, S. Meyers	48.35	Radford	2010
1600 Meter Relay	B. Ball, A. Kim, D. Pascua, A. Johnson-Edwards	Iolani	3:57.47	2012
Shot Put	Charlinda Ioane	Kapolei	45' 09.75"	2012
Discus	Joan Gago	Campbell	160' 03"	1982
Long Jump	Shari Fox	Leilehua	19' 02.5"	1979
Triple Jump	Chenoa Frederick	Kamehameha - H	39-10.00	2018
	Maureen Dunn	Lutheran	39' 01" (wa)	1988
High Jump	Natasha Kai	Kahuku	5' 05.50"	1999
Pole Vault	Amber Kozaki	Baldwin	13' 0"	2013
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	J. Graham, L. Kalama, C. Kauahi, J. Meyers	Campbell	1:43.9 (h)	1975

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

(Revised: April, 2019)