Honolulu Marathon
Hawaii High School Athletic Association
Cross Country State Championships
Hawaii Preparatory Academy
Friday, October 31, 2008

HONOLULU MARATHON
CROSS COUNTRY STATE CHAMPIONSHIPS
FRIDAY, OCTOBER 31, 2008
HAWAII PREPARATORY ACADEMY

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director ..... Keith Amemiya
Director of Information ..... Natalie Iwamoto
Administrative Assistant ..... Ryan Hirata
Cross Country Coordinator ..... John Medeiros

TOURNAMENT COMMITTEE

Host School ..... Hawaii Preparatory Acadmey
Meet Director ..... Stephen Perry
BIIF Executive Director (interim) ..... Lyle Crozier
Meet Referee ..... John Medeiros
Clerk of Course ..... Stephen Perry
Starter ..... Mark Noetzel
Re-Call Starter ..... Marc Rice
Appeals Committee ..... Keith Amemiya, John Medeiros & Stephen Perry
Official Scorer ..... Steve Foster
Official Timer ..... Pacific Sport Events & Timing
Site Preparation ..... Stephen Perry & Edgar Spencer
Athletic Trainers ..... BIIF
Publicity ..... Natalie Iwamoto
Video (finish area) ..... Pacific Sport Events & Timing
Awards and Ceremonies ..... Richard Sutton, Jr.
..... Honolulu Marathon

SPECIAL THANKS

Honolulu Marathon Association ..... Jim Barahal, Richard Sutton, Jr. & Jeanette Chun
Hawaii Preparatory Academy ..... Lindsay Barnes, Jr., Headmaster
..... Mark Noetzel, Principal
..... Stephen Perry, Athletic Director

HONOLULU MARATHON STATE CROSS COUNTRY CHAMPIONSHIPS
Friday, October 31, 2008
Hawaii Preparatory Academy

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.

	BOYS	GIRLS
OIA	64	64
ILH	41	41
BIIF	46	46
MIL	35	35
KIF	14	14
TOTAL	200	200

Each Athletic Director must submit Official School Entry Form (see enclosed entry form) to their League Cross Country Coordinator by **Monday, October 27, 2008**.

Each League Cross Country Coordinator must submit their Official League Entry Form to John Medeiros by **12:00 noon, Monday, October 27, 2008**.

II. Tournament Format and Time Schedule

Format

Girls and Boys races shall alternate annually. (Girls to go first in 2008)
*Schedule is subject to change at HHSAA Executive Director's discretion.

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

Time Schedule

Thursday, October 30, 2008
The course will be open for inspection from 3:00 pm to 6:00 pm.

Friday, October 31, 2008

6:30 - 7:45 a.m.	Course Inspection
8:00 a.m.	Coaches' Meeting
8:15 a.m.	Girls' warm-up time
8:45 a.m.	Last call for girls' race
9:00 a.m.	Girls' race begins, boys' warm-up time
9:30 a.m.	Last call for boys' race
9:45 a.m.	Boys' race begins
10:45 a.m.	Presentation of Awards

III. Coaches' and Officials' Meeting

All coaches or their designees are **required to attend** the Coaches' meeting at **6:00 p.m., on Thursday, October 30, 2008**, at HPA's 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 Sport Coordinator.

Deadline: **Friday, October 31, 2008, 7:30 a.m.**

IV. Code-of-Conduct

A. The coach shall have direct responsibility for the conduct of team members prior to, during, and after tournament competition (in the hotel, in public, at the tournament, transportation to and from sites, etc.).

B. The HHSAA Executive Director may establish a common curfew hour as needed.

C. The drinking of alcoholic beverages, smoking, drug use, loud, unruly, or destructive behavior will not be tolerated.

D. Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior, and consideration for other guests at the hotel. Schools and students will be charged for damages incurred by them at the hotel.

E. It is recommended that schools inform parents regarding Code-of-Conduct in writing.

CROSS COUNTRY TOURNAMENT

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***.

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.

VI. Tournament Format and Time Schedule

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

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

6:30 - 7:45 a.m.	Course Inspection
8:00 a.m.	Coaches' Meeting
8:15 a.m.	Boys'/Girls' warm-up time
8:45 a.m.	Last call for Boy's/Girls' race
9:00 a.m.	Boys'/Girls' race begins, Girls'/Boys' warm-up time
9:30 a.m.	Last call for Girls'/Boys' race
9:45 a.m.	Girls'/Boys' race begins
10:45 a.m.	Presentation of Awards

C. Electronic Scoring/Timing System

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

VII. Size of Team

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

VIII. Seeding

Lanes shall be chosen by random drawing in the following groups of teams, in the following order:
A. League champions
B. Scoring teams
C. Non-scoring teams

IX. Uniforms

A. All contestants are required to wear cross country uniforms designated by their respective schools, preferably with school identifying insignia. Shoes are required.

B. Uniforms do not need printed numbers on the front and back of uniform. Race numbers (to be supplied by HHSAA) will be assigned to each runner by the HHSAA Cross Country Coordinator.

X. Awards

A. Permanent championship trophies for boys and girls teams.

B. Permanent runner-up trophies for girls and boys teams.

C. Eight gold medals for boys and girls championship team members.

D. Individual awards: The first 20 individuals for girls and boys shall be awarded medals (1st place, gold; 2nd place, silver; 18 bronze medals for places 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, and 20).

E. Schools may order extra medals for team members at their own expense.

XI. Transportation

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

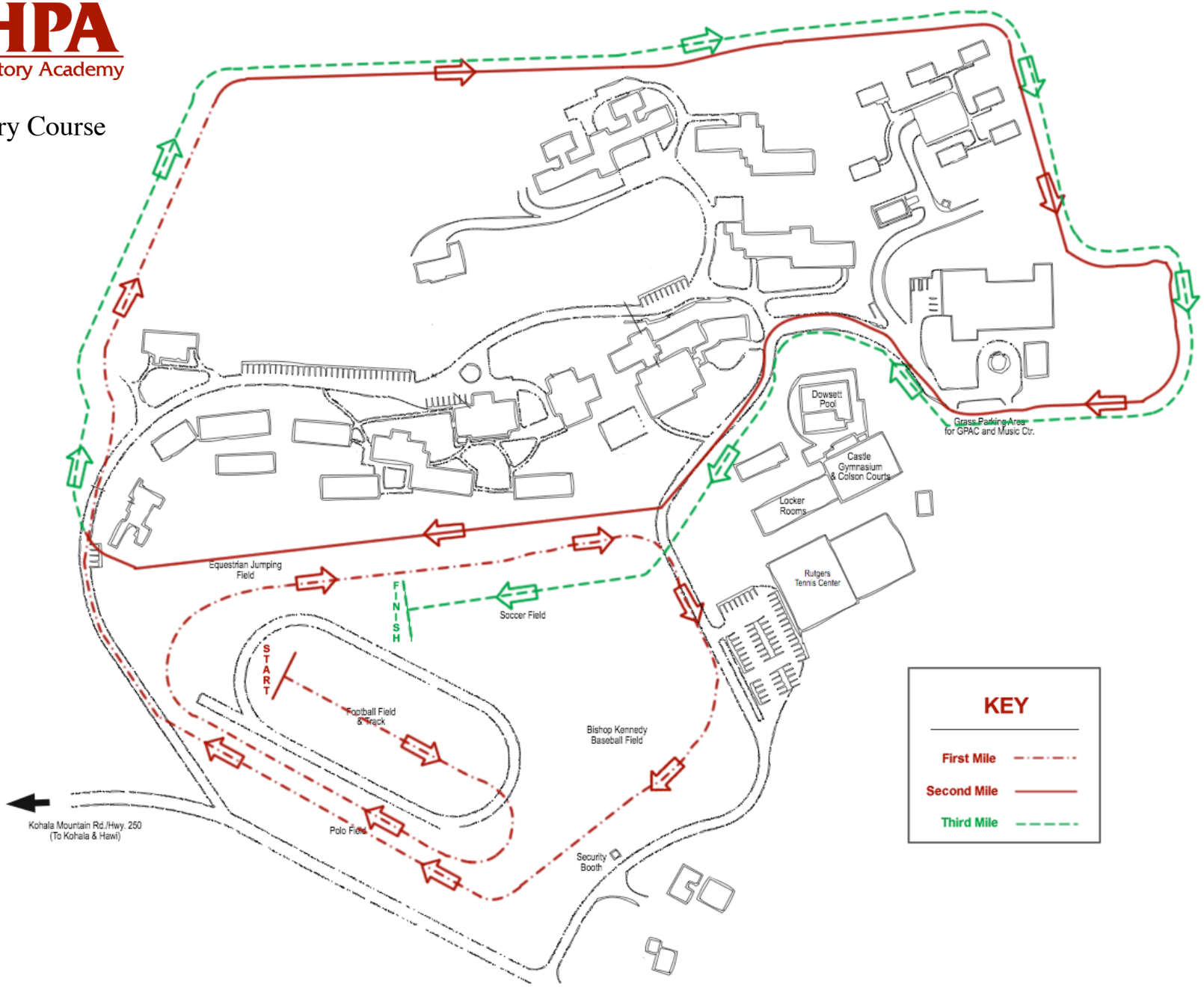
XII. Evaluation

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

B. Official results of the tournament are to be submitted by the Sport Coordinator to the HHSAA Executive Director as soon as possible after the meet.

HPA
Hawai'i Preparatory Academy

Cross Country Course
3.0 miles



Download this map from here: http://www.hpa.edu/files/pdfs/Cross-Country-Course.pdf

HONOLULU MARATHON CROSS COUNTRY STATE CHAMPIONSHIPS
October 31, 2008 at Hawaii Preparatory Academy

BOYS ENTRY

School_____

Coach_____

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

Substitute runners will be taken from the alternate list only.
Please be sure to check the runners' names carefully.
At the coaches meeting, all coaches should check the names again!!!

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

The above named entries are accurate and complete.

_____ _____
Signature of Cross Country Coach Signature of Athletic Director

Entry Deadline: **Monday, October 27, 2008.**
Fax to the HHSAA Office at (808) 587-4496.

HONOLULU MARATHON STATE CROSS COUNTRY CHAMPIONSHIPS
October 31, 2008 at Hawaii Preparatory Academy

GIRLS ENTRY

School_____

Coach_____

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

Substitute runners will be taken from the alternate list only.
Please be sure to check the runners' names carefully.
At the coaches meeting, all coaches should check the names again!!!

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

The above named entries are accurate and complete.

_____ _____
Signature of Cross Country Coach Signature of Athletic Director

Entry Deadline: **Monday, October 27, 2008.**
Fax to the HHSAA Office at (808) 587-4496.

HONOLULU MARATHON STATE CROSS COUNTRY CHAMPIONSHIPS

SOUVENIR T-SHIRT ORDER FORM

_____ School requests to order the following sizes of the 2008 State Cross Country Championships Souvenir T-shirt(s) at $15.00 per shirt.

Quantity			
_____	Small	@ $15.00 each =	$_____
_____	Medium	@ $15.00 each =	$_____
_____	Large	@ $15.00 each =	$_____
_____	X-Large	@ $15.00 each =	$_____
_____	XX-Large	@ $15.00 each =	$_____
	Total Amount:		$_____

Please make check payable to: Hawaii High School Athletic Association

Send pre-orders to Hawaii Preparatory Academy (host school) by Thursday, October 30, 2008. Checks payable to HHSAA may be sent with pre-orders or brought to the coaches' meeting/tournament.

Stephen Perry, Athletic Director
Hawaii Preparatory Academy
65-1692 Kohala Mountain Road
Kamuela, HI 96743
Phone: (808) 881-4027 · Fax: (808) 881-4090

Contact person:_____
Daytime phone: _____
Check one:
☐ Check placed in mail on _____
☐ Will drop off at coaches meeting

Note: Preorders must be paid in full by first day of the tournament or shirts will be released to the general public.

HHSAA CROSS COUNTRY CHAMPIONS - BOYS

Year	Team	Score	Coach	Individual Champion	School	Time	Course
				(Two Mile Course)			
1965	Punahou	48	Al Rowan	Duncan Macdonald	Kailua	10:10.0	Pali GC
1966	Kamehameha	47	Lee Thomas	Duncan Macdonald	Kailua	10:10.2	Pali GC
1967	Kamehameha	82	Lee Thomas	George Rapoza	Hilo	10:40.3	Pali GC
1968	Castle	44	Harold Kuha	Curt Mench	Castle	10:02.9	Pali GC
1969	Damien	56	Walker Chapman	Curt Mench	Castle	9:42.8	Pali GC
1970	Damien	71	Walker Chapman	Henry Marsh	Punahou	10:05.5	Waiehu GC
1971	Kalani	75	George Butterfield	Henry Marsh	Punahou	10:10.9	Pali GC
1972	Kalani	95	George Butterfield	Stein Rafto	MPI	10:37.1	HPA Campus
1973	Kalani	77	George Butterfield	Stein Rafto	MPI	10:03.6	Pali GC
				(Two and One-half Mile Course)			
1974	Radford	53	Thomas Chun	Nolan Gonsalves	Honokaa	13:34.2	Waiehu GC
1975	Radford	66	Thomas Chun	Gary Myers	Radford	15:46.9	Pali GC
				(Three Mile Course)			
1976	Radford	123	Thomas Chun	Dennis Hansen	Maryknoll	17:17.1	HPA Campus
1977	Radford	28	Thomas Chun	David Lynch	Radford	16:01.7	Pali GC
1978	Punahou	67	Ralph Dykes	David Lynch	Radford	16:04.0	Pali GC
1979	Radford	44	Thomas Chun	Jeff Schmitt	Radford	16:17.2	Waiehu GC
1980	Radford	60	Thomas Chun	Pat Frederick	Radford	16:33.3	Hawaii Loa
1981	Punahou	72	Ralph Dykes	Joey Bunch	Radford	16:49.7	Hawaii Loa
1982	Radford	73	Thomas Chun	Joey Bunch	Radford	16:45.4	HPA Campus
1983	Hawaii Prep	35	Stan Shutes	Alan Anzai	St. Louis	15:45.0	Kaanapali
1984	Seabury	87	Noel Murchie	Enrique Ryan	St. Louis	16:53.9	HPA Campus
1985	Punahou	57	Ralph Dykes	Kenny May	Punahou	15:41.9	Wailua GC
1986	Punahou	38	Ralph Dykes	Kenny Miller	Punahou	15:41.1	Kaanapali
1987	Punahou	64	Ralph Dykes	Paul Bedish	Maryknoll	16:47.4	HPA Campus
1988	Punahou	41	Ralph Dykes	Richie May	Punahou	15:41.9	Kauai CC
1989	Punahou	72	Ralph Dykes	Dean Frampton	Seabury	16:09.6	Kaanapali GC
1990	Punahou	72	Ralph Dykes	Tom Jeffrey	Punahou	16:53.4	HPA Campus
1991	Punahou	83	Ralph Dykes	Damian Potts	Lahaina	16:05.4	KukuiolonoGC
1992	Hawaii Prep	58	Karl Honma	Shawn Nixon	Kalaheo	16:22.4	Kaanapali GC
1993	Hawaii Prep	55	Karl Honma	Shawn Nixon	Kalaheo	17:01.7	HPA Campus
1994	Hawaii Prep	63	Karl Honma	Matt Stevens	Hi Baptist	15:45.5	Kukuiolono GC
1995	Hawaii Prep	75	Karl Honma	Matt Stevens	Hi Baptist	15:34.71	Waiehu GC
1996	Punahou	69	Ralph Dykes	Matt Stevens	Hi Baptist	17:09.00	HPA Campus
1997	Kamehameha	83	Steve Jenness	Joshua Villanueva	Hilo	16:13.00	Waiakea
1998	Kamehameha	63	Steve Jenness	James Googe	Radford	15:47.00	Kauai CC
1999	Kamehameha	52	Steve Jenness	Robby Philipp	Mililani	16:35.00	Maui Lani GC
2000	Kamehameha	37	Steve Jenness	Justin Peterson	Kamehameha	17.35.00	HPA Campus
2001	Kamehameha	63	Steve Jenness	Todd Iacovelli	Punahou	15:45.00	Kauai CC/Island
2002	Kamehameha	54	Steve Jenness	J.B. Bolson	Kamehameha	16:36.00	CORP
2003	Iolani	56	Jim Rubasch	Jeremy Kamakaala	Kamehameha	16:30.00	Dunes at Maui Lani GC
2004	Kamehameha	73	Steve Jenness	Emmett Weatherford	Hawaii Prep	17:21.65	HPA Campus
2005	Iolani	66	Jim Rubasch	Jeremy Kamakaala	Kamehameha	15:22.40	Kauai CC
2006	Kamehameha	79	Steve Jenness	Bryce Jenkins	Leilehua	16:23.3	CORP
2007	Leilehua	37	Shawn Nakata	Bryce Jenkins	Leilehua	16:07.95	Kapalua Village GC

HHSAA CROSS COUNTRY CHAMPIONS - GIRLS

Year	School	Score	Coach	Individual Champion	School	Time	Course
				(One and One-half Mile Course)			
1973	Punahou	37	Hugh Jenkins	Lee Ann Mullen	Punahou	9:21.2	Pali GC
1974	Punahou	43	Hugh Jenkins	Joni Pagala	Farrington	9:03.2	Waiehu GC
1975	Radford	31	Thomas Chun	Kathy Robertson	Radford	8:50.3	Pali GC
1976	Radford	48	Thomas Chun	June Chun	Roosevelt	9:48.2	HPA Campus
				(Two Mile Course)			
1977	Radford*	25	Thomas Chun	Val Cravens	Kahuku	12:31.6	Pali GC
1978	Punahou	47	Dan Tuttle	Theresa Ellbogen	HPA	14:39	Pali GC
1979	Punahou	29	Hugh Jenkins	Carol Lam	Maryknoll	12:27.9	Waiehu GC
				Dan Tuttle			
1980	Radford	35	Thomas Chun	Tammy Cartwright	Radford	12:39.9	Hawaii Loa
1981	Punahou	49	Hugh Jenkins	Tammy Cartwright	Radford	12:22.5	Hawaii Loa
1982	Punahou	28	Hugh Jenkins	Michele Slipher	Punahou	13:17.1	HPA Campus
1983	Punahou	32	Hugh Jenkins	Nina Liahjell	Kaiser	12:08.0	Kaanapali GC
1984	Punahou	54	Hugh Jenkins	Nina Liahjell	Kaiser	13:19.1	HPA Campus
1985	Punahou	33	Hugh Jenkins	Nina Liahjell	Kaiser	11:53.1	Wailua GC
1986	Punahou	34	Hugh Jenkins	Fiona Glen	Moanalua	11:44.3	Kaanapali GC
1987	Hawaii Prep	43	Phil Conley	Missy Mowat	Kaiser	13:42.0	HPA Campus
1988	Punahou	43	Hugh Jenkins	Ann Matthews	Punahou	11:54.8	Kauai CC
1989	Hawaii Prep	67	Phil Conley	Judy Stott	HPA	11:39.6	Kaanapali GC
1990	Seabury	67	John Weinert	Erin Mendelson	Punahou	13:32.1	HPA Campus
1991	Punahou	37	Hugh Jenkins	Maria Bergenheim	Kalaheo	12:12.6	Kukuiolono GC
1992	Punahou	36	Hugh Jenkins	Emily Taylor	Punahou	13:44.6	Kaanapali GC
1993	Hawaii Prep	61	Phil Conley	Magdalena Paszta	Kalaheo	13:17.2	HPA Campus
1994	Hawaii Prep	70	Phil Conley	Casey McGuire-Turcotte	Ka'u	12:22.8	Kukuiolono GC
1995	Punahou	62	Hugh Jenkins	Eri Macdonald	Punahou	11:51.00	Waiehu GC
1996	Punahou	32	Hugh Jenkins	Eri Macdonald	Punahou	13:33.00	HPA Campus
1997	Punahou	31	Hugh Jenkins	Eri Macdonald	Punahou	12:13.00	Waiakea
1998	Iolani	53	Greg Char	Eri Macdonald	Punahou	11:44.00	Kauai CC
1999	Punahou	27	Duncan Macdonald	Victoria Chang	Punahou	12:27.00	Maui Lani GC
2000	Punahou	61	Duncan Macdonald	Annie Kawasaki	St. Francis	13.26.00	HPA Campus
2001	Iolani	52	Greg Char	Christal Cuadra	Maryknoll	12:03	Kauai CC/Island
2002	Iolani	37	Greg Char	Nicole Anderson	Iolani	12:02	CORP
2003	Iolani	61	Greg Char	Tia Ferguson	Seabury Hall	11:46	Dunes at Maui Lani GC
2004	Kamehameha	73	Dave Friedemann	Lauren Ho	Hawaii Baptist	12:34.95	HPA Campus
				(Three Mile Course)			
2005	Punahou	40	Duncan MacDonald	Lauren Ho	Hawaii Baptist	18:11.40	Kauai CC
2006	Punahou	49	Duncan MacDonald	Juliana Besenbruch	Maryknoll	19:26.8	CORP
2007	Punahou	64	Duncan MacDonald	Kristin Ali Keith	Mililani	19:31.55	Kapalua Village GC

**Unofficial Two and One-half Mile Course*