



ISLAND MOVERS
TRACK & FIELD STATE CHAMPIONSHIPS
War Memorial Stadium
TRIALS – FRIDAY, MAY 5, 2023
FINALS – SATURDAY, MAY 6, 2023

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive Director. Chris Chun
Associate Director..... Russ Aoki
Director of Information & Marketing..... Natalie Iwamoto
Track & Field Coordinator.....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
.....Erik Burkman, Kauai Interscholastic Federation

TOURNAMENT COMMITTEE

Tournament Coordinator / Host School..... Michael Ban, Maui High School
League Coordinators. Rory Pico, Campbell High School (OIA)
.....Kimo Weaver, Kamehameha Schools-Hawaii (BIIF)
.....Jon Kobayashi, Waimea High School (KIF)
.....Michelle Arnold, Punahou School (ILH)
.....Michael Ban, Maui High School (MIL)
Meet Referee..... Allan Fernandez
Referee – Field.....Doug Kilpatrick, Bill Hinshaw and Tommy Chun
Referee – Running.....Glen Wakumoto and Mark Inay
Starters.....Gary Hamakawa, Joel Peralto, Lonnie Merrit, James Lee, Tere Bandy, MIL, MIL
Hurdle Crew.....MIL
Awards.....Don Takaki, Island Movers
Site Preparation.....MIL
Timing Equipment.....BIIF/MIL
Medical Personnel.....MIL Athletic Trainers

SPECIAL THANKS

Island Movers, IncDon 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:**

- Tents will NOT be permitted in the stadium grandstands on the Finish Line side of the stadium.
- Team tents are allowed outside the track perimeter fence on the parking lot side/cement bleachers. **First come, first served.**
- 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 4th:** Coach supervised practice will be available between 12pm-6pm.
- **Friday, May 5th:** After 9:00 am. Must be supervised by a coach.
- **Saturday, May 6th:** After 9:00 am. Must be supervised by a coach.

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. Only pyramid spikes that do not exceed 1/4" (or 3/8" for HJ) in length. No needle or Christmas tree spike allowed. No permanent spike shoes allowed if not 1/4" length (or 3/8" for HJ). Shoes will be checked at last call in the clerk area and prior to getting on track.

III. Due to structural issues, the metal bleachers around each endzone are RESTRICTED and CLOSED to all spectators, officials, coaches and athletes as it is deemed an unstable area. All persons MUST avoid these areas. Caution tape will be used to identify these areas.

IV. SUBMISSION OF ENTRIES

1. Meet Entries will be through Athletic.net
2. Please enter your teams event entries through:
<https://www.athletic.net/TrackAndField/meet/492155/register> If you have questions regarding this process, contact Bob Martin at shorecom@yahoo.com
3. Meet entries will open on Monday, April 24th at 8am.
4. Mark/Time must be **received no later than 12:00 noon, Monday, May 1st, 2023.**
5. Entries will be reviewed and closed by 9:00 p.m. on Tuesday, May 2nd, 2023.
6. 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, May 1st, 2023.** Roster forms can be downloaded from the HHSAA's track and field page on www.sportshigh.com.
7. See "Entries" section in HHSAA Track and Field Handbook for further requirements.

V. STATE TRACK & FIELD QUALIFYING

The state qualifying standard will be the average of the 8th place mark from the last 2 state meets up to the top 24 qualifiers being allowed per event. If 24 participants do not meet the qualifying standard, the standard shall be lowered so that 24 participants will be filled per event (HIADA 2022)

When two or more competitors have submitted the same time or mark for **consideration** in the state meet, the athlete with the most recent qualifying date (the date closest to the state tournament) will be admitted. If two or more athletes have the same date, both (or more) will be accepted. However, the lowest unbreakable tie will not be accepted if it causes the number of participants to exceed **24**, thus causing more than **three** heats for the running events.

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

HHSAA Track & Field 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, the Guidelines for Track and Field Officials and the Games Committee Decisions – 2023 all as posted on the HHSAA website.

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. 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.
- c. Non-lane events:
 - i. 1500: Aim for 2 heats of 12. 12 competitors will advance to Finals
 - ii. 3000: One heat to be conducted during Finals. Entry limit of 24.
 - 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).
- d. 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.
- e. 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. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.
- iii. If heats are combined prior to the race, all heats for the event shall be repositioned.
- vii. 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.
- viii. 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.
- ix. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
- x. Whenever possible, lane vacancies in finals will be filled.
- xi. Alley seeding patterns for the 3000m run: There shall be two alleys with waterfall start lines – the first staggered from Lane 1 to 8 and the second staggered from Lane 5 through 8. Starting with the first seed, allow runners to pick their spot at any place on either line in either alley and go down the seed list. Close off the Lane 5-8 alley when it reaches the 1/3 threshold. (HIADA 2019).

3. FIELD EVENTS

- a. All efforts in the long and triple jumps should be measured.
Note: Girls shot put - 4 kilo.
- b. In discus and shot put, mark all throws which land in the sector and do not use a “minimum markline.”
- c. HHSAA should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.
- d. 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.
- e. Field events shall begin at least one (1) hour prior to the start of running events in both trials and finals. The head event official is responsible for opening his/her field event venue
- f. 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.
- g. 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.

- h. The Games Committee shall have the authority to establish the starting heights and successive heights of the crossbar for high jump and pole vault.
- i. 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 similar ten-minute warm-up period between flights.
- j. Warm-up approaches, in horizontal or vertical jumps shall only be run in the direction the event will be conducted. Note: During competition and while a competitor is on the clock it is permissible for an athlete, after an aborted attempt, to run, jog or walk in the opposite direction the event is being conducted. (Rule 6-2-7)
- k. For the long jump and pole vault, jump officials will maintain a measuring tape alongside the runway starting at the respective board during the duration of the event to assist with mark placement and adjustment. For the triple jump, jump officials will maintain a measuring tape alongside the runway starting at the pit during the duration of the event to assist with mark placement and adjustment.
- l. Conduct field events as single day finals events.
- m. Games committee will order athletes from best to worst for trial attempts. Where there is more than one flight, the flight with the best marks goes first in any succession. does not apply to vertical jumps.
- n. 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. does not apply to vertical jumps.
- o. Finals competitors will be reordered from worst to best.
- p. All legal trials marks carry over to finals. does not apply to vertical jumps.
- q. Pole Vault and High Jump should start at the same time so that most competitors can have a chance to complete the event prior to the start of running events.
- r. 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. When the check-in activities have been completed, the Head Event Judge will make an announcement that the event is closed.

2. FIELD EVENTS:

When athletes are gathered for instructions at the close of the check-in process, the Head Event Judge will go through the roll call again to reconfirm those who have checked out and see if any missing competitors are actually 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. RELAY EVENTS:

All members of any relay team are to check-in in person at the same time whereby the Clerk of Course will check the relay cards. In relay events, no more than 8 individuals may be listed on the relay entry card/sheet, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry card/sheet. It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.

4. MULTI-EVENT ATHLETES – CHECKING IN/OUT OF FIELD EVENTS and EVENT TERMINATION:

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 to return to the field event unless there is a compelling reason for the Clerk of the Course to retain that competitor in the holding area.

Whenever an athlete leaves a field event or running event holding area, it is the sole responsibility of that athlete and coach to check on lane and flight assignments, start times and time remaining to complete field event attempts.

If circumstances warrant, the Head Field Event Judge may grant a reasonable extension to the check-out 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 immediately recorded as a PASS.

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 recorded by the head event judge and is limited to 10 minutes except as extended above. 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 without taking a passing trial as long as the event for which the athlete is checking out is still in progress.
- c. There is no check-out limit for the High Jump and PoleVault. If an athlete has checked out, each missed call-to-jump will be immediately recorded as a "Pass".)
(NOTE: If an athlete has checked out, each absence from an attempt will be recorded as a pass ("-" or "P").). The excused athlete must check back in with the head event judge to return to the jumping order.

EVENT TERMINATION:

1. When all competitors present at a throw or horizontal event have completed their attempts – not including the last attempt by the leading qualifier - all missing competitors shall be called in order as soon as their approved check-out period tolls. If they are not present, they have not checked back into the event, and the call is immediately recorded as a PASS. This process is repeated for additional calls for the same athlete. When all attempts by others have been completed, the leading qualifier may take his/her last attempt, and the event ends with places awarded.
2. For the High Jump and Pole Vault, when all competitors present at the event have had three consecutive misses, any missing competitor who has checked out for a running or other field event with the field event official is called five minutes after the conclusion of the running event final or heat or field event in which the competitor is participating. Failure of the athlete to return to the jumping order at that time concludes the event for that athlete, and tie-breaker jump-offs proceed, or the event ends with places awarded.

VIII. ENTRIES for COMPETITORS

1. The Meet Entries with participants' first and last names and event performances (and accompanying dates) must be received by **12:00 noon, Monday, May 1st, 2023.**
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. Entries may be rejected if performances cannot be verified.
7. 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.
8. Each school shall be allowed to enter no more than one team in each relay event provided the school has met the qualifying standards.
9. 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.
10. No hand times or converted hand times will be accepted as qualifying times for the state tournament.

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

All participants are required to wear school-issued or school-approved (confirmed by the 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).

The competitor's uniform shall meet the following requirements and restrictions:

1. Each competitor shall wear shoes on both feet. The shoes shall have an upper and recognizable sole and heel. The (shoe) upper must be designed so that it can be fastened securely to the foot. The use of slippers or socks does not meet the requirements of the rule.
2. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Bare midriff tops are not allowed. The top or one-piece uniform may have school identification, school name or school logo, school nickname and the top may have the competitor's name. The uniform top shall not be knotted or have a knot-like protrusion. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
3. Each competitor shall wear a school-issued or school-approved track bottom or one-piece uniform which may have the school identification, school name, school logo or school nickname. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
4. Any visible garment(s) worn underneath the uniform top and/or bottom are now considered a foundation garment and as such are not subject to logo/trademark/reference or color restrictions.
5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform, any undergarment, and the bottom. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel.
6. Appropriate warm-up attire should be worn in the track infield area. This includes the requirement that all competitors must wear covered shoes in the infield area at all times.
7. The spirit of decisions related to adornments or uniforms is to deny any adornments or garments that draw attention to athletes.

- Competitors will not be permitted to wear baseball caps, bandanas, beanies or other head covering or adornments. However, a functional hair-tie, scrunchie, or headband that is worn to hold the competitor's hair in place will be permitted.
- Only prescription sunglasses may be worn.
- Jewelry may be asked to be removed by an official if deemed a safety issue.
- Head coverings worn for religious reasons are not considered hair devices and must not be made of abrasive, hard or unyielding materials and must be secured to the body and/or uniform.

Penalty: When a violation is observed and noted by a meet official, the penalty for the wearing of an illegal uniform is that the competitor shall be required to make the uniform legal before becoming eligible for further competition. Competition shall not be delayed while a competitor attempts to make the uniform legal. The competitor and Head Coach will be issued a warning that a subsequent violation shall result in disqualification from the event.

8. Removing any part of the team uniform while in the area of competition, as defined by the games committee, is illegal.

Penalty: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

XI. SPIKES

Spike length is decided by the Games Committee and dictated by the host track. For the 2023 meet, all spikes for running and field events shall be pyramid shaped spikes and are not to exceed **1/4" or 3/8" for HJ** 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 AND WEARABLES:

No electronic devices and/or wearables will be allowed in the competition area or the infield. (see “Designated Coaches Areas” for exceptions)

Wearing a simple watch that tells or measures time is permissible. Any electronic device or wearable whose function is other than that of telling and/or measuring time is illegal. GPS type watches or other wearables that give on-going splits, pre-programmed beeps, pulse measurements, and/or similar aid may not be worn.

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 (Head Coach and event coach) are allowed in the Coaches’ box and only when their athlete(s) are actively competing in a trial flight or finals. 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 **videos may be viewed by athletes and their coaches in or at the Coaching Areas at any time except when the athlete has been called up for their next attempt.**

XIV. RESTRICTED AREAS:

Restricted areas at this venue include the track, the infield and the space between the outside edge of the track up to the inside of the perimeter of the track. 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

General Admission (Ages 6 & up) \$9.00*

*plus applicable fees

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

2023 HHSAA Track and Field Championships

DAY 1

Friday, May 5, 2023

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	8:40 AM	8:50 AM	9:00 AM
Pole Vault	Girls	10:40 AM	10:50 AM	11:00 AM
High Jump	Boys	10:40 AM	10:50 AM	11:00 AM
Long Jump	Girls	11:40 AM	11:50 AM	12:00 PM
Shot Put	Girls	11:40 AM	11:50 AM	12:00 PM
Triple Jump	Boys	2:40 PM	2:50 PM	3:00 PM

Implement Verification: Boys Discus - 7:30am to 8:30am. Girls Shot - 10:30am – 11:30am.

Uniform and spike inspection to begin at 2:00pm

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
	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/Unified	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/Unified	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

2023 HHSAA Track and Field Championships

DAY 2

Saturday, May 6, 2023

Sponsored by Island Movers

Field Events	Order	1st Call	Last Call	Event Start
Discus	Girls	9:40 AM	9:50 AM	10:00 AM
Pole Vault	Boys	12:40 PM	12:50 PM	1:00 PM
High Jump	Girls	12:40 PM	12:50 PM	1:00 PM
Long Jump	Boys	12:40 PM	12:50 PM	1:00 PM
Shot Put	Boys	12:40 PM	12:50 PM	1:00 PM
Triple Jump	Girls	3:10 PM	3:20 PM	3:30 PM

Implement Verification: Girls Discus - 8:30am to 9:30am. Boys Shot - 11:30am to 12:30pm.

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
	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	6:50 PM	7:00 PM	7:10 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**

P.O. BOX 11419 □ HONOLULU, HAWAII 96828

PHONE: (808) 800-4092

www.sportshigh.com □ info@hhsaa.org

**2023 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.

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:

Mike Ban, Athletic Director

Maui High School

E-mail: michael.ban@k12.hi.us

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 Marumoto	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
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 McInerny	KS-Kapalama
2015	KS-Kapalama	113	ILH	Harvey McInerny	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
2019	Punahou	105	ILH	Todd Iacovelli	Maui War Memorial
2020	No State Tourney				
2021	No State Tourney				
2022	Punahou	73	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

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time or Distance</u>	<u>Year</u>
110 Meter H. Hurdles	Rey Cadiz	Baldwin	14.20	2018
300 Meter Int. Hurdles	Tanner Moku	KS - Kapalama	38.07	2019
100 Meter Dash	Christian Padron	Damien	10.63	2018
200 Meter Dash	Casey Flores	Konawaena	21.2 (h)	1996
	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 Kahoochano-Davis	Baldwin	24' 10.00"	2016
Triple Jump	Anthony Kahoochano-Davis	Baldwin	49' 10.75"	2016
High Jump	Kris Cuaresma-Primm	Mid-Pacific	6' 9"	1998
Pole Vault	Bubba McLean	St. Anthony	15' 3"	1997
	Eric Cabais-Fernandez	Waiakea	15' 3"	2019
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;

(Revised: April, 2022)

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	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
2019	Punahou	109	ILH	Duncan Macdonald	Maui War Memorial
2020	No State Tourney				
2021	No State Tourney				
2022	Punahou	105	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	KS – Hawai'i	14.11	2017
300 Meter Low Hurdles	Vera Simms	Mililani	42.80	2000
100 Meter Dash	Kristen O'Hanley	Kaiser	12.01	2017
200 Meter Dash	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	KS – Hawai'i	39-10.00	2018
High Jump	Natasha Kai	Kahuku	5' 05.50"	1999
Pole Vault	Tatum Moku	KS - Kapalama	13' 01"	2022
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;

(Revised: April 2023)