



**ISLAND MOVERS  
TRACK & FIELD STATE  
CHAMPIONSHPS  
KAMEHAMEHA SCHOOLS-KAPALAMA**

**TRIALS – FRIDAY, MAY 12, 2006  
FINALS – SATURDAY, MAY 13, 2006**

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

**TRIALS - FRIDAY, MAY 12, 2006  
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**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

Executive Director ..... Keith Amemiya  
Director of Information ..... Natalie Webb  
Office Manager ..... Carole Nagaji  
Administrative Assistant ..... Drew Foster  
Track & Field Coordinator ..... Jeff Meister

**TOURNAMENT COMMITTEE**

Host School ..... Punahou School  
Meet Director ..... Jeff Meister  
ILH Executive Director ..... Don Botelho  
Meet Referee ..... Gordon Scruton  
Referee – Field ..... Alan Fernandez  
Officials ..... Jeff Meister, Alan Fernandez & Gordon Scruton  
Clerks of Course ..... Suzette Nasser & Helena Zeug  
Starters ..... Gary Hamakawa & Miriam Louis  
Hurdle Crew ..... ILH  
Awards ..... Don Takaki, Island Movers  
Site Preparation ..... Blane Gaison  
Timing Equipment ..... ILH  
Medical Personnel ..... ILH Athletic Trainers  
Announcers ..... Dan Tuttle and Vic Copeland  
Games Committee.. Jeff Meister (Chair), Lewis Fuddy (OIA), Kimo Weaver (BIIF), James Sparke (MIL) & Jon Kobayashi (KIF)  
Board of Appeals ..... Lewis Fuddy, Hinano Kaumeheiwa & Kimo Weaver

**ENTRIES & SEEDINGS (GIRLS)**

Earl Hedani – Chairman  
Alan Fernandez  
Edwin Alfaro  
Miri Sumida  
Jeff Azuma  
Duncan Macdonald

**ENTRIES & SEEDINGS (BOYS)**

Sam Moku – Chairman  
Lewis Fuddy  
Jon Kobayashi  
Derrick Higa  
Jeff Meister  
James Sparke

**SPECIAL THANKS**

Island Movers, Inc ..... Don Takaki  
Kamehameha Schools-Kapalama ..... Michael Chun, Headmaster  
..... Julian Ako, Principal  
..... Blane Gaison, Athletic Director

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

**TOURNAMENT INFORMATION**

**I. HHSAA TRACK & FIELD REGULATIONS**

HHSAA Track & Field Regulations may be found in the HHSAA Handbook, under the Sports Tournament tab or on [www.sportshigh.com](http://www.sportshigh.com), by clicking on “Track & Field” then “Regulations.”

**II. RULES GOVERNING TRACK MEET**

- A. Maximum length of spikes used at Kamehameha Schools-Kapalama is one-fourth inch ( $\frac{1}{4}$ ) in length measured from the sole of the shoe.
- B. Teams may bring in water coolers.
- C. A limited number of starting blocks will be available at Kamehameha Schools-Kapalama. Therefore, schools are encouraged to bring their own blocks with the same  $\frac{1}{4}$  inch spike restriction.
- D. Selection of lanes for finals shall be made electronically based upon commonly accepted advancement formulas (on the day of the trials).

**III. ENTRIES**

- A. The Meet Entry Form with participants’ **First** and **Last** names and **Event Performances** must be **received no later than 12:00 noon, Monday, May 8, 2006.**

Send entries by mail or fax 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

League Representatives (Coordinators) are as follows:

BIIF – Kimo Weaver	928-2012
ILH – Jeff Meister	944-5865
OIA – Lewis Fuddy	254-7914
MIL – James Sparke	243-2307
KIF - Jon Kobayashi	338-6804

- B. The Track & Field Seeding meeting will be held on Tuesday, May 9, 2006, 6:30 p.m., at the OIA Office (Radford High School, 4361 Salt Lake Boulevard, Rooms 284 & 285 (421-4394)).
- C. The Official Team Roster Forms with all qualifying participants, listed in **ALPHABETICAL ORDER**, and eligibility must be received by the HHSAA Office via fax (587-4496) by **12:00 noon, Monday, May 8, 2006.**

#### **IV. STATE TRACK & FIELD STANDARDS**

See attached track & field standards.

#### **V. CODE OF CONDUCT**

- A. The coaches shall have direct responsibility for conduct of team members during competition, in hotels, and anywhere else in public during the tournament, including transportation to and from the tournament.
- B. HHSAA Executive Director may establish a common curfew hour, if needed.
- C. Drinking of alcoholic beverages, use of drugs, loud unruly, or destructive behavior will not be condoned and disciplinary action may be taken.
- D. The Code-of-Conduct must be enforced by the coaches and school administrators.
- E. It is recommended that schools inform parents of this policy in writing.

#### **VI. ADMISSION**

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

## VII. STATE TOURNAMENT DISQUALIFICATION RULE

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

### 2006 State Track and Field Standards

(as of April 21, 2006)

Event	GIRLS		BOYS	
	Hand	Lynx	Hand	Lynx
<b>100 Hurdles</b>	17.6*	17.84*		
<b>110 Hurdles</b>			16.4	16.64
<b>100 Meters</b>	13.0	13.24	11.2	11.44
<b>1500 Meters</b>	5:24.8*	5:25.04*	4:30.0	4:30.24
<b>4 x 100 Relay</b>	54.8	55.04	46.0	46.24
<b>400 Meters</b>	64.9	65.14	53.0	53.24
<b>300 Hurdles</b>	51.8*	52.04*	42.8	43.04
<b>800 Meters</b>	2:35.0	2:35.24	2:06.8	2:07.04
<b>200 Meters</b>	27.4	27.64	23.1*	23.34*
<b>3000 Meters</b>	12:05.0*	12:05.24*	10:00.0	10:00.24
<b>4 x 400 Relay</b>	4:32.0	4:32.24	3:39.0	3:39.24
<b>Pole Vault</b>	8'6"		11'6"	
<b>High Jump</b>	4'8"		5'10"	
<b>Long Jump</b>	15'3"		20'0"	
<b>Triple Jump</b>	32'0" *		40'0"	
<b>Discus</b>	100'0"		135'0"	
<b>Shot Put</b>	30'0"		46'0"	

\* Denotes events which have been adjusted for the 2005-06 season.

## TRACK AND FIELD TOURNAMENT

### I. Specific Objectives

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

### II. Officials

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

### III. Eligibility

See HHSAA Handbook.

### IV. Games Committee

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

### V. Rules Governing the Tournament

- A. The National Federation Track and Field Rules will govern, with the following HHSAA modifications:
  - 1. Have the girls go first in all running events for both trials and finals. The order of field events shall be as follows: Discus – boys first, girls to follow; Shot Put – girls first, boys to follow; Pole Vault – girls first, boys to follow; Long Jump – boys first, girls to follow; High Jump – girls first, boys to follow; Triple Jump – boys first, girls to follow.
  - 2. Limit entries for boys and girls to any six events.
  - 3. All efforts in the shot put and long jump should be measured.  
Note: Girls shot put - 4 kilo.
  - 4. In discus and shot put, mark all throws and do not use a “mark line.”
  - 5. In measuring the discus, officials shall use two flags to mark the performers' best two throws in their trials. In the finals, all throws shall be measured.

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

## **VI. Entries**

- A. The Meet Entry Form with participants’ first and last names and event performances (and accompanying dates) must be received by the Track and Field Coordinator.
- B. The Team Roster Forms with all qualifying participants listed in alphabetical order must be received by the HHSAA Office.
- C. All leagues must have copies of meet results available to verify performances.
- D. Entries for the trials
  1. Each contestant must meet the HHSAA minimum standard for their event during a league meet for the current season. This includes league individual event champions.
  2. The tournament seeding committee is authorized to eliminate entries in excess of 32 entries in any event. Exception: All athletes who qualify in a “non-lane” event (i.e., 1500 or 3000 meter races) shall be allowed to participate in the trials for those events.
  3. Qualified entries over the 32 entry maximum may be listed as event alternates and placed in the event(s) at the time of trials to replace scratched entries. Exception: See § VI. D. 2., above.

4. It is recommended that the number of heats and entries be limited.
5. 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.
6. Each school shall be limited to three entries in each individual event. The Seeding Committee shall not accept alternates for an individual school even though that person has met the qualifying standard.
7. Each school shall be allowed to enter no more than one team in each relay event for which the school has met the qualifying standards.
8. 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.
9. A State-qualifying standards meeting directed by the state track coordinator shall be held four weeks prior to the HHSAA track meet.

**E. Coaches, Managers and Qualifying Athletes**

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

**VII. Places and Scoring**

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

**VIII. Seeding and Drawing Procedure**

- A. The Drawing committee shall (1) list heats of running events in order of the drawing and (2) list field events in rank order of competition (or in special order if so decided).
- B. After the Seeding Committee has verified the top eight entries above, they shall be seeded in their heats strictly by rank order, except if entrants have identical times, they may be interchanged to avoid runners from the same school or same league being in the same heats. Preference shall be given to separation of athletes from the same school, not the same league.

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

## **IX. Uniforms**

- A. All participants are required to wear school-designated uniforms, preferably with school identifying insignia.
- B. If the meet is held on an all-weather track, all shoe spikes for running and field events must be .25" or less.
- C. Appropriate warm-up attire should be worn in the track infield area.
- D. Per HHSAA Games Committee decision and as allowed by NFHS Track & Field Rules, all jerseys are required to be tucked into the participants' shorts.

## **X. Awards and Trophies**

- A. Permanent trophies to winning boys and girls championship teams.
- B. Permanent trophies to runner-up boys and girls teams.

- C. Medals for the first five places in individual and relay events.
- D. 20 medals for the boys and girls championship teams.

**XI. Transportation**

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

**XII. Evaluation**

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

**XIII. Admission**

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

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

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
BOYS AND GIRLS TRIALS  
FRIDAY, MAY 12, 2006**

**\*TENTATIVE TIME SCHEDULE**

FIELD EVENTS

Discus (Boys)	12 noon
Discus (Girls)	(to follow boys discus)

TIME

COACHES MEETING AT 2:00 p. m.

Shot Put (Girls)	2:15 p.m.
Shot Put (Boys)	(to follow girls shot put)
Long Jump (Boys)	2:15 p.m.
Long Jump (Girls)	(to follow boys long jump)
High Jump (Girls)	2:15 p.m.
High Jump (Boys)	(to follow girls high jump)
Pole Vault (Girls)	2:15 p.m.
Pole Vault (Boys)	(to follow girls pole vault)
Triple Jump (Boys)	3:45 p.m. (approx.)
Triple Jump (Girls)	(to follow boys triple jump)

RUNNING EVENTS

100 Meter High Hurdles (Girls)	3:15 p.m.
110 Meter High Hurdles (Boys)	3:35 p.m.
100 Meter Dash (Girls)	3:55 p.m.
100 Meter Dash (Boys)	4:15 p.m.
1500 Meter Run (Girls)	4:30 p.m.
1500 Meter Run (Boys)	4:45 p.m.
400 Meter (4 x 100) Relay (Girls)	5:00 p.m.
400 Meter (4 x 100) Relay (Boys)	5:15 p.m.
400 Meter Dash (Girls)	5:30 p.m.
400 Meter Dash (Boys)	5:45 p.m.
300 Meter Hurdles (Girls)	6:00 p.m.
300 Meter Inter. Hurdles (Boys)	6:15 p.m.
800 Meter Run (Girls)	6:45 p.m.
800 Meter Run (Boys)	7:00 p.m.
200 Meter Dash (Girls)	7:20 p.m.
200 Meter Dash (Boys)	7:40 p.m.
3000 Meter Run (Girls)	8:00 p.m.
3000 Meter Run (Boys)	8:25 p.m.
1600 Meter (4 x 400) Relay (Girls)	8:50 p.m.
1600 Meter (4 x 400) Relay (Boys)	9:10 p.m.

TIME

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

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
BOYS AND GIRLS FINALS  
SATURDAY, MAY 13, 2006**

**\*TENTATIVE TIME SCHEDULE**

**FIELD EVENTS**

Discus (Boys)	3:30 p.m.
Discus (Girls)	(to follow boys discus)
Pole Vault (Girls)	3:30 p.m.
Pole Vault (Boys)	(to follow girls pole vault)
High Jump (Girls)	4:30 p.m.
High Jump (Boys)	(to follow girls high jump)

**COACHES MEETING  
OPENING CEREMONIES**

4:30 p.m.  
5:15 p.m.

Shot Put (Girls)	5:30 p.m.
Shot Put (Boys)	(to follow girls shot put)
Long Jump (Boys)	4:30 p.m.
Long Jump (Girls)	(to follow boys long jump)
Triple Jump (Boys)	6:00 p.m.
Triple Jump (Girls)	(to follow boys triple jump)

**RUNNING EVENTS**

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

**PRESENTATION OF AWARDS**

8:45 p.m.

**POLE VAULTER'S WEIGHT VERIFICATION FORM**

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

**School** \_\_\_\_\_

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

\*Includes full competition uniform and footwear

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

**NOTE TO SCHOOL OFFICIALS**

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

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

**BOYS EVENTS**

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
PRESENTED BY THE HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION  
OFFICIAL ENTRY FORM FOR 2006**

SCHOOL \_\_\_\_\_ LEAGUE \_\_\_\_\_

Head Track Coach \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ School Phone \_\_\_\_\_ Fax Number \_\_\_\_\_

Send **TEAM ROSTER FORM** to:

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

Send **MEET ENTRY FORM** to:

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

**\*Deadlines:**

Meet Entry Form: **12:00 Noon, Monday, May 8, 2006**

Team Roster Form: **12:00 Noon, Monday, May 8, 2006**

ATHLETIC DIRECTOR'S SIGNATURE \_\_\_\_\_

- ENTRIES:**
1. Entries for boys are limited to any **six** events.
  2. Each contestant **must** have met the minimum standards set for each event.
  3. Each school shall be limited to **three** entries in each individual event and **one** team in each relay event.
  4. Please **type** entries - first and last names.

**2006 ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
OFFICIAL TEAM ROSTER**

**Please TYPE**

SCHOOL: \_\_\_\_\_ HEAD COACH: \_\_\_\_\_

Official Assistant Coach(es):

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

Athletic Trainer(s): \_\_\_\_\_

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

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

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

**Athletic Director's Signature:** \_\_\_\_\_

**This form must be faxed to the HHSAA office (587-4496) by 12:00 Noon, Monday, May 8, 2006.**

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

Date: \_\_\_\_\_

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ PHONE: (w) \_\_\_\_\_ (h) \_\_\_\_\_

**\*\*Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 8, 2006\*\***

Page _____ of _____	Hurdle Events			Running Events					Field Events					
Type or Print Last Name, First	110 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Hand Timed	16.4h	42.8h	11.2h	4:30.0h	53.0h	2:06.8h	23.1h	10:00.0h	20' 0"	46' 0"	5' 10"	40' 0"	135' 0"	11' 6"
Lynx Timed	16.64	43.04	11.44	4:30.24	53.24	2:07.04	23.34	10:00.24						
1 Niihau, Gary Date	16.51 2/12		11.2h 3/30											
2 Kauai, David Date				4:29.3h 4/01				9:59.94 4/01		48' 10" 4/01				
3 Date	Establish Time or Mark Place time and date in each box that meets state qualifying time.													
4 Date	If mark was hand timed, indicate with an "h" next to time. If lynx time, indicate exact time (in hundredths of second)													
5 Date														
6 Date			<b>S</b>		<b>A</b>		<b>M</b>		<b>P</b>		<b>L</b>		<b>E</b>	
7 Date														
8 Date														
9 Date														
10 Date														
11 Date	<b>To Enter Runners in Relay Events</b> Enter times below													

Relay Events: 4 x 100 M (46.0h or 46.24) \_\_\_\_\_ 4 x 400 M (3:39.0h or 3:39.24) \_\_\_\_\_

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

Date: \_\_\_\_\_

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ PHONE: (w) \_\_\_\_\_ (h) \_\_\_\_\_

**\*\*Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 8, 2006\*\***

Page _____ of _____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	110 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Hand Timed	16.4h	42.8h	11.2h	4:30.0h	53.0h	2:06.8h	23.1h	10:00.0h	20' 0"	46' 0"	5' 10"	40' 0"	135' 0"	11' 6"
Lynx Timed	16.64	43.04	11.44	4:30.24	53.24	2:07.04	23.34	10:00.24						
1 Date														
2 Date														
3 Date														
4 Date														
5 Date														
6 Date														
7 Date														
8 Date														
9 Date														
10 Date														
11 Date														

Relay Events: 4 x 100 M (46.0h or 46.24) \_\_\_\_\_

4 x 400 M (3:39.0h or 3:39.24) \_\_\_\_\_

**GIRLS EVENTS**

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
PRESENTED BY THE HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION  
OFFICIAL ENTRY FORM FOR 2006**

SCHOOL \_\_\_\_\_ LEAGUE \_\_\_\_\_

Head Track Coach \_\_\_\_\_

Home Mailing Address \_\_\_\_\_

Home Phone \_\_\_\_\_ School Phone \_\_\_\_\_ Fax Number \_\_\_\_\_

Send **TEAM ROSTER FORM** to:

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

Send **MEET ENTRY FORM** to:

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

**\*Deadlines:**

Meet Entry Form: **12:00 Noon, Monday, May 8, 2006**

Team Roster Form: **12:00 Noon, Monday, May 8, 2006**

ATHLETIC DIRECTOR'S SIGNATURE \_\_\_\_\_

- ENTRIES:**
1. Entries for girls are limited to any **six** events.
  2. Each contestant **must** have met the minimum standards set for each event.
  3. Each school shall be limited to **three** entries in each individual event and **one** team in each relay event.
  4. Please **type** entries - first and last names.

**GIRLS EVENTS**

**2006 ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS  
OFFICIAL TEAM ROSTER**

**Please TYPE**

SCHOOL: \_\_\_\_\_ HEAD COACH: \_\_\_\_\_

Official Assistant Coach(es):

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

Athletic Trainer(s): \_\_\_\_\_

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

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

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

**Athletic Director's Signature:** \_\_\_\_\_

**This form must be faxed to the HHSAA office (587-4496) by 12:00 Noon, Monday, May 8, 2006.**

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

Date: \_\_\_\_\_

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ PHONE: (w) \_\_\_\_\_ (h) \_\_\_\_\_

**\*\*Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 9, 2005\*\***

Page _____ of _____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	100 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Hand Timed	17.6h	51.8h	13.0h	5:24.8h	64.9h	2:35.0h	27.4h	12:05.0h	15' 3"	30' 0"	4' 8"	32' 0"	100' 0"	8' 6"
Lynx Timed	17.84	52.04	13.24	5:25.04	65.14	2:35.24	27.64	12:05.24						
1 Hawaii, Linda Date	16.51 2/12		11.2h 3/30											
2 Maui, Leilani Date				4:29.3h 4/01				9:59.94 4/01		48' 10" 4/01				
3 Date	Establish Time or Mark Place time and date in each box that meets state qualifying time.													
4 Date	If mark was hand timed, indicate with an "h" next to time. If lynx time, indicate exact time (in hundredths of second)													
5 Date														
6 Date			<b>S</b>		<b>A</b>		<b>M</b>		<b>P</b>		<b>L</b>		<b>E</b>	
7 Date														
8 Date														
9 Date														
10 Date														
11 Date	<b>To Enter Runners in Relay Events</b> Enter times below													

Relay Events: 4 x 100 M (54.8h or 55.04) \_\_\_\_\_ 4 x 400 M (4:32.0h or 4:32.24) \_\_\_\_\_

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

Date: \_\_\_\_\_

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ PHONE: (w) \_\_\_\_\_ (h) \_\_\_\_\_

**\*\*Entries due to Jeff Meister (Fax: 808-944-5864) by 12:00 Noon, Monday, May 9, 2005\*\***

Page _____ of _____	Hurdle Events		Running Events						Field Events					
Type or Print Last Name, First	100 Meters	300 Meters	100 Meters	1500 Meters	400 Meters	800 Meters	200 Meters	3000 Meters	Long Jump	Shot Put	High Jump	Triple Jump	Discus	Pole Vault
Hand Timed	17.6h	51.8h	13.0h	5:24.8h	64.9h	2:35.0h	27.4h	12:05.0h	15' 3"	30' 0"	4' 8"	32' 0"	100' 0"	8' 6"
Lynx Timed	17.84	52.04	13.24	5:25.04	65.14	2:35.24	27.64	12:05.24						
1 Date														
2 Date														
3 Date														
4 Date														
5 Date														
6 Date														
7 Date														
8 Date														
9 Date														
10 Date														
11 Date														

Relay Events: 4 x 100 M (54.8h or 55.04) \_\_\_\_\_

4 x 400 M (4:32.0h or 4:32.24) \_\_\_\_\_

**ISLAND MOVERS TRACK & FIELD STATE CHAMPIONSHIPS**

MAY 12 & 13, 2006

**SOUVENIR T-SHIRT PRE-TOURNAMENT ORDER FORM**



\_\_\_\_\_ School requests to order the following sizes of the 2006 Island Movers Track & Field State Championships Souvenir T-shirt(s) at \$15.00 per shirt.

Quantity	Size	Cost per shirt	Total
_____	Small	@ \$15.00 each =	\$ _____
_____	Medium	@ \$15.00 each =	\$ _____
_____	Large	@ \$15.00 each =	\$ _____
_____	X-Large	@ \$15.00 each =	\$ _____
_____	XX-Large	@ \$15.00 each =	\$ _____
_____	Total Amount:		\$ _____

Send pre-orders to Punahou School (host school) by Thursday, May 11, 2006. Checks payable to HHSAA may be sent with pre-orders or brought to the coaches' meeting/tournament. **(Note: Preorders must be paid in full by first day of the meet or shirts will be released to the general public.)**

Jeff Meister, Assoc. Athletic Director  
 Punahou School  
 1601 Punahou School  
 Honolulu, HI 96822  
 Phone: (808) 944-5816 · Fax: (808) 944-5864

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

## HHSAA TRACK AND FIELD TEAM CHAMPIONS – BOYS

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

*\*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	Jason Bennerman	Pearl City	14.4 (h)	1981
	David Aguiar	Punahou	14.4 (h)	1982
	Bryan Clay	Castle	13.90 (wa)	1998
	Dana Navarro-Arias	Maui	14.44	1999
300 Meter Int. Hurdles	Dana Navarro-Arias	Maui	38.10	1999
100 Meter Dash	Clayton Mahuka	Nanakuli	10.6 (h)	1985
	Bryan Clay	Castle	10.52 (wa)	1998
	Shane Victorino	St. Anthony	10.80	1999
200 Meter Dash	Casey Flores	Konawaena	21.2 (h)	1996
	Bryan Clay	Castle	21.41 (wa)	1998
	Joseph Locey	Kapaa	21.90	2004
400 Meter Dash	Bennett Valencia	Punahou	48.66	1997
800 Meter Run	Joey Bunch	Radford	1:51.1 (h)	1983
1500 Meter Run	Todd Iacovelli	Punahou	4:05.79	2002
3000 Meter Run	Todd Iacovelli	Punahou	9:01.80	2002
400 Meter Relay	Geoff Zawtocky, Andy Schad, Kelii Morgado, Brett Arizumi	Punahou	42.6(h)	1989
	Thomas Batis, Kenny Estes, Eric Oroc & Troy Yamase		42.78	2005
1600 Meter Relay	Eugene Williams, John Curry, Mark Brackemhoff, Peter Lee	Radford	3:20.2 (h)	1985
Shot Put	Kaione Crabb	Punahou	59' 08.75"	1997
Discus	Jerrold Avegalio	Kahuku	186'	2003
Long Jump	Koldene Walsh	Leilehua	23' 04.25"	1983
	Bryan Clay	Castle	24' 06.50" (wa)	1998
Triple Jump	Larry Khan-Smith	Campbell	48' 01"	1986
	Larry Khan-Smith	Campbell	48' 11.50" (wa)	1986
High Jump	Kris Cuaresma-Primm	Mid-Pacific	6' 9"	1998
Pole Vault	Bubba McLean	St. Anthony	15' 3"	1997
Discontinued Events:				
1600 Meter Run	Kurt Mench	Castle	4:09.5	1970
3200 Meter Run	Steve Ferber	Mid-Pacific	9:20.8	1973

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

## HHSAA TRACK AND FIELD TEAM CHAMPIONS – GIRLS

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

## HHSAA STATE TRACK AND FIELD MEET RECORDS – GIRLS

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Time or Distance</u>	<u>Year</u>
100 Meter H. Hurdles	Prestine Foster	Hilo	14.8 (h)	1993
	Erin Stovall	Iolani	14.64 (wa)	1997
	Vera Simms	Mililani	14.85	2000
300 Meter Low Hurdles	Vera Simms	Mililani	42.80	2000
100 Meter Dash	Shari Fox	Leilehua	11.8 (h) (wa)	1978
	Heidi Friese	Punahou	12.1 (h)	1981
	Karen Morant	Radford	12.1 (h)	1983
	June-Ann Lusk	Baldwin	12.25	2005
200 Meter Dash	Endia Abrante	Kaiser	24.44 (wa)	1998
	Lauran Dignam	Iolani	25.04	2002
400 Meter Dash	Endia Abrante	Kaiser	54.41	1998
800 Meter Run	Eri Macdonald	Punahou	2:13.23	1998
1500 Meter Run	Victoria Chang	Punahou	4:38.83	1999
3000 Meter Run	Victoria Chang	Punahou	9:38.03	1999
400 Meter Relay	Elizabeth Dalrymple, Vera Simms, Cherina Tucker,	48.92 Leila Hammonds	Mililani	1999
1600 Meter Relay	Jane Yee, Sara Yap, Carolyn Berger, Eri MacDonald	Punahou	4:00.51	1999
Shot Put	Sarah Bryant	Kaiser	44' 03"	1985
Discus	Joan Gago	Campbell	160' 03"	1982
Long Jump	Shari Fox	Leilehua	19' 02.5"	1979
Triple Jump	Samantha Cabrerros	Punahou	38'3.50"	2005
	Maureen Dunn	Lutheran	39' 01" (wa)	1988
High Jump	Natasha Kai	Kahuku	5' 05.50"	1999
Pole Vault	Chun Mei Nickles	Mililani	11' 4"	2003
Discontinued Events:				
1600 Meter Run	Kathy Robertson	Radford	4:55.7 (h)	1977
3200 Meter Run	Tammy Cartwright	Radford	11:04.5 (h)	1981
800 Meter Relay	Jean Graham,	Campbell	1:43.9 (h)	1975
	Lovena Kalama, Candy Kauahi, Jackie Meyers			

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