

B.I.I.F. Track and Field Rules

- I. The National Federation Track and Field Rules will govern, with the following BIIF modifications.**
 - A. Each member school may enter not more than 4 contestants in any one track or field event in the following meets:**
 - 1. BIIF Qualifying meet**
 - 2. BIIF Championship meet**
 - B. In any single BIIF meet an athlete may enter not more than 6 events.**
 - C. In order to enter the BIIF Qualifying meet each competitor must meet the Leagues qualifying Standards. Schools will also be granted at least 1 entry in all events**
 - D. Qualifiers for BIIF Championship meet will be:**
 - 1. Eight (8) places for all events except the 3000m which will be determined by the games committee.**
 - 2. In the LJ, TJ, SP and DT Marks from the Qualifying meet will carryover to the Championship meet.**
 - 3. Competitors in the LJ, TJ, SP and DT are allowed 3 attempts during the qualifying meet and 3 attempts in the Championship meet.**
 - E. Qualifiers for BIIF Championship meet will be determined by place and time from the Qualifying meet.**
 - 1. 4 heats = Top runner in each heat and the next four best times.**
 - 2. 3 heats = Top 2 per heat and the next two best times.**
 - 3. 2 heats = Top 3 per heat and the next two best times.**
 - 4. 1 heat = All advance to the finals.**
 - F. Lane choice and Heat assignments will be by draw for the first two (2) meets. For all other meets, it will be by Times.**
 - G. BIIF eligibility rules are in effect.**
 - H. Scoring – All events 10-8-6-4-2-1**
 - I. Competitors must wear proper uniforms and shoes in all events ¼” spikes or less, must be used. Competitors in the throwing events may wear an alternate school issued uniform.**

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II. Responsibilities for Meets

A. Host Schools

1. First Aid, Ice and water
2. Line/Flag all field event areas
3. Announcer
4. Starter
5. Clerk of Course
6. Timers “from member schools” and timing system.
7. Zone and finish judges
8. Finish tape holders
9. Monitor placement of hurdles
10. Provide Meet results to Schools.

B. Member Schools

Pole Vault	Hilo, Kea’au, HPA, Makua Lani
Long Jump	Ka’u, Laupahoehoe, Kohala
Triple Jump	Ka’u, Laupahoehoe, Kohala
High Jump	Hilo, Konawaena, HPA, St. Joe, CLA, Pahoa
Shot Put	Waiakea, Kealakehe, Honoka’a, Kamehameha
Discus	Waiakea, Kealakehe, Honoka’a, Kamehameha

C. All Schools Assist with Hurdles.

D. Schools will be assigned from year to year for Set-up and Clean-up of the meet.

E. All Schools Assist with Timers and Judges.

III. Order of Events

Field Events 9am/2pm

Long Jump B-G
 Triple Jump B-G
 Pole Vault G-B
 High Jump G-B
 Discus B-G
 Shot Put G-B

Running Events 10am/3pm

100 HH
 110 HH
 100 m Dash
 1500 m Run
 4X100 m Relay
 400 m Dash
 300 LH
 300 IH
 800 m Run
 200 m Dash
 3000 m Run
 4X400 m Relay

* All Running events Girls JV/V will go first followed by the Boys.

* 3000 m Run may be first at Morning meets. (Games Committee Decision)