

OIA VARSITY CROSS COUNTRY CHAMPIONSHIP
@ HPU Windward Campus
Saturday, October 20, 2012
3:00 p.m.

I. Specific Objectives:

- A. To determine the individual and the team OIA Varsity Girls/Boys Cross Country Champions.
- B. To promote an interest in cross-country both on the part of the students and the adult public.
- C. To promote good sportsmanship.

II. Games Rules:

Current national Federation edition of the Track and Field Rules, unless modified by the OIA.

- A. Eligibility:** Each contestant must be eligible under the rules of the OIA, By-laws Article 1 "Eligibility", Section 1-6 in the OIA Handbook.
 - 1. All contestants must have participated in an organized cross-country program for at least four weeks prior to the OIA Championships. All contestants must have participated in the current school year and in an organized cross-country meet prior to the OIA championships.
 - 2. Eligibility lists are due 7 days prior to the first cross-country championship meet.

B. Entries:

Participants are limited to one race per day. Each school may list a maximum of ten runners, and of that seven runners will be allowed to participate per division. Entries must be completed using the Official OIA Entry Form in Excel. All entries must be listed alphabetically by last name and athlete's grade is required.

C. Scoring:

Scoring shall follow the National Federation edition of the Track & Field Rules except when OIA rule supersedes. The first five finishers scoring from the same team determine the OIA Varsity Team Champion. The sixth and seventh place finishers are used as pushers and not to break ties. The team that scores the lowest total points is the champion of the respective division. If less than five runners are on a team finishes, the places of all the finishers will be omitted in determining the team score.

F. Awards:

School with less than five finishers are not eligible for the team awards but are eligible for individual awards.

In case of a tie in the OIA Varsity Championship meet for first place, co-champions will be declared

D. Identifying Numbers:

Competition numbers or bibs shall be issued to coaches before the coaches meeting. Please check to make sure all your athletes have a bib number, and the name is spelled correctly.

E. Starting Positions:

East & West Varsity Divisional Team Champions will have the first choice of lanes followed by schools with full teams for the OIA Varsity Championship. Incomplete teams will then draw for the remaining lanes. All teams will have their own lane. Lane selection will be done during the

coaches meeting. Please have one of your athlete, team manager or coach, remain in your lane, to hold your lane for your team when doing run outs at the start.

F. Course:

The course will be three (3) miles for both girls and boys. The official course shall be measured and recorded prior to the meet. The course should include varied terrain. A map of the course will be available with the coaches' packet on race day. Teams may walk the course one and a half hour prior to the start of the meet. Runners must remain within three feet of the line, and the course must be clear of obstacles.

G. Entry Deadline:

The official entry form must be used to enter your team. Email in your entry list to: Coach Earl at menehunetrack@gmail.com Entry list must be received by **8:00 pm Monday, October 15, 2012**. Deadline for entries set by the committee should be respected. **No post entries for all championship meets will be accepted.** Changes from your entry list can be made prior to the coaches meeting on race day. No additions or substitutions allowed.

G. League Format:

Division: Varsity Girls and Boys. There will be no mixed gender in any championship race (Varsity Championship) Girls will run in Girls races and boys will run in boys races.

1. Running order: 1 – Girls, Varsity
2 – Boys, Varsity

H. Equipment:

1. All contestants are required to wear uniforms designated by their respective schools.
2. Shoes are mandatory, and spikes are not allowed.

I. Schedule:

The OIA Varsity Championships will be held at **HPU Windward Campus** on Saturday October 13, 2012. The meet will begin promptly at 3:00pm. The following time schedule will be in effect:

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|--------------------|--|
| 1:30 pm | Coaches packet pickup |
| 1:30 pm to 2:40 pm | Course open for walking |
| 2:15 pm | Coaches meeting near the finish line tent |
| 2:45 pm | Varsity Girls report for instructions |
| 3:00 pm | Girls Varsity Race Begins |
| 3:25 pm | Varsity Boys report for instructions |
| 3:40 pm | Boys Varsity Race Begins |
| 4:25 pm | Awards Presentations near the finish line tent |

J. Protest Committee:

The Protest Committee will consist of the Meet Director, Principal/Vice Principal/AD for the host school, the Meet director designee(s) (coach, AD, etc.).

K. Parking:

Parking near the lower soccer field is extremely limited. Parking on the grass is not permitted at any time. Vehicles parking on the grass may be towed at the owner's expense. Buses need to drop off teams at lower soccer fields, and park outside the park.

L. Miscellaneous Information:

1. Identifying numbers must be pinned on all four corners and attached to the front uniform top. Please check to see that athletes **do not** pin threw the pull tag as this will cause problems at the finish line.
2. Admission: None
3. Conduct & Sportsmanship:
 - a. Please respect the rules of the park and other park guess.
 - b. Each school is responsible to police their own area.
 - c. No alcoholic beverages or drugs are permitted.
 - d. Smoking is not allowed at all OIA events.
 - e. Head coaches are held responsible for the conduct of their team and team parents or spectators.
 - f. Zero tolerance will be in full effect before, during and conclusion of the meet.

Coaches/Parents/Non competitors are not allowed on the course once the race has started.

H. HHSAA State Cross Country Championships:

1. **Top 49 Girls & Top 48 Boys** from the OIA Varsity Championships qualify to states.
2. When a team has a qualified runner that cannot compete, and has **four or less** runners, the replacement shall come from the list of alternates.
3. When a team has a qualified runner that cannot compete, and have qualified **five or more** runners, then the alternate for that slot will come from the qualifying team roster.
4. ***The top two placing teams shall automatically qualify six runners for the HHSAA meet regardless of where they place in the OIA Varsity Championships.***