

OIA WESTERN DIVISION CROSS COUNTRY CHAMPIONSHIP
@ Waialua High School
Saturday, October 6, 2012
3:00 PM

I. Specific Objectives:

- A. To determine the individual and the team OIA Western Division Girls/Boys JV/Varsity 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 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. The first five finishers in each division scoring from the same team determine the OIA Western Division Girls / Boys JV Team & 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:

Teams with five or more will draw for the OIA Divisional 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 will 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 1, 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: JV and Varsity Girls and Boys. There will be no mixed division or gender in any championship race.

1. Running order:

1. Junior Varsity Girls
2. Junior Varsity Boys
3. Varsity Girls
4. Varsity Boys

H. Equipment:

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

K. Time Schedule:

The OIA Western Division Championships will be held at **Waiialua High School** on Saturday October 6, 2012. The meet will begin at 3:00 PM promptly. The following time schedule will be in effect:

1:30 pm	Coaches packet pickup
1:30 pm to 2:40 pm	Course open for walking
2:15 pm	Coaches meeting in boys locker-room
2:45 pm	JV Girls report for instructions
3:00 pm	Girls Junior Varsity Race Begins
3:25 pm	JV Boys report for instructions
3:40 pm	Boys Junior Varsity Race Begins
4:05 pm	Varsity Girls report for instructions
4:20 pm	Girls Varsity Race Begins
4:45 pm	Varsity Boys report for instructions
5:00 pm	Boys Varsity Race Begins
5:50 pm	Awards Presentations near the finish line

I. Protest Committee:

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

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. **Parking: All team busses and cars will park outside the football stadium.**
3. **Restrooms are located in the football stadium.**
4. Admission: None
5. Conduct: Sportsmanship
 - a. Each school is responsible to police their own area.
 - b. No alcoholic beverages or drugs are permitted on the school campus.
 - c. Smoking is not allowed on the school grounds.
 - d. Head coaches are held responsible for the conduct of their team and team parents or spectators.
 - e. Zero tolerance will be in full effect before, during and conclusion of the meet.

All-star selection – The top 10 runners from the Varsity Boys and Girls races will be chosen as the first team all-stars. Runner placing 11 to 20 will be on the all-star second team. And runners placing 21 – 30 will receive honorable mentioned status. The Runner of the Year will be the winner of the girls and boys varsity race.

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