

**OIA WESTERN DIVISION CROSS COUNTRY CHAMPIONSHIP**  
**@ Waialua High & Intermediate School)**  
**Host Schools Mililani & Nanakuli**  
**Saturday, October 7, 2023**  
**8:30 AM**

**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, of which seven runners will be allowed to participate per division.

**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 teams with the lowest total points are declared champions of the respective division. If less than five runners are on a team finish, the places of all the finishers will be omitted in determining the team score.

**D. Awards:**

Schools with less than five finishers are not eligible for the team awards but are eligible for individual awards. First place team ribbons per varsity division and top 20 individual ribbons per varsity division. **No junior varsity awards.** In case of a tie in the OIA Varsity Championship meet for first place, co-champions will be declared

**E. Identifying Numbers:**

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

**F. 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 athletes, team manager or coach, remain in your lane, to hold your lane for your team when doing run outs at the start.

**G. Course:**

The course will be 5K or (3.1) 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 hours prior to the start of the meet. Runners must remain within three feet of the line, and the course must be clear of obstacles. **Safety concern for runners- after exiting/before entering the parking lot gate the course will run about 20 yards on the main highway sidewalk. It will be coned off and monitored by course officials.**

**H. Entry Deadline:**

The official entry and instructions may be found on [Athletic.net](http://Athletic.net). Entry list must be received before **7:00 PM Wednesday, October 4, 2023**. You will **NOT** be able to enter once the deadline has passed. Coaches are allowed to make changes to your entries prior to the entry deadline. Entry deadline should be respected. Please make sure your athlete's names are spelled correctly and athlete's grade is provided. **No post entries for all championship meets will be accepted including any substitutions.**

**I. League Format:**

Division: JV and Varsity Girls and Boys. There will be no mixed division or gender in any championship race.

Running order:

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

**J. Equipment:**

1. All contestants are required to wear uniforms designated by their respective schools.
2. Shoes are mandatory.

**K. Time Schedule:**

The OIA Western Division Championships will be held at **Waialua High & Intermediate School** on Saturday October 7, 2023. The meet will begin at 8:30 AM promptly.

The following time schedule will be in effect:

<b>7:30 AM</b>	<b>Coaches packet pickup</b>
7:00 AM to 8:20 AM	Course open for inspection
<b>7:50 AM</b>	<b>Coaches meeting at finish line tent</b>
8:20 AM	JV Boys report for instructions
<b>8:30 AM</b>	<b>Boys Junior Varsity Race Begins</b>
9:05 AM	JV Girls report for instructions
<b>9:15 AM</b>	<b>Girls Junior Varsity Race Begins</b>

9: 50 AM	Varsity Boys report for instructions
<b>10:00 AM</b>	<b>Boys Varsity Race Begins</b>
10:35 AM	Varsity Girls report for instructions
<b>10:45 AM</b>	<b>Girls Varsity Race Begins</b>
11:35 AM	Awards Presentations near the finish line

**L. 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.).

**M. Miscellaneous Information:**

1. Identifying numbers must be pinned on all four corners and attached to the front uniform top.
2. Parking:
  - a. Only Pre-Approved Vehicles may park on the services road (take left onto Kahui St before school). Check in with security at the gate.
  - b. Host volunteers: parking will be available in upper gym parking lot.
  - c. Spectator parking in the lower \*Gym parking lot in non-coned stalls and on a grassy area in front of the school.

**\*Gym Parking Lot Timeline**

6:30am- Gates open for bus drop off and parking

8:20am- Gates closed **no exit or re-entry**

**Gates will reopen after the last Varsity Girls runner**

3. Buses need to drop off teams in lower gym parking lot. No bus parking on campus. Option for bus parking at Kaiaka Beach Park.
4. Warmups on the football field and the course will open at 7:00am.
5. **Restrooms: Training room restrooms, girl's locker room and gym restrooms will all be open for use.**
6. Tent set up: first come first served, in designated area field in front of locker rooms, fire lane by gym and behind cafeteria. Max 2 tents.
7. Admission: None
8. Spectators: No spectators on the football field- only coaches, runners, officials and trainers will be allowed. Spectators are allowed on bleachers and throughout the sidelines of the course. No vehicles allowed on Pioneer/Corteva property.
9. Off limits areas: classrooms and other campus areas.
10. Concession will be available. Cash only
11. Conduct: Sportsmanship
  - a. All DOE rules apply.
  - b. Follow all current DOE, DOH and CDC Covid 19 Guidelines.
  - c. Each school is responsible to police their own area.
  - d. No alcoholic beverages or drugs are permitted during school events.
  - e. Smoking is not allowed during school events.
  - f. Head coaches are held responsible for the conduct of their team and team parents or spectators associated with your team.
  - g. Zero tolerance will be in full effect before, during and conclusion of the meet.

**N. Host Schools Responsibilities:**

1. Provide the minimum number of volunteers and official's necessary to conduct the meet safely and on schedule.
2. See OIA Cross Country Hawaii Website and search OIA Championships Host Schools Responsibilities and Instructions for list and numbers of volunteers and officials needed.
3. Marking the course. This should be done as close to the day of the meet or weather permitting. If a school campus is used, please coordinate with the school Athletic Director and Head Cross Country Coach. Please check with the OIA Cross Country Coordinator for paint supplies and equipment.
4. Provide all PPE supplies for all volunteers and officials upon request. (Trash Bags, Gloves, Hand Sanitizer and mask)
5. If providing any food, snacks and drinks, they must grab and go.

**All-star selection – The top 10 runners from the Varsity Boys and Girls races will be chosen as the first team all-stars. Runners placing 11 to 20 will be on the all-star second team. And runners placing 21 – 30 will receive honorable mention 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.**