

OIA JUNIOR VARSITY CROSS COUNTRY CHAMPIONSHIP
Waialua High & Intermediate School
Host Schools Kalani & Radford
Saturday, October 11, 2025
3:00 PM

I. Specific Objectives:

- A. To determine the individual and the team OIA JV Girls/Boys Cross Country Champions.
- B. To promote an interest in cross-country both on the part of the students and the 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 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 enter a maximum of ten runners and from that 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 JV 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 finish, the places of all the finishers will be omitted in determining the team score.

D. Awards:

No JV awards.

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

E. Identifying Numbers and Timing Chips:

Competition bibs or 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 athlete's name is spelled correctly, and athlete's grade is included.

F. Starting Positions:

JV Divisional Champions will have the first choice of lanes followed by teams with five or more. Incomplete teams will then draw for the remaining lanes. All teams will have their own lane. Drawing for starting position should be done at the coaches' meeting, while selection of starting position should take place at the starting line. Incomplete teams will then draw for the

remaining open positions. 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 from the start line.

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 prior to the start of the meet. Runners must remain within three feet of the line, and the course must be clear of obstacles.

H. Entry Deadline:

The official entry and instructions may be found on Athletic.net. Entry list must be received before **7:00 PM Wednesday, October 8, 2025**. 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 Girls and Boys. There will be no mixed division or gender in any championship race.

1. Running order:

1. Junior Varsity Boys
2. Junior 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 JV Championships will be held at **Waialua High & Intermediate School** on Saturday, October 11, 2025. The meet will begin at 3:00 AM promptly. The following time schedule will be in effect:

1:30 PM

1:00 PM to 2:50 PM

2:20 PM

2:50 PM

3:00 PM

3:35 PM

3:45 PM

Coaches packet pickup

Course open for inspection.

Coaches meeting at finish line tent.

Boys' report for instructions

Boys' Junior Varsity Race Begins

Girls' report for instructions

Girls' Junior Varsity Race Begins

L. Protest Committee:

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

M. Miscellaneous Information:

1. Identifying numbers must be pinned in all four corners and attached to the front of the uniform top so it is visible during the entire race.
2. **Parking:**
 - a. Only Pre-Approved Vehicles may park on the service road (take a left onto Kahui St. before the school). Check in with security at the gate.
 - b. Host volunteers: parking will be available in the upper gym parking lot.
 - c. Spectator parking in the lower gym parking lot in non-coned stalls and on the grassy area in front of the school.
3. **GYM Parking Lot Timeline:**
 - a. 1:00 PM Gates open for bus drop off and parking
 - b. 2:50 PM Gates closed **No Exit or Re-Entry**
 - c. **Gates will reopen after the last runner has exited the GYM Parking**
 - d. **Buses need to drop off teams in the lower gym parking lot No bus parking on school campus. Optional bus parking at Kaiaka Beach Park.**
4. **School Information:**
 - a. Restrooms: Training room restrooms, girl's locker room and gym restrooms will be open for use.
 - b. Warm up on the football field and course will open at 1:00 PM.
 - c. Tent set up: first come first served, in designated area field in front of locker rooms, fire lane by the gym and behind the cafeteria, Max of two tents per team.
 - d. Admission: None
 - e. Spectators: No spectators on the football field, Only coaches, participants, officials and athletic trainers will be allowed on the infield. Spectators are allowed on the bleachers and throughout the sidelines of the course.
 - f. No vehicles allowed on the private road and the property of Pioneer Corteva.
 - g. Off limits areas: classroom and other areas of the campus.
 - h. Concession will be available. (Cash only).
 - i. Conduct: Good Sportsmanship. Head coaches are held responsible for the conduct of their team and team parents or spectators associated with your team.

- j. Follow all current DOE, DOH and current CDC Covid 19 Guidelines.
- k. Each school is responsible to police their own areas.
- l. Consumption of alcoholic beverages or the use of drugs and smoking are **NOT** permitted at any time on school campus and during school events.
- m. Zero tolerance will be in full effect before, during and the conclusion of the meet.

5. Host Schools Responsibilities:

Provide the minimum number of volunteers and officials necessary to conduct the meet safely and on schedule.

See OIA Cross Country Hawaii Website and search OIA Championships Host Schools Responsibilities and Instructions for list and numbers of volunteers and officials needed.

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 OIA Cross Country Coordinator for paint supplies and equipment.

Provide all PPE supplies for all volunteers and officials upon request. (Trash Bags, Gloves, Hand Sanitizer and mask)

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