

**OIA VARSITY CROSS COUNTRY CHAMPIONSHIP**  
**@ Patsy T. Mink Central Oahu Regional Park (CORP)**  
**Host Schools Moanalua & Waipahu**  
**Saturday, October 25, 2025**  
**8:30 AM**

**I. Specific Objectives:**

- A. To determine the individual and the team OIA 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.

**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.

**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 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:**

School with less than five finishers are not eligible for team awards but are eligible for individual awards. First place team ribbons per division and top 20 individual ribbons per division.

In case of a tie in the OIA Varsity 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 athletes name is spelled correctly, and the athlete's grade provided.

**F. Starting Positions:**

The Varsity 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](http://Athletic.net). Entry list must be received before **7:00 PM Wednesday, October 22, 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: Girls and Boys. There will be no mixed division or gender in any championship race.

1. Running order:
  1. Varsity Boys
  2. 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 Varsity Championships will be held at **CORP** on Saturday October 25, 2025. 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	Boys' report for instructions
<b>8:30 AM</b>	<b>Boys' Varsity Race Begins</b>
9:05 AM	Girls' report for instructions
<b>9:15 AM</b>	<b>Girls' Varsity Race Begins</b>
10:30 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 schools, 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. **Only Pre-Approved Vehicles may drive on the field or any grassy areas of the park.**
3. **Parking: There are no reserved parking.**
4. Parking on the grass is not permitted at any time. Vehicles parked on the grass may be towed at the owner's expense. Buses need to drop off teams near the lower soccer fields, and park outside the park along Kamehameha Hwy.
5. **Restrooms are located to the north of the course.**
6. Admission: None
7. Conduct: Sportsmanship
  - a. All Honolulu City & County Park rules apply.
  - b. Follow all current DOE, DOH and CDC Covid 19 Guidelines.
  - c. Follow any applicable Covid 19 Guidelines Regarding Spectators and Athletic Staff and Participation.
  - d. Each school is responsible to police their own area.
  - e. No alcoholic beverages or drugs are permitted during school events.
  - f. Smoking is not allowed during school events.
  - g. Head coaches are held responsible for the conduct of their team and team parents or spectators associated with your team.
  - h. Zero tolerance will be in full effect before, during and at the conclusion of the meet.

**N. Host Schools Responsibilities:**

1. Provide the minimum number of volunteers and officials 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 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)

**O. HHSAA State Qualifying Procedures:**

- a. For the State Meet, when a non-scoring team has a qualified runner that cannot compete, the replacement for that slot will come from the list of alternates. (To be used for participants that do not qualify as a team).
- b. For the State Meet, when a scoring team has a qualified runner that cannot compete, and the school has the minimum number of qualified runners to qualify for a team entry, then the alternate for that slot will come from the qualifying school. This policy does not apply when schools are not competing as a team or does not have an eligible athlete to be used as a replacement.
- c. The top two placing Boys and Girls teams at the OIA Varsity Championship should automatically qualify six runners for the HHSAA meet regardless of where they place.
- d. Coaches are reminded to inform the OIA League Coordinator as soon as possible if a qualified athlete cannot compete. This is to allow the next qualified athlete to be entered and time to make any travel arrangements.
- e. Per HHSAA rules, when the OIA has co-champions, a team's 6th place finisher will be used as the tiebreaker to determine which school will represent the first place OIA team for the seeding at the HHSAA State Championships. If both teams have less than 6 runners, then the 5<sup>th</sup> place runner shall be used to determine the first place team.

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