



2019 ALOHA STATE GAMES

Open and Masters Outdoor Track and Field Championships



Punahou School, July 13, 2019

The Aloha State Games Track and Field meet is open to all fitness enthusiasts, be they regular competitors or occasional runners/jumpers/throwers. All track and field events will be on July 13 at Punahou School. This meet also serves as the USATF-Hawaii Open and Masters Outdoor Track and Field Championships for 2019. And the 2019 USATF-Hawaii Racewalking Championships. All Open and Masters competitors must be members of USA Track and Field. See meet schedule below.

ALOHA STATE GAMES ENTRY FEE – \$20 per person plus \$3 for each event entered – see limits below. **All competitors must have a bib number – summer track competitors use the same number as for summer track; bib numbers will be assigned at check-in for those who don't have one from summer track.**

ALL REGISTRATION IS ON-LINE– deadline is July 11. Event will be pre-seeded based from on-line registrations; limited walk-up entries permitted – at \$30 plus \$3 for each event -- if time and space are available in each event.

T-SHIRTS / AWARDS – All participants will receive a t-shirt – every effort will be made to supply T-shirts in the size noted on the entries. Medals for top three places.

Divisions – youth: by birth year: 2013 or later (red wrist band); 2011 or 2012 (purple); 2009 or 2010 (green); 2007 or 2008 (yellow); 2005 or 2006 (blue); 2003 or 2004 (orange); 2001 or 2002 (white).

Open: Age 19 to 29 as of July 13, 2019.

Masters: five-year age divisions, age as of July 13, 2019; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99, 100+

Track Events: 50 meters (red, purple and green only), 100 m; 200 m; 400 m; 800 m; 1500 m (green and older); 3000 m (yellow and older); 5000 m (orange and older); short hurdles (80/100/110); 1,500m racewalk (yellow and older); long hurdles (200/400); 4 x 100 relay; 4 x 400 relay.

Field Events: shot put (all ages); discus (yellow and older); long jump (all ages); triple jump (blue and above); high jump (green and above); pole vault (orange and older)

Format: Meet held under U.S.A. Track and Field rules. Hurdle heights, distance and spacing, and size of shot put and discus adjusted for age and gender as per USATF rules.

Limits: Per USATF Rules, Red, Purple, Green and Yellow age groups are limited to THREE events per day (including relays), no exceptions. All other youth may enter a maximum of FOUR events per day (including relays); Open and Masters limited to six events. Violation of these limits will result in disqualification from meet.

Youth relay teams may include participants from lower-rated divisions; Open and Masters may include participants from older divisions. All relay participants must be registered, even if only participating in a relay. Participation limits apply; teams may be assembled on-site – relay forms due to Clerk at check-in for each relay.

All competitors in horizontal jumps and throws will be given four attempts, per USATF rules for championships. Timed finals in all track events. All participants must have competition bib number, obtained at check-in. Bib numbers from summer track apply.

Check-In: On-site check-in before start of the meet, then venue check-in for each event. Schedule is approximate – events will follow immediately after the previous event is finished. Athletes are responsible for being present when their event is called: no exceptions. Quarter-inch pyramid spikes only – absolutely NO needle spikes or Christmas tree spikes (don't even ask). Pole vault competitors must have their coaches present.

To REGISTER, go to Athletic.net and select 2019 Aloha State Games
Track and Field Championships – Deadline is July 11.
E-mail to markzeug@gmail.com with questions.

SCHEDULE OF EVENTS

TRACK EVENTS (Times are approximate)

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|---------|---------------|---|
| 1pm | 1500 Racewalk | Yellow and older |
| 1:30 pm | Short Hurdles | Yellow and older |
| 1:45 pm | 50m | Red, Purple and Green Only |
| 2 pm | 100 | All Ages |
| 2:30 pm | 1500 | All Ages |
| 3 pm | 4x100 Relay | All Ages |
| 3:15 pm | 400 | All Ages |
| 3:45 pm | Long Hurdles | Yellow (200m, 30"), all others (400m, 30" for women, 36" for men) |
| 4 pm | 800 | All Ages |
| 4:15 pm | 200 | All Ages |
| 4:30 pm | 3000 | Yellow and older (3K and 5K will be run simultaneously) |
| 4:30 pm | 5000 | Orange and older |
| 4:45 pm | 4x400 Relay | All Ages |

Note: Because number of participants in each event is not known, number of heats will vary.
Next event will start as soon as all the heats for any previous event are finished – absolute times of events cannot be planned or followed. Announcer will give first and last call for all events.

FIELD EVENTS

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| 1 pm | Shot Put, Discus, Long Jump – ages as called |
| 2 pm | Pole Vault, High Jump – ages as called |
| 4 pm | Triple Jump – ages as called |