

Hawaii Track Journal

Official Newsletter of USA Track & Field – Hawaii Association

January 4, 2016

University Sunrise Meets Begin January 23

The University of Hawaii track Sunrise Meets begin Saturday, January 23, at the UH track, beginning at 8 am. All track and field enthusiasts are eligible to participate. The following rules apply:

1. NO WALK-UP ENTRIES –all entries must be received by Tim Boyce via e-mail (tboyce@hawaii.edu) by Noon on Friday prior to the meet. NO exceptions.
2. Send name, affiliation (club), age, date of birth, events to be entered including entry mark.
3. NCAA Rules will apply to college competitors; USATF rules will apply to all others.
4. All track events, horizontal jumps, vertical jumps, shot put and weight throw will be held at the Clarence T.C. Ching Athletics Complex. Long throws (Hammer, Discus and Javelin) will be held on the lower grass practice field located diamond head/mauka of the track facility.
5. No entry fee will be charged – however, USATF-Hawaii is encouraging a donation of at least \$4 per event entered. Donations may be made to USATF-Hawaii, and will be forwarded to the UH Foundation in support the UH women's track team. Donations also may be made directly online at <https://giving.uhfoundation.org/give/giving-gift.aspx?allocation=12443404&site=AKA>
6. All meets will be run on a **rolling schedule**, meaning all start/event times will be subject to change during of the meet. Participants should arrive well before the suggested start times on the schedule below, as these will vary depending on number of participants. Events also can be cancelled if there are too few participants -- decision to cancel will be made prior to the start of the event.
7. At check-in all participants must complete a Risk & Release form prior to compete in their chosen events. *If the participant is under 18 years of age, the Risk and Release form must be completed by parent or legal guardian -- legal guardian must bring documentation to certify the relationship.*
8. At check-in, participants also must fill out a registration card for **each** event they choose to enter – and it must be readable. Unreadable cards will be rejected/discarded.
9. **Track Events.** Upon registering, participants should indicate an estimated performance time or “seed mark” to ensure they are grouped with others of similar ability -- ability level and not age or gender will be deciding factor in race sections; ask event staff for help if required. Each participant is responsible for being aware of changing start times and listening for marshalling calls for their event.
10. **Field Events.** For all throws and horizontal jumping events, participants will receive 4 attempts. Participants will be required to report to event site at least 15 minutes prior to the start of the event. Warm-ups will be closed 2 minutes prior to event start. Please see schedule for start times.

The Sunrise meet schedule is as follows:

Sunrise Meet # 1	Season Opener - Terry Albritton Memorial	Saturday - January 23, 2016
Sunrise Meet # 2	Dr. Donniss Thompson Memorial Meet	Saturday - February 6, 2016
Sunrise Meet # 3	Leah Bennett Invitational	Saturday - March 12, 2016

Event schedule is as follows:

	January 23	February 6	March 12
Field Events			
7:30 am	Check In	Check In	Check In

8 am	Pole Vault/Hammer High Jump	Pole Vault/Discus High Jump	Pole Vault/Hammer High Jump
9 am		Javelin	Javelin
10 am	Weight Throw	Weight Throw Long Jump	Discus Long Jump
10:30 am	Long Jump		
11 am	Shot Put Triple Jump	Shot Put Triple Jump	Shot Put Triple Jump

Track Events

8 am	3000m		
8:30 am	Mile Run	5000m	5000m
9 am	60m hurdles	60m hurdles	100m hurdles
9:20 am	60m	60m	110m hurdles
9:30 am	800m	1500m	100m
9:45 am	150m	4x200	1500m
10 am		200m	2000m SC
10:20 am	300m	800m	200m
10:45 am		4 x 400	400m hurdles
11 am		400m	800m
11:15 am			400m
11:30 am			4x100

In-Door Track Schedule/Ruby Tuesday Meet

In addition to the UH Sunrise meets, which are open to all USATF-Hawaii members, including youth, USATF Hawaii also is planning additional indoor meets for February 13 and 27. The meets will be held at the University of Hawaii beginning at 8 am. The event schedule will be similar to the UH Sunrise meets. Advanced registration will NOT be required – participants may sign up on-site. A fee of \$4 per event entered will be imposed, and will be contributed to the UH women's track program.

The annual **Ruby Tuesday Invitational** meet will be held March 26 at Punahou School's track.

Summer Track Planning Meeting

USATF-Hawaii will hold its annual planning meeting for the summer track program on Saturday, January 30, at the Moanalua High School classroom adjacent to the gymnasium, beginning at 9 am. ALL clubs should be represented at this meeting, as all rules and regulations relating to the summer track program will be decided at this meeting. Any club NOT represented at this meeting can expect to be assigned duties and responsibilities without their input. Preliminary information regarding the meeting will be forwarded to all representatives of clubs in good standing as of January 23 (meaning they have renewed their dues, have updated their background checks, and have completed the SafeSport program requirements).