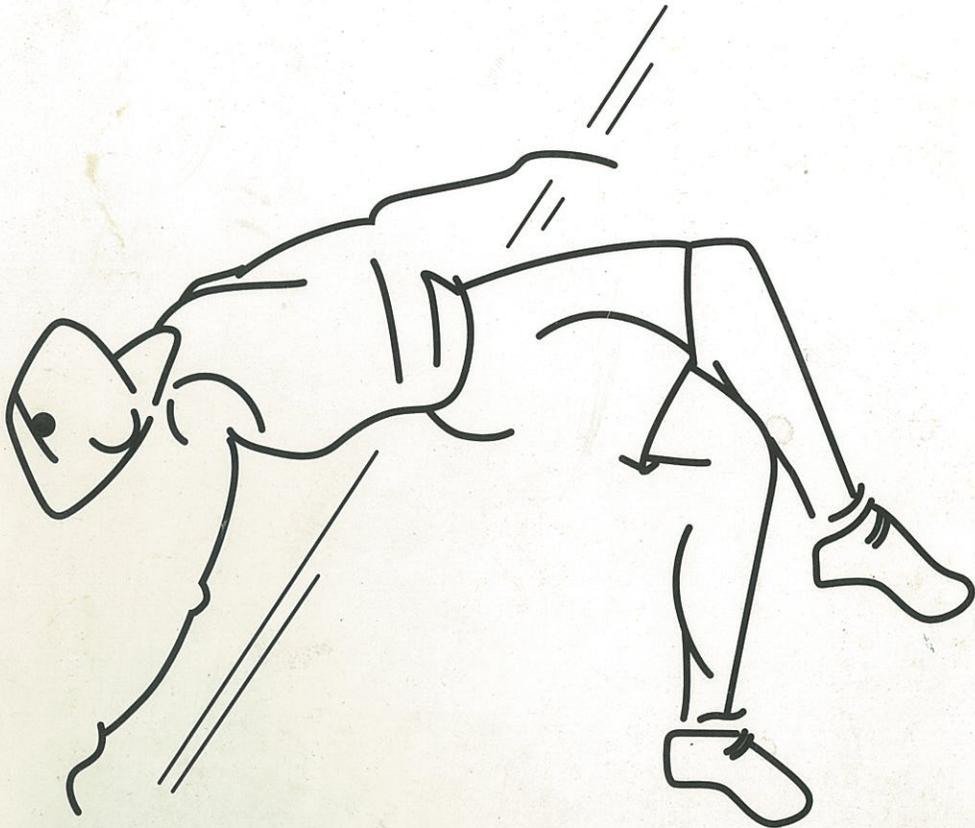


IASAS TRACK & FIELD

*Jakarta International School
Indonesia*

April 22 - 24 2004



IASAS TRACK AND FIELD 2004

JAKARTA INTERNATIONAL SCHOOL INDONESIA

Thursday April 22nd

	Event #	Event	Gender	Final / Heat
8:00 am		Opening Ceremony at the track		
8:15 am	1	5000 m	Boys	Final
8:45 am	2	3000 m	Girls	Final
9:00 am	3	Triple Jump	Boys	Final
9:30 am	4	Javelin	Girls	Final
10:00 am	5	100 m	Boys	Heats
10:30 am	6	100 m	Girls	Heats
11:00 am	7	400 m Hurdles	Boys	Heats
11:30 am	8	400 m Hurdles	Girls	Heats
		Break & Team Pictures		
3:30 pm	9	200 m	Boys	Heats
	10	High Jump	Girls	Final
	11	Shot Put	Boys	Final
4:00 pm	12	200 m	Girls	Heats
4:30 pm	13	4 x 800 m	Boys	Final
5:00 pm	14	4 x 800 m	Girls	Final
5:30 pm	15	4 x 100 m	Boys	Final
6:00 pm	16	4 x 100 m	Girls	Final

Friday April 23rd

8:30 am	17	110 Hurdles	Boys	Heats
	18	Discus	Girls	Final
	19	Long Jump	Boys	Final
9:00 am	20	100 m Hurdles	Girls	Heats
9:30 am	21	400 m	Boys	Heats
10:00 am	22	400 m	Girls	Heats
10:30 am	23	200 m	Boys	Final
11:00 am	24	200 m	Girls	Final
3:30 pm	25	400 m Hurdles	Boys	Final
	26	Discus	Boys	Final
	27	Triple Jump	Girls	Final
4:00 pm	28	400 m Hurdles	Girls	Final
4:30 pm	29	800 m	Boys	Final
5:00 pm	30	800 m	Girls	Final
5:30 pm	31	Medley Relay	Boys	Final
6:00 pm	32	Medley Relay	Girls	Final

Saturday April 24th

8:30 am	33	110 m Hurdles	Boys	Final
	34	Long Jump	Girls	Final
	35	High Jump	Boys	Final
	36	Javelin	Boys	Final
9:00 am	37	100 m Hurdles	Girls	Final
	38	Shot Put	Girls	Final
9:30 am	39	400 m	Boys	Final
10:00 am	40	400 m	Girls	Final
		Break & Coaches Meeting		
4:00 pm	41	1500 m	Boys	Final
4:30 pm	42	1500 m	Girls	Final
5:00 pm	43	100 m	Boys	Final
5:30 pm	44	100 m	Girls	Final
6:00 pm	45	4 x 400 m	Boys	Final
6:30 pm	46	4 x 400 m	Girls	Final
5:30-8:00 pm	47	Dinner		
8:30 pm	48	Awards Ceremony		

Jakarta International School

Cordially Welcomes
Athletes and Supporters

From

International School of Bangkok
International School of Kuala Lumpur
International School of Manila
Singapore American School
Taipei American School

to the

21st Annual

IASAS

Track & Field

Championships

Apr. 22nd-24th, 2004

Visit our website

<http://iasas.org/2003-2004/Track/>



Jakarta International School

Welcome

Selamat Datang di IASAS Track & Field

On behalf of the JIS community, we welcome you to the 2004 IASAS Track and Field championships. Given the uncertainties of the past, we are especially happy that IASAS events like this can proceed and that the countless benefits to participants can be realized. We want the wonderful learning opportunities offered in these competitions to continue, and we hope this year's championships will be remembered fondly in years to come.

The JIS community takes special pleasure in welcoming you to our school, as this is the first IASAS athletic tournament that we have hosted for two years. We hope that you will enjoy your experiences here at JIS, and especially that spirit of good sportsmanship and camaraderie that epitomizes IASAS. This has everything to do with the overall attitude and sense of community that you will doubtless bring to the next few days of this competition.

Our students, faculty members, administrators and Parents' Booster Club representatives have made every effort to ensure the success of your visit. Please do not hesitate to call upon any of us during your time as our guest.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Bruce Leiper', written in a cursive style.

Bruce Leiper
High School Principal

Schedule of Events

Wednesday

April 21st

Afternoon

Team arrivals

19:30

Coaches / Administrators Meeting

22:00

Curfew

Thursday

April 22nd

07:45

All teams assemble at the JIS track

08:00

Opening Assembly

08:15

First event

11:30

Team photographs

Break

15:30

Afternoon events start

18:00

Last relay of the day

22:00

Curfew

Friday

April 23rd

08:30

First event

11:00

Last event of the morning

Break

15:30

Afternoon events start

18:00

Last relay of the day

22:00

Curfew

Saturday

April 24th

08:30

First event

10:00

Last event of the morning

10:30

Coaches / Administrators Meeting

Break

PTA Bazaar Small Gym

16:00

Afternoon events start

18:30

Last relay

17:30 – 20:00

IASAS Team Dinner – Wantilan 3
(Dress according to IASAS travel guidelines)

20:00

Awards Presentations – Little Theater

22:00

Curfew

Sunday April 25th

Teams depart



Medical Procedure

For any medical emergencies or concerns, please follow the guidelines below:

- In case of injury or illness whether before, during or after an event, the Tournament Director or nurse should be notified.
- An injured athlete should not leave campus for any medical care without first consulting the nurse on duty. There is a nurse's office next to the Cilandak Pool during school hours and in the entrance to the Big Gymnasium after school hours.
- The nurse will require coaches or AIC consent prior to providing medication to students.
- In case of an injury or illness off campus resulting in the need for assistance, students should call J.I.S. (if during the school day) to talk to one of the tournament officials. If it is after school hours, they should contact either their host families, or one of the tournament officials at their home as listed in the program.



Important Phone Numbers:

JIS	769-2555 Ext. 72703 Athletics Department
Kristal Hotel	750-7050 or 750-7060 or 750-7070
Mr. Gray	Home 751-3627 Mobile 081 681 5253
Mr. Leiper	Home 750-0843 Mobile 081 816 5749
Pondok Indah Hospital	769-7525
A.E.A.(S.O.S) Medika	750-6001
Blue Bird Taxi	794-1234 or 798-1001

Arrival Times

Wednesday 21st April 2004

School	Flight	Flight Arrives	Hosts meet at JIS
TAS	SBR 237	13:05	15:15
ISM	SQ 158	13:50	16:45
ISKL	MH 721	14:20	17:00
ISB	TG 413	16:25	19:00
SAS	SQ 164	19:20	21:30

Departure Times

Sunday 25th April 2004

School	Flight	Flight Time	Bus Departs JIS
ISM	SQ 153	09:35	06:45
SAS	SQ 153	09:35	06:45
ISB	TG 434	12:45	09:45
TAS	BR 238	14:15	11:15
ISKL	MH 720	15:00	12:00

Officials

Tournament Director	Rishi Taparia & Mr. Mark Gray
Meet Manager,	Mr. Greg Spechalske
Meet Referees	Pak Umar & Mr. Toto Dharmadji
Clerks of the course	Mrs. Merrin Fisher & Mr. Wayne Kaler
Head Timer	Mr. Gene Magill
Electronic Timing	Mrs. Linda Round & Mr. Peter Round
Results	Mr. David Tarcy David & Stephen Round
Web Page/ Statistics	Katricia Barleta, James Wendt Lindsay Borman, Jun Hyoung Park
Housing	Rishi Taparia

International School of Bangkok Panthers

Boys

<i>Name</i>		<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
Andrew Harrison	**	12	USA	146
Tak Niino		12	Japan	160
Cullan Yasui		12	Canada	151
JP Carroll		11	USA	168
Brian Holligan		11	USA	156
Ross Kramer	**	11	USA	161
Paul McGowan		11	Ireland	169
Drew Pugh		11	USA	180
James Tang		11	USA	183
Eiji Tomioka		11	Japan	152
Joha Djalmetov		10	Uzbekistan	142
Ak Jantangsee		10	Thailand	181
Prie Wungcharoen		10	Thailand	171
Gage Herrmann		9	USA	170
Akira Murata		9	Japan	174
Captains:**				

Girls

Jackie Eaton		12	USA	122
Akiko Nagamine		12	Japan	130
Robin Souza	# **	12	USA	100
Zoe Von Batenburg	**	12	New Zealand	102
Bonnie Furst		11	USA	116
Yuki Izawa		11	Japan/Thailand	114
Sachiko Tsukiji		11	Japan	125
Risako Uchiyama		11	Japan	119
Andrea Zvinakis		11	USA	117
Jillian Kramer		10	USA	109
Paulette Stewart		10	Canadian	131
Kelly Toole		10	USA	136
Mizuho Fukazawa		9	Japan	104
Maggie Kimutis		9	USA	111
Jessy Tang		9	USA	133
Captains:**		<i>4-Year Participant:#</i>		

Coaches: Mr. Dennis Kramer
Mr. Ugo Costessi
Mrs Dinah Zapatka

Mrs. Amanda Hermann
Mr. Wunsawang Sawusdee
Mr. Thaworn Yailert

Trip Admin: Mrs. Kelly Kramer
Team Colors: Black and Gold

Athletic Director : Mr. Bob Connor
H.S. Principal : Mr. Andrew Davies

International School of Kuala Lumpur Panthers

Boys

<i>Name</i>	<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
Moto Nagata #	12	Japanese	342
Jason Napiorkowski	12	Australian	333
Sami Norovuori	11	Finnish	330
Kosuke Nakajima	11	Japanese	331
Gakuto Funakoshi	10	Japanese	329
Hideto Ide **	11	Japanese	310
Andrew Smith	11	Canadian	349
Marcus Perez **	11	Mexican	332
Safwan Zainal	11	Malaysian	326
Felipe Daneri	11	Canadian	348
Jason Swaringen	11	American	347
Yosuke Koda	10	Japanese	343
Tadashi Kikuno	10	Japanese	327
Tatsuya Oyobe	10	Japanese	328
Erkko Laukia	9	Finnish	325
<i>Co-Captains:**</i>		<i>4-Year Participant:#</i>	

Girls

Meg Tate	12	American	344
Isabel Jantos	11	German	303
Tsumugi Tsukamoto	11	Japanese	302
Kelley Vendeland	11	American	322
Stephanie Gillett	11	American	304
Kobie Andrus **	11	Australian	311
Iva Aguero	11	Argentina	306
Amy Tipton	11	Australian	345
Marta Nixon	10	German	300
Erna Takala	10	Finnish	301
Mamiko Noguchi **	10	Japanese	307
Ruth Begg	10	British	308
Zeynep Ucak	9	American	309
Brittany Beal	9	American	323
Laqueeta Simmons	9	American	305
<i>Co-Captains:**</i>			

Coach: Mr. Dave Fausch *Mr Grant Millard*
Asst. Coach: Mr. Chris Voon *Mr. Nadarajan Muthoo*
Trip Admin: Mr. John Smith *H.S. Principal: Dr. Alan Benson*
Team Colors: Blue and Yellow *Athletic Director : Mr. John Smith*

International School of Manila

Bearcats

Boys

<i>Name</i>	<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
SEAN CUALOPING *	12	Filipino	480
SI HYUNG KIM	12	Korean	479
SOO YEONG LEE	12	Korean	495
JOHNNIE MEWBORN *	12	USA	489
BERNARDUS SUPRIYANTO	12	Indonesian	499
SITHU THEIN SWE	12	Myanmar	454
TSUBASA BOLT	11	British/Japanese	469
PATRICK FILAMOR *	11	Filipino	472
DASUKE IZUTANI	11	Japanese	455
FRANCISCO GUERRA	11	Filipino	484
ELIAS G-RUFRANCOS	10	Mexico	496
TAKAYUKI KOBAYASHI	10	Japanese	471
KOKI SHIMIZU	10	Japanese	465
MARECELLO STROEM	10	Filipino	450
MICHAEL O'FRIEL	09	USA	490

*Co-Captains: ***

Girls

LAURA SIEBERT	12	USA	417
SIARA NORTH	12	Australian	444
ASAKO KONDO	12	Japanese	405
MAYUNA GOTO	11	Japanese	424
LAUREN HENRY	11	USA	409
MARIA HETTEL	11	USA	418
SHIHO SASAKI	11	Japanese	412
ERIN VIGNALI	11	USA	411
CAROLYN ASUNCION	10	USA	423
AMBIKA BHUSHAN	10	Indian	434
ARIA WUERTZ	10	USA	404
ANNA JOHNSON	09	Canadian	415
SEI YOUNG PYO	09	Korean	414
SERENA ROCHE	09	USA	427
NAO SUGIYAMA	09	Japanese	407

Coaches: Mrs. Heidi Oxley

Mr. Steve Dodds

Mr. Gerry Merchant

Mr. Bill Blankenship

Athletic Director and Trip Admin.

Mr. Dan Skimin

Team Colors: Green and Yellow

H.S. Principal: Mr. Tony Blenke

Jakarta International School

Dragons

Boys

<i>Name</i>	<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
Shaun Malligan	12	Australia	224
Martin Miller	12	USA	243
Daniel Sharps	12	USA	240
James Wilson	12	USA	244
Ben Caiola	11	USA	237
Jeremiah Couhault	11	USA	226
Jason Hardjosoekatmo	11	Germany	225
Brandon Jensen	11	USA	238
Trenton Rybacki	11	USA	230
Andrew Shang	11	USA	228
Justin Buensuceso	10	Philippines	227
Jan de Wolff	10	Germany	202
Alexander Iseri	10	USA	206
Nico Mark Huitink	9	Netherlands	229
Andrew Smith	9	US	204

*Captains:**

Girls

Cara McLeod #	12	Canada	219
Bethany M-Johnson	12	USA	215
Kaitlin Alexander	11	USA	213
Jessica Kline	11	USA	214
Carol Newell	11	USA	220
Kara Caleda	10	Philippines	201
Alyssa Munkres	10	USA	210
Alyssa Pittman	10	USA	211
Melissa Applegate	9	Australia	232
Maria Katricia Barleta	9	Philippines	217
Rachel Brady	9	USA	231
Sonia Brady	9	USA	207
Amelia Clark	9	Australia	209
Aislinn McCloskey	9	USA	222
Rachel Wallace	9	USA	218

*Captains:**

4-Year Participant:#

Coaches: Mr. Tom Beams Mr. Steve Clark

Asst. Coaches: Mr. Tony Dickinson

Team Colors: White, Blue and Silver

Athletic Director : Mr. Mark Gray *H.S. Principal:* Mr. Bruce Leiper

Singapore American School Eagles

Boys

<i>Name</i>	<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
Dallin Bywater *	12	USA	585
Johnny Chang	12	Singapore	592
Will Glass	12	USA	589
Michael Kleva	12	USA	552
Alex Mahoney	12	USA	571
Jeff Bemowski	11	USA	541
Daniel Bolivar	11	USA	583
Brad Brunoehler	11	USA	555
Andy Norman	11	USA	591
Luke Puglisi	11	USA	546
Mark Westhuis	11	USA	579
David Bywater	10	USA	586
Kenji Ikeo	10	Japan	551
Carter Stanton	10	USA	587
Chris Wiley	10	USA	569

*Captain: **

Girls

Nicole DeFord **	12	USA	537
Joanne Lonergan **	12	N. Zealand	513
Michelle Simpson #	12	S. Africa	501
Mindy Nguyen	11	USA	505
Nina Rosche	11	USA	519
Jonna Threlkeld	11	USA	548
Elise Nilsson	11	Sweden	504
Katie Crocker	10	Canada	513
Meghan Dwyer	10	USA	510
Katie Fusco	10	USA	502
Kim McKinney	10	Canada	533
Rachel Nishball	10	USA	516
Erika Szombathy	10	Canada	524
Briana Witherspoon	10	USA	518

*Co-Captains:***

4-Year Participant:#

Head Coach: Mr. Jim Baker

Asst. Coaches: Mr. Brian Donalson

Mr. Dale Smith Mr. Nat Bava

Trip Admin: Mr. Brian Combes

Athletic Director: Ms. Mimi Molchan

Team Colors: Red, White and Blue

H.S. Principal: Mr. Paul Chmelik

Taipei American School Tigers

Boys

<i>Name</i>	<i>Grade</i>	<i>Nationality</i>	<i>Uniform #</i>
Dave Chang	12	USA	627
Howard Chen**	12	USA	601
John Gilliam	12	USA	602
Bryan Lin	12	USA	600
Will So	12	USA	622
Hanlin Tang*	12	USA	624
Julius Lee	11	USA	606
Edward Cheng	10	USA	623
Sam Hsiao	10	USA	621
Jon Lin	10	USA	605
Jason Lin	10	USA	620
Eric Lo	10	USA	608
Jeremy Perkins	10	USA	607
Andrew Shi	9	USA	625
Kevin Ting	9	USA	626
<i>Captain:*</i>	<i>Co-Captain:**</i>		

Girls

Megan Grehl*	12	USA	632
Felice Jiang	12	USA	633
Kin Yee Seong	12	MALAYSIA	634
Catherine Woo	12	USA	616
Sen Fei Lu	11	USA	614
Maggie Cheung	10	BRITISH	617
Judith Hsu**	10	USA	635
Alyssa Auger	9	USA	636
Leanne Lin	9	USA	637
Joy Nichols	9	USA	618
Maria Takaoka	9	JAPAN	638
Cindy Teng	9	USA	639
Isabelle Wu	9	CANADA	619

*Captain:** *Co-Captain:***

Coaches: Mr. Rod Narayan Mr. Shaun O'Rourke
 Mr. Stephen Seymour Mr. Marcus Wolak
Trip Admin: Mr. Mr. Aaron Gray *Athletic Director:* Ms. Sue Niemi
Team Colors: Blue and Gold *H.S. Principal:* Dr. Eric Sands

IASAS Track & Field Previous Champions

Year	Boys	Girls
1982/83	S.A.S.	S.A.S.
1984/85	I.S.K.L.	S.A.S.
1984/85	I.S.B.	J.I.S.
1985 /86	I.S.B./J.I.S.	J.I.S.
1986 /87	J.I.S.	J.I.S.
1987 /88	J.I.S.	J.I.S.
1988 /89	J.I.S.	J.I.S.
1989 /90	J.I.S.	J.I.S.
1990 /91	J.I.S.	J.I.S.
1991 /92	J.I.S./ S.A.S.	S.A.S.
1992 /93	J.I.S.	J.I.S.
1993 /94	J.I.S.	J.I.S.
1994 /95	I.S.K.L.	J.I.S.
1995 /96	I.S.K.L.	J.I.S.
1996 /97	J.I.S.	S.A.S.
1997 /98	S.A.S.	S.A.S.
1998 /99	S.A.S.	S.A.S.
1999 /2000	S.A.S.	S.A.S.
2000/2001	S.A.S.	S.A.S.
2001/2002	S.A.S.	S.A.S.
2002/2003	I.S.B	I.S.B
2003/2004	?	?

General Information:

IASAS T-Shirts

IASAS T-shirts will be for sale at the Booster Hut. T-shirts are Rp. 80,000 the proceeds will go to 'Stairway Foundation Inc.' at I.S.M.

Money Changing at the Panin Bank on JIS campus:

Thursday and Friday 9:00 a.m. to 3:00 p.m.
(Traveler's checks & US dollars cash only)

Airport Tax

Rp. 100,000 per person

Student Rest Area

Level 3 of the Wantilan (above the cafeteria)

Computer Access

Use your ID card to enter the library
Visit the web sites of all the IASAS events, www.iasas.org.
Visit the T&F web site:
<http://iasas.org/2003-2004/Track/>
Log on name =iasas
Password = iasas

Locker Rooms

Locker rooms are located in the big gym. Please do not leave anything valuable in the locker room.

Bag Drop

The JIS parents have arranged for a supervised covered area where athletes can leave their bags. This is located at the javelin end of the track.

Water

There will be water available at all venues, but in the interests of the environment we will not be supplying cups. Please carry a water bottle with you and refill as often as you wish. Water bottles are available on campus, in all stores and in the cafeteria.

H.S. P.T.A IASAS Bazaar

Saturday 9pm – 3pm between the big gym and the track.

Vendors will include:

Kuku Silver and Diva : Silver Jewelry

Toko Figura : Bangka Tin

Brahma Tirta Sari : Nia's batiks

Nova Art : Old Maps

Festival Bali : Beaded Sandals and Bags

Pincca & Nico: Ladies Clothes

Mary Ibrahim : batik & natural stone jewelry

Shinta Art : Indonesian collectibles & textiles

Heritage Society : cards/paper and stationary

Satrizal : Sumantra Wedding Baskets

Asrul : Sumatran Textiles

Ibu Josephine : Batik Pillows

SewExquisite: Cross Stitch

Pak Jiwat : Wooden Bowls etc.

Soroptimist : Batik Shoe Bags

Track & Field

I. RULES

A. Rule Book:

I.A.A.F. (latest edition).

B. Meet Rules:

1 Scratches:

If an athlete scratches from an event after the meet begins, the athlete may not participate further in the meet and they may not be replaced by a substitute. (5/98)

2 Reporting for An Event:

Competitors must report to the marshals at least 15 minutes before the start of the event. If there is a time conflict between a running event and a field event, the track event will take precedence. Athletes are reminded that they must check in with both events on time. When moving from a field event to a running event, the athlete must report back to field event within 15 minutes of the conclusion of the race.

3 Specifications:

- a) *110m Hurdles 10 at 3'3"
- *100m Hurdles 10 at 2'9"
- *400m Hurdles 10 at 3'0" (Boys)
- *400m Hurdles 10 at 2'6" (Girls)
- b) *Shot Put 5kg (Boys) and 4kg (Girls)
- *Discuss 1.5kg (Boys) and 1kg (Girls)
- *Javelin 700gm (Boys) and 600gm (Girls)

4 Race time will be called or clock will be available near the finish line for all races 800m and above. (5/95)

5 Triple jump starting distance from the pit will be 7.5m for girls and 10.0m for boys.

6 The host school must provide all approved throwing implements to be used in competition. They must be clearly

marked, and no other implements should be at the competitions site. (5/00)

7 Lane Assignments:

All preliminary lane assignments will be according to Matrix A. The seeding for the finals in any event will be done using the I.A.A.F. rules:

Fastest Draw From	3 4 5 6
Slowest Draw From	1 2 7 8

Re-seeding procedure for when a heat has two or less runners—heats will be balanced as follows: There shall not be more than one runner from each school per heat, and whenever possible the original matrix will be followed. (5/96)

A double waterfall start shall be used for the boys/girls 800m, girls 3,000m and boys 5,000m. The first group of runners will line up in lane 1-4 and the next group of runners will line up in lanes 5-8 at the first turn stagger mark. A runner in the waterfall lanes 1-4 cannot start in Lane 5. (5/98). A line of cones will be set up along the inside of lane 5, all the way around until the point where the outside group of runners may cut in.

8 Field Events:

Competitors will compete in three flights. 1st flight will consist of 3rd seeds from each school. 2nd flight will include 2nd seeds from each school. 3rd flight will include 1st seeds from each school. The IASAS matrix will determine the order of individuals within each flight. A participant also entered in a running event may be placed in an alternative flight in order to facilitate competing in the running event. (5/02)

In the finals, the highest qualifier throws or jumps last. The first to jump or throw is the lowest qualifier. (5/98)

Finals in the applicable field events should not start until all preliminary attempts are finished. (5/00)

Warm-ups

10min. warm-up prior to the event for all flights.

10mins for 3rd flight, each getting 2 practice jump/ throws if they wish.

10mins for 2nd flight, each getting 2 practice jump/ throws if they wish.

10mins for 1st flight, each getting 2 practice jump/throws if they wish. (5/98)

An athlete returning from a track event may have 2 warm-up jumps or throws before competing. (5/98)

High Jump

A jumper may have to leave in the middle of the competition to compete in another event. If the bar is raised in their absence they can have up to 2 warm-up jumps and then return to the height at which they were due to jump. (5/98)

	Boys	Girls
Starting Height	155	115
Increases by	5cms	5cms
Above	160	135
Increases by	3cms	3cms
		(5/98)

9 Relays:
Medley

Run in lanes for three turns. Third runner breaks after 1st bend.

1st runner in lanes 2-8 run less than 200 meters.

2nd runner must receive baton in exchange box which is marked 10 meters before and 10 meters after the star for the 200m. The runner can use a 10m acceleration zone.

3rd runner must not utilize an acceleration zone. A 20m exchange box must be used and must stand at the back of the exchange box at the start of the race.

4th runner uses 20m exchange box. The officials will determine stacking order.

4x8

One turn stagger. Runner must not utilize an acceleration zone. A 20m exchange box must be used.

II. ROSTERS

Rosters (up to 15 boys and 15 girls) must be submitted two weeks prior to the tournament and include the following information:

- A. Name;
- B. Grade;
- C. Passport nationality;
- D. Birth date;
- E. Uniform number; and
- F. Housing preference.

III. ENTRIES

- A. A school may enter a maximum of three (3) entries per event.
- B. A school may enter only one relay team per relay event.
- C. Athletes may enter a maximum of six events only.
- D. Individual entries of athletes for events must be submitted two (2) weeks before the Championship.
- E. The entries must be ranked 1, 2, 3 in order of performance.
- F. All schools must send in their latest updated entry changes one week (7 days) before the meet. These entries will be finalized at the coaches' meeting prior to the meet. If an athlete is substituted at the coaches' meeting on the Wednesday night prior to the meet, the replacement keeps the same lane assignment as the original athlete. (5/98)
- G. Relay entries: coaches may submit six names on relays. If the name is submitted it counts as an event whether the runner participates or not. If a substitute is not named and a runner is replaced, then the runner is out of the meet. (In the 4x4 it becomes academic). (5/98)
- H. When electronic timing is used, the first place finisher in each heat is entered plus the next fastest times. When electronic timing is not used, the two fastest times from each heat will advance in the finals, and the next fastest times will also advance. (5/96)

IV. FACILITIES

A 400m track that can be "on" or "off" campus.

Automatic or semi-automatic timing equipment is preferred for all IASAS track meets. (5/92)
Shade shall be provided as stated in rule book.

Water: A water station must be provided for the 3,000- and 5,000-meter events.

V. UNIFORMS

A. Each school will be assigned permanent 3-digit numbers. The numbers are to be worn on the front and may be worn on the back (optional). Each school will provide its own numbers.

- ISB 100 •JYS 200 •ISKL 300
- ISM 400 •SAS 500 •TAS 600

B. All participants must be in the same uniform. All runners in relays must be dressed exactly the same and must be screened by the Marshall of the Course before they are allowed to compete. (5/93)

VI. OFFICIALS

A. The number and source of officials is to be determined by the host school. Whenever possible, the host school should utilize host country international sporting organizations to officiate the meet. Any coach of any IASAS team may not serve as an official during the competition. (5/00)

B. If possible, the host school will designate areas for access for one designated photographer from each IASAS school. This photographer may not be a coach. (5/96)

C. If a full complement (see IAAF rules) of judges and officials is not available, then a strategy will be circulated as to how infractions and or problems be handled. (5/99)

VII. PROTESTS

All protests are to go through the Tournament Director to the Meet Manager. The Meet Manager

will make inquiries on the protest and give his or her decision. If there is unhappiness over the decision, the protest can be appealed to the Meet Referee in writing through the Tournament Director. The decision of the Meet Referee will be final. At no time are athletes, coaches, accompanying administrators or parents to approach or question Meet Officials of decisions.

VIII. ORDER OF EVENTS

The schedule must be distributed to all schools three weeks prior to the meet. (5/98)

See attached three day meet schedule.

IX. SCORING

All boys' and girls' events will be scored separately. The point style for scoring will:

	Individual Events	Relay Events
First Place	7	10
Second Place	5	8
Third Place	4	6
Fourth Place	3	4
Fifth Place	2	2
Sixth Place	1	0

JAKARTA INTERNATIONAL SCHOOL

Athletic Department

VISITORS' GENERAL INFORMATION ABOUT JAKARTA

◇ AIRPORT & LOCAL TRANSPORTATION

You should be at the airport 2 hours before departure to assure adequate time for processing immigration and check-in formalities. You should allow an hour for travel time from the J.I.S. to the airport if you are leaving on a weekday or approximately 40 minutes if you are traveling on Sunday.

IMPORTANT:

- ◇ Make absolutely sure that you have your white immigration arrival card with you at the airport when you leave.
- ◇ Airport Tax when departing from Jakarta is Rp. 100,000 if you are leaving on an international flight. This fee must be paid in local currency when you check in at the airport.

Taxis are a convenient way to travel around Jakarta. The "Bluebird" taxi company is largely thought to be the best and most reliable. Regular taxis have meters with a starting price of Rp. 2,500. Make sure the taxi driver starts the meter when you state your destination, and if he insists on fixing a price take a different taxi if you have the option to do so.

Blue Bird Taxis

Telephone Number: 798-1001; 794-4444

◇ AIRLINES/FLIGHT RECONFIRMATION

<i>Airlines in Jakarta</i>	<i>Telephone Number</i>
British Airways	521-1500
Cathay Pacific	515-1747 / 515-1738
Continental	334-417, 334-418
Garuda	251-2286, 251-2235, 251-2288
KLM	252-6730, 252-6735, 252-6740
Malaysian Airlines	522-9682 / 522-9690
Qantas	230-0277, 230-0655
Singapore Airlines	5790-3747
Thai Airlines	230-2552
Lufthansa	570-2005

◇ TRAVEL INFORMATION

Time: Jakarta is: GMT +7, 1 hour behind Singapore, Kuala Lumpur, Manila, Taipei and the same as Bangkok

◇ CURRENCY

The Indonesian unit of currency is the rupiah (pronounced ru-pee-ah). The current exchange rate fluctuates around Rp. 8500= US\$ 1. Rupiah bank notes come in the following denominations:

	<i>Approximately</i>
Rp. 100,000	US\$ 11.00
Rp. 50,000	US\$ 5.50
Rp. 20,000	US\$ 2.30
Rp. 5,000	US\$.55
RP. 1,000	US\$.11

Watch Out !! Tourists often mistake a 1,000 for a 100,000.

◇ CHANGING MONEY

Currency and travelers checks can be exchanged at the school bank Monday and Tuesday, at the airport, at banks and at authorized moneychangers. Normal banking hours are approximately 8:30 AM to 2:30 PM from Monday to Friday, and 8:30 AM to 1:00 PM on Saturdays. Major credit cards are accepted at many (but not all) shops. However, beware – some outlets charge a surcharge.

◇ PERSONAL SAFETY

Generally, Jakarta is a fairly safe place. However, as in most large cities, it is advisable to be alert and take all usual precautions against theft of personal items. Do not wear “flashy” jewelry when out shopping, or leave your bag open, or have your wallet/purse visible. Do not carry your airline ticket, passport, or more money than is necessary around with you. Beware of the traffic! Drivers here are not always as careful as they might be.

◇ HEALTH

Non-infectious diarrhea may result from eating hot, unfamiliar spicy dishes. Patent medicines are widely available in local pharmacies (called “apotiks”). A popular medicine here to fight off diarrhea is “Norit” (charcoal tablets). They are easily available locally.

◇ WATER

It is NOT safe to drink tap water. When in the hotel or houses drink the bottled water and drink only sealed bottled water outside. All tap water on J.I.S. campus is safe to drink.

◇ DRESS CODE

Casual dress is the norm for visiting most places, although if visiting government offices, women should wear skirts, not shorts or trousers. Shorts are acceptable attire for walking around the city or shopping.

◇ TOUTS

If you walk outside the school campus, you will discover that the local people are keen to exchange greetings with you, but also to tempt you to buy their wares/take their local taxis/try the food they are selling, etc.,etc. If you are not interested, just say a firm “no, thank you” and carry on walking. You could try the Indonesian version: “Tidak, terima kasih”, pronounced “Tee-da, ter-ee-ma kassée”. A customary question from Indonesians will be “Where are you going?” to which you could reply “Jalan-jalan” (walking).

◇ EMERGENCY INFORMATION

	<i>Telephone Number</i>
Jakarta International School Mark Gray	769-2555 Ext. 80218, Home: 7513627 Mobile: 081 681 5253
Kristal Hotel	750-7050
Police	525-0110
Fire	113 or 344-1309
Ambulance	119 Or 118 or 334-0300
Hospitals/Clinics	
Rumah Sakit Pondok Indah	769-7525, 750-0157
Jl. Metro Duta I	
SOS Medika Clinic -Appointments	750-5980
-Emergencies	750-6001
MMC Hospital	520-3435
Jl. HR Rasuna Said Kav C-21 Kuningan	

✧ CONSULATES/FOREIGN REPRESENTATIVES IN JAKARTA

Australian
Jl. H.R. Rasuna Said, Kav. C15-16
2550-5555

Brunei Darussalam
Wisma GKBI Suite 1901
Jl. Jend. Sudirman
574-1437

Canada
Wisma Metropolitan I, 5th Floor
Jl. Jend. Sudirman 29
525-0709

China
Jl. Mega Kuningan No. 2
Jakarta Selatan 12950
576-1039

Colombia
Central Plaza 16th Floor
Jl. Jen. Sudirman 525-6446

Korea Republic of
Jl. Gatot Subroto No. 57
520-1915

Malaysia
Jl. H.R. Rasuna Said, Kav. X/6
522-4947

Mexico
Menara Mulia Suite 2306
Jl. Gatot Subroto Kav. 9-11
520-3980

Netherlands
Jl. H.R. Rasuna Said Kav. 53
525-1515

New Zealand
BRI II Building 23rd Floor
Jl. Jend. Sudirman
570-9460

France
Jl. M.H. Thamrin No. 20
314-2807

German
Jl. M.H. Thamrin No. 1
Jakarta Pusat
390-1750

Great Britain
Jl. M.H. Thamrin No. 75
315-6264

India
Jl. H.R. Rasuna Said Kav. 51
520-4152, 520-4157, 520-4150

Italy
Jl. Diponegoro No. 45
337-445

Japan
Menara Thamrin Bldg. 7th-10th Floor
Jl. M.H. Thamrin Kav. 3
324-308

Philippines
Jl. Imam Bonjol No. 6-8
310-0302

Singapore
Jl. H.R. Rasuna Said
Blok X/4, Kav. 2
5296-1433, 5296-1489

Spain
Jl. Agus Salim 60-61
355-937, 335-771

Taiwan
Gedung Artha Graha 17th Floor
Jl. Jend. Sudirman Kav. 52-53
515-1111

USA
Jl. Medan Merdeka Timur 18
360-360

Vietnam
Jl. Teuku Umar No. 25
910-0163

We hope you enjoy your stay

Acknowledgements:

We would like to recognize and thank all those people and organizations who so generously donated their time and services to help make this tournament possible:

Host families -for their generous hospitality in providing homes for our guests.

Parents' Booster Club- for the sale of shirts, team photos and their ongoing support of JIS co-curricular programs.

Tournament Officials and especially:

Toto Dharmadji and Pak Umar

Greg Spechalkse, Steve Timmons, Nevin Odden

Gene Magill, Merrin Fisher and Wayne Kaler for their support

All the JIS teachers - officials and timers

Dave Tarcy and the Round Family - Technical Crew

Bong & Hidayat

Satyo & Jimmy

- the brains behind the scenes

Web Crew

- T&F web site

Chris McCarthy & Will Woodruff - The Dragon voices

Achmad, Joseph & all the **JIS Jagas**

Debbie Kline -for Coaches' Hospitality.

Tricia Melosh - Medical Liaison.

Trish Davies - Saturday Evening Planning

Pangansari - for their catering skills.

Ingrid Wurangian and her staff for coordinating all transport needs.

David Brown, Fautry, Agus the JIS Facilities Department

Rishi - Asst Tournament Director

Cara - design work.

J.I.S. Varsity Council - for their support and ideas.

Cucu and Fanny - for everything else.

Thank You

.....and thank you for coming

**JAKARTA INTERNATIONAL SCHOOL
I.A.S.A.S RULES & GUIDELINES**

Each participant and his/her parent must sign and return this form before traveling or hosting, by so doing they acknowledge that they fully understand and agree to abide by these RULES & GUIDELINES.

PARTICIPANTS

1. Smoking, drinking alcohol, drug abuse, cheating, deceit, flagrant curfew violations and violations of the "off-limits" areas as well as aiding and abetting any of the above will not be permitted during any IASAS event. (4/01)

Penalties for infractions are as follows:

- Suspension from further participation in the tournament/convention
 - A student will be sent home at parents' expense if it is feasible to do so
 - If at any time a student is suspended from further competition or involvement in an event, then only the results affected will be those happening after the infraction, and all pre-infraction results will stand (5/96)
 - The student will be excluded from all IASAS events for one (1) full year including the same event/convention time the following year
 - Additionally students will not be eligible for letter or awards for that activity
 - Each school reserves the right to apply additional disciplinary action
2. Participants must notify coaches of hosts before leaving tournament/convention sites. Exploration of the local environment will not be permitted without the knowledge and consent of the host parent/guardian.
 3. Under no circumstances may housing assignments be changed
 4. All visiting students must return to the host families' house before curfew-as set by the host school. Telephone calls will be made to each student every night to ensure that all students have returned safely and on time. Once a student is in and has answered the curfew call he/she may not leave the house. Note, however, that should an event finishes so late that students have less than one hour to make curfew, the curfew will be extended so that they have at least one hour to make curfew.
 5. All laws of the host country must be observed. Guidelines are to be provided by host schools as required.
 6. No disciplinary action will be taken by the Tournament/Convention Director without direct communication with the respective coach/sponsor or trip Administrator.
 7. The host school will arrange transport to and from the airport as well as the tournament/convention site.
 8. Any problems arising during the convention should be reported immediately to the host school for corrective measures.
 9. Student medical release forms will be available at the convention site each day of the event.
 10. All students must carry with their Tournament/Convention Identification Cards with them.

HOST FAMILIES

1. All host families will be provided with complete Tournament/Convention details (schedules, curfews, policies, procedures, emergency phone numbers for coaches and important tournament personnel, etc.).
2. Host parents/guardians will not offer housing unless one of the parents/guardians is present for the duration of the tournament/convention.
3. Hosts are expected to cooperate with Tournament/Convention Director in ensuring student compliance with all IASAS policies relating to participation.
4. Any student who shows reluctance to fully comply with the above rules and regulations shall be reported to the Tournament/Convention Director who will report the matter to the student's coach and Administrator in charge with the expectation that action will be taken.

STUDENT'S NAME (PRINT)

STUDENT'S SIGNATURE

PARENT/GUARDIAN SIGNATURE

HOME PHONE

OFFICE PHONE

I.A.S.A.S. Boys' Records

EVENT	MARK	NAME	YEAR	SCHOOL
100 m Dash	10.93	Harold Manning	1999	ISB
200 m Dash	21.87	Harold Manning	2000	ISB
400 m Dash	49.34	Harold Manning	2000	ISB
800 m Run	1:59.60	Mark Carney	1994	JIS
1500 m Run	4:10.75	Colin Webster	1994	TAS
5000 m Run	15:56.05	Colin Webster	1994	TAS
110 m High Hurdles	15.08	Masataka Fukushima	1994	JIS
400 m Hurdles	56.20	Trey Meerbott	1989	JIS
High Jump	1.95	Mike Dixon	1996	ISKL
Long Jump	7.05	Mike Dixon	1997	ISKL
Triple Jump	13.66	Mike Dixon	1997	ISKL
Shot Put	16.34	Nando Dobroke	1984	ISM
Discus	45.22	Steve Porter	1995	TAS
Javelin	61.20	Bryce Berkompas	1997	ISB
4 x 100 m Relay	43.75	Trey Meerbott, Mike van Elsas, Grant Bever, Timo Pape	1989	JIS
4 x 200 m Relay	1:33.65	Meerbott, Bever, van Elsas, Pape	1989	JIS
4 x 400 m Relay	3:27.14	D.J. Bernard, Chris Crissman, Grant Bever, Timo Pape	1990	JIS
4 x 800 m Relay	8:13.55	John Weller, D.J. Bernard, Sergio Verdina, Thomas Weber	1991	JIS
Medley Relay	3:34.84	Andrew Iskandar, Colin Westmoreland, Peter Olsen, Winter Ball	1997	JIS

I.A.S.A.S. Girls' Records

EVENT	MARK	NAME	YEAR	SCHOOL
100 m Dash	12.32	Tanaisha Fraser	1994	ISB
200 m Dash	25.75	Tanaisha Fraser	1994	ISB
400 m Dash	57.20	Nicolette van der Lee	1989	JIS
800 m Run	2:25.20	Claire Treilibs	1998	JIS
1500 m Run	4:59.56	Claire Treilibs	1996	JIS
3000 m Run	10:59.28	Claire Treilibs	1996	JIS
100 m High Hurdles	16.05	Chiaki Tokunaga	2002	ISB
400 m Hurdles	1:07.46	Christy Danahey	1998	JIS
High Jump	1.64	Jane Carden	1996	JIS
Long Jump	5.04	Taylor McCarthy	1999	TAS
Triple Jump	10.59	Mamuna Oyoyo	2001	JIS
Shot Put	10.59	Myriam Laverdure	1987	JIS
Discus	33.02	Moana Kiwala	2001	JIS
Javelin	37.56	Myriam Laverdure	1987	JIS
4 x 100 m Relay	51.06	Ito, Armutage, Granerod, Fraser	1993	ISB
4 x 200 m Relay	1:51.21	Udy, Widosuwito, Anderson, Miller	1990	JIS
4 x 400 m Relay	4:11.82	Candyce Weatherhead, Becky Udy, Naoko Kiuchi, Nicolette van der Lee	1989	JIS
4 x 800 m Relay	9:59.12	Keith, Harris, Stromme, Treilibs	1997	JIS
Medley Relay	4:26.25	Calvert-Bugg, Dore, Horrigan, Fluitsma	1993	JIS

JIS Cilandak Campus

