

Honolulu Marathon Association Meet

Friday, April 17, 2015
Mililani High School

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls		Follow	Boys Discus
Shot Put	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follow	Girls Shot Put
Long Jump	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls		Follow	Boys Long Jump
Triple Jump	Boys		Follow	Girls Long Jump
	Girls		Follow	Boys Triple Jump
High Jump	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls		Follow	Boys High Jump
Pole Vault	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follow	Girls Pole Vault

* Make a one if open

- FIELD EVENT NOTES:**
- For **Discus, Shot Put, Long Jump and Triple Jump**, no make will be recorded for an effort higher than the Meet Qualifying distance.
 - For **Discus, Shot Put, Long Jump and Triple Jump**, a hole will only be given to a competitor. Top 8 will then be given an additional attempt.
 - For **Boys High Jump**, the clearing height is 5'04". A hole will be given to a competitor who clears 5'08" and 3 attempts for 5'10" and above.
 - For **Girls High Jump**, the clearing height is 4'00". A hole will be given to a competitor who clears 4'06" and 3 attempts for 4'08" and above.
 - For **Girls Pole Vault**, the clearing height is 7'00". A hole will be given to a competitor who clears 8'06" and 3 attempts for 9'00" and above. Height will increase by 6" increments for entries.
 - For **Boys Pole Vault**, the clearing height is 8'00". A hole will be given to a competitor who clears 10'06" and 3 attempts for 11'00" and above. Height will increase by 12" to 11'00" and then by 6" for remainder of entries.

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Girls	3:55 PM	4:05 PM	4:15 PM
110m High Hurdles	Boys	4:00 PM	4:10 PM	4:20 PM
100m Dash	Girls	4:10 PM	4:20 PM	4:30 PM
	Boys	4:20 PM	4:30 PM	4:40 PM
1500m Run	Girls	4:30 PM	4:40 PM	4:50 PM
	Boys	4:45 PM	4:55 PM	5:05 PM
4 x 100m Relay	Girls	5:00 PM	5:10 PM	5:20 PM
	Boys	5:05 PM	5:15 PM	5:25 PM
400m Dash	Girls	5:10 PM	5:20 PM	5:30 PM
	Boys	5:20 PM	5:30 PM	5:40 PM
300m Hurdles	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:40 PM	5:50 PM	6:00 PM
800m Run	Girls	5:50 PM	6:00 PM	6:10 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
200m Dash	Girls	6:10 PM	6:20 PM	6:30 PM
	Boys	6:15 PM	6:25 PM	6:35 PM
3000m run	Girls	6:20 PM	6:30 PM	6:40 PM
	Boys	6:35 PM	6:45 PM	6:55 PM
4 x 400m Relay	Girls	6:50 PM	7:00 PM	7:10 PM
	Boys	7:00 PM	7:10 PM	7:20 PM