

Aloha Coaches,

Saturday 4/23 is the last qualifying meet of the season (formally known as the last chance meet). I have had some requests to move the meet up to 2:00p instead of 3:00p that is listed on the schedule. If there are no objections we will start the meet with 2:00p field and 3:00p running. All Shot and Disc events will be held at Kailua High School with an 11:30a start time.

This will be considered an open meet however, please be mindful and reasonable to how many athletes you enter. This is supposed to be a meet for athletes that are very close to the qualifying standard for OIA and State entries. In addition, all field events should indicate the minimum qualifying marks to OIA standards and only those athletes that go beyond the minimum will be recorded. HJ and PV may start opening height a little bit lower than qualifying standards for safety.

If you are planning to enter this meet, please send me your updated roster file with comp number to: [castletrack@gmail.com](mailto:castletrack@gmail.com) by Wednesday 8:00p. In addition, since I do not know who will be attending this meet, I do not have field assignments ready in advance. If you can help out I would appreciate your assistance in letting me know if you can run an event, the more people to help the faster we can move the meet.

Shot and disc will be held at Kailua starting at 11:30a. Kailua will be able to run either the shot or disc but they will need help running the other event. Please contact Patrick Nakagawa ([patricknakagawa@gmail.com](mailto:patricknakagawa@gmail.com)) If you will be sending throwers to Kailua and if you can help with the officiating.

Meet info:

Field: 2:00p

Running: 3:00p

Need help with:

Pole Vault:

High Jump:

Long Jump:

Triple Jump:

Relay Zone judges:

Hurdle Crew: All schools to help.

Thanks,  
nelson