

NO PRACTICE MONDAY OR WEDNESDAY

Time Trial Tuesday (05/18/2021)

** If you need to leave early let a coach know.

Estimated Time Schedule

4:00 pm START/Warm up

4:30 pm 60m Hurdles

4:45 pm 40 yd dash

5:15 pm Mixed 4x100m Relay (2 boys and 2 girls) - Teams can be made prior by athletes.

5:30 pm 600m Run

5:45 pm 4x200m Relay (Girls/Boys Follow) - Relay Teams will be made at check in

Field Event

4:30 pm Pole Vault Competition (Run by Coach Desta)

Senior Night Thursday (05/20/2021)

**All track athletes and senior parents may bring leis, posters, and other items to the event for seniors

Masks must be worn at all times.

Do wellness check prior to entering the track facility.

Estimated Time Schedule (Subject to change)

4:00 pm Set up: Athletes bring signs for seniors to display around track

4:30 pm Seniors begin arriving

5:00 pm Senior introductions (Announcer: Coach Stinefelt)

5:20 pm Senior Lap

5:30 pm Seniors go to their assigned area to receive leis and other items and take pictures
(hanger or alternative will be provided for leis to be placed on).

***Senior Parents please let Coach Ryan know if you have any questions via email

(ryan.mitani@k12.hi.us)