

# Track Meet #4 - May 8, 2021

Schools: Radford\*\*\*HOST, Mililani & Leilehua\*\*\*LYNXS E, Aiea, Farrington, Nanakuli

Site: Radford High School

Coaches Meeting: **2:30pm**

Field Events Begin at **3:00pm**

Running Events Begin at **4:00pm**

Announcing: Radford

Clerk: Radford

**Hurdle Crew:** Aiea 1<sup>st</sup> Flight, Nanakuli 2<sup>nd</sup> Flight, Mililani 3<sup>rd</sup> & 4<sup>th</sup> Flight, Leilehua 5<sup>th</sup> & 6<sup>th</sup> Flight, Farrington 7<sup>th</sup>, 8<sup>th</sup>, Radford 9<sup>th</sup> & 10<sup>th</sup> Flight

## **Relay Zone:**

Turn 1 Nanakuli - Turn 2 Radford - Turn 3 Farrington

Each school is responsible for providing their own starting blocks.

Each school is responsible for providing their own measuring equipment and cover mat/tarp/sheet for high jump and pole vault.

**Entries Deadline:** All Schools are responsible for entering team roster into **Athletic.net by Thursday May 6, 2021 3pm.**

**Please remind your student-athletes, coaches and volunteers about Safety Protocol and Meet Procedures.**

## Field Events Begin at **3:00pm**

<b>High Jump:</b> Radford	<b>Boys First</b> - Girls to follow
<b>Long Jump:</b> Leilehua	<b>Girls First</b> - Boys to follow
<b>Triple Jump:</b> Leilehua	<b>Girls First</b> - Boys to follow
<b>Pole Vault:</b> Mililani	<b>Girls First</b> - Boys to follow
<b>Shot:</b> Nanakuli	<b>Boys First</b> - Girls to follow
<b>Discus:</b> Farrington	<b>Girls First</b> - Boys to follow

## Running Events Begin at **4:00pm**

Girls 100M Hurdles / **Boys 110M Hurdles**

Girls 100M Dash / **Boys 100M Dash**

Girls 1500M Run / **Boys 1500M Run**

Girls 4 x 100 Relay / **Boys 4 x 100 Relay**

Girls 400M Dash / **Boys 400M Dash**

Girls 300M Hurdles / **Boys 300M Hurdles**

Girls 800M Run / **Boys 800M Run**

Girls 200M Dash / **Boys 200M Dash**

Girls 3000M Run / **Boys 3000M Run**

Girls 4 x 400 Relay / **Boys 4 x 400 Relay**