

Qualifying Meet #5 (05/15/21) at Waipahu High School

Schools: Campbell, Mililani, Nanakuli, Waialua, Waipahu

Estimated Meet Time Schedule

Coaches Meeting: 1:30pm

Field Events

(1:45pm first call, 2:00pm start)

2:00pm Shot put (boys, girls)
Discus (girls, boys)
Pole vault (girls, boys)
High Jump (boys, girls)
Long Jump (girls, boys)
Triple Jump (girls, boys)- follows long jump

Running Events (Girls, Boys)

(2:45pm first call, 3:00pm start)

3:00pm 100m Hurdles
3:20pm 100m Dash
3:50pm 1500m run
4:20pm 4x100m Relay
4:35pm 400m Dash
4:50pm 300m Hurdles
5:10pm 800m run
5:30pm 200m Dash
5:50pm 3000m run
6:10pm 4x400m Relay

Assignments:

LYNXS-E: Waipahu

LYNXS: Mililani, Campbell

Announcer: Mililani

Starting Line Clerk: Mililani

Finish Line: Mililani

Relay Turn Judges - Nanakuli/ Waialua/
Waipahu

Long Jump (Girls followed by Boys) -
Campbell

Triple Jump (Girls followed by Boys) -
Campbell

High Jump (Boys followed by Girls) -
Waialua

Pole Vault (Girls followed by Boys) - Mililani

Shot Put (Boys followed by Girls) - Nanakuli

Discus (Girls followed by Boys) - Waipahu

Assigned schools are responsible for bringing measuring tape and other necessary equipment to run their event. Please bring your own clipboard and pencil due to COVID procedures. Please follow the safety protocols for your specific event.

Hurdle Crew:

All schools please assist. 1 volunteer only per flight. Volunteers should have wipes to clean any hurdles knocked down or touched by an athlete.

Flight 1 and 2 Waipahu

Flight 3 and 4 Nanakuli

Flight 5 and 6 Waialua

Flight 7 and 8 Campbell

Flight 9 and 10 Mililani

Athletes will report to the starting line at Last Call. Please inform your runners of their heat and lane assignments before they report. The Meet will end at 8pm. The event currently in progress will be allowed to finish.

Athletes not participating in an event or warming up / cooling down should remain in their team area. Please see the 2021 OIA Track and Field Safety Protocols & Meet Procedures for more specifics.