

First Meet: Estimated Time Schedule & Other Reminders April 24, 2021

Transportation

Bus leaves the gym at 12:30 for Pearl City HS

- If you are getting dropped off, be at the Pearl City lower parking lot (by the football field) by 12:45pm. The team has to enter together as a group.

Bus pick up from Pearl City HS is scheduled for 7:00pm or as soon as the meet is finished.

- If you are getting picked up by your parents, let them know what time to pick you up. Parents are not allowed to enter unless you are ready for pick up. Parents are not allowed to wait in the parking lot. If they are waiting, they need to park and wait off campus.

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

2:00pm Shot put (boys, girls)
Discus (girls, boys)
Pole vault (girls, boys)- *Mililani event officials*
High Jump (boys, girls)
Long Jump (girls, boys)
Triple Jump (girls, boys)- will follow long jump

Running Events (start at 3:00pm)- girls first, then boys

3:00pm 100m Hurdles (*MHS Hurdle crew flights 1 & 2*)
3:20pm 100m Dash
3:50pm 1500m run
4:20pm 4x100m Relay (*2 MHS zone judges - zone 3*)
4:35pm 400m Dash
4:50pm 300m Hurdles (*MHS Hurdle crew flights 1 & 2*)
5:10pm 800m run
5:30pm 200m Dash
5:50pm 3000m run
6:10pm 4x400m Relay

Things to bring:

- Sunscreen, hat to protect from the sun
- Pack rain gear, sweats in case of rain
- Trash bag to put things in if it rains
- Bring your own umbrella; no tents due to social distancing requirements
- Bring a cooler of food & drinks (no concession available)

Athlete's Violations: Warnings/Consequences

- 1st warning to athlete
- 2nd warning to athlete and coach
- 3rd warning athlete is disqualified and may be asked to leave site
- Violations may include- mask not worn properly, on the field & not warming up, in another school's space, loitering on campus
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Masks are to be worn at all times:

- a. All Running events will be conducted with masks on and worn covering the nose and mouth.
- b. All Field events will be conducted with masks on and worn covering the nose and mouth.
- c. Athletes may take a quick mask break provided social distance is maintained and not in a high concentration area.

High Concentration Area(s)

- A maximum of 25 people will be allowed at the 8 high-concentration areas of the field:
 1. **Shot Put**
 2. **Discus**
 3. **Long Jump**
 4. **Triple Jump**
 5. **High Jump**
 6. **Pole Vault**
 7. **Starting Line**
 8. **Finish Line**