



2023 MENEHUNE TRACK OIA / ILH HAWAII INVITATIONAL
MOANALUA HIGH SCHOOL
ATHLETIC STADIUM

SATURDAY MARCH 11, 2023

FIELD EVENTS 11:00 AM

RUNNING EVENTS 1:00 PM

TENTATIVE MEET SCHEDULE

10:30 Athlete Spike Check (Finish Line Tent)
10:30 Coaches Meeting
10:45 Concession will open
10:50 Team Roll Call
10:00 Implement Certification (Just below the stadium scoreboard)
Implement Certification will close at 11:00 AM Spike Check will close at 1:00 PM

TIME:	FIELD EVENTS:	ALL DIVISIONS:
11:00	Shot Put	Girls first, Boys to follow
11:00	Discus	Boys first, Girls to follow
11:00	High Jump	Boys first, Girls to follow
11:00	Pole Vault	Girls first, Boys to follow
11:00	Long Jump	Boys first, Girls to follow
	Triple Jump	Boys first, Girls to follow

TIME:	RUNNING EVENTS:
1:00	100 Meter High Hurdles (33) JV
1:10	100 Meter High Hurdles (33) Varsity
1:20	100 Meter High Hurdles (33) Top 8
1:30	110 Meter High Hurdles (39) JV
1:40	110 Meter High Hurdles (39) Varsity
1:50	110 Meter High Hurdles (39) Top 8
1:55	100 Meter Dash JV Girls
2:05	100 Meter Dash Varsity Girls
2:15	100 Meter Dash Top 8
2:20	100 Meter Dash JV Boys
2:30	100 Meter Dash Varsity Boys
2:40	100 Meter Dash Top 8
2:45	1500 Meter Run JV Girls
2:55	1500 Meter Run Varsity Girls
3:05	1500 Meter Run JV Boys
3:15	1500 Meter Run Varsity Boys
3:25	1500 Meter Run Top 8 Girls and Boys

3:35	400 Meter Relay JV Girls
3:45	400 Meter Relay Varsity Girls
3:55	400 Meter Relay JV & Varsity Girls Weight Person Relay
4:05	400 Meter Relay JV Boys
4:15	400 Meter Relay Varsity Boys
4:25	400 Meter Relay JV & Varsity Boys Weight Person Relay
4:35	400 Meter Dash JV Girls
4:45	400 Meter Dash Varsity Girls
4:55	400 Meter Dash Top 8
5:00	400 Meter Dash JV Boys
5:15	400 Meter Dash Varsity Boys
5:25	400 Meter Dash Top 8
5:35	300 Meter Low Hurdles (30) JV
5:45	300 Meter Low Hurdles (30) Varsity
5:55	300 Meter Low Hurdles (30) Top 8
6:00	300 Meter Intermediate Hurdles (36) JV
6:10	300 Meter Intermediate Hurdles (36) Varsity
6:20	300 Meter Low Hurdles (30) Top 8
6:30	800 Meter Run JV Girls
6:40	800 Meter Run Varsity Girls
6:50	800 Meter Run Top 8
6:55	800 Meter Run JV Boys
7:05	800 Meter Run Varsity Boys
7:15	800 Meter Run Top 8
7:20	200 Meter Dash JV Girls
7:30	200 Meter Dash Varsity Girls
7:40	200 Meter Dash Top 8
7:45	200 Meter Dash JV Boys
7:55	200 Meter Dash Varsity Boys
8:05	200 Meter Dash Top 8
8:10	3000 Meter Run JV & Varsity Girls
8:30	3000 Meter Run JV & Varsity Boys
8:45	3000 Meter Run Top 8 Girls and Boys
9:00	1600 Meter Relay JV Girls
9:10	1600 Meter Relay Varsity Girls
9:20	1600 Meter Relay JV Boys
9:30	1600 Meter Relay Varsity Boys
9:40	Coaches / Parents 4X100 Meter Relay

Live Meet Results Will Be Posted on Our Website at: [Menehune HAWAII Invitational Track Meet](#)

PLEASE CLEAN UP YOUR AREA! THANKS FOR ALL YOUR SUPPORT!

We will alternate all running events as follows: JV, Varsity & Top 8 Girls than Boys to follow

****Time Schedule Will Be Altered As Needed.**

Athletes may **check in on first or last call**. Check in on last call is preferred.

****1st Call---**approximately 15 minutes before event starts.

****Last Call---**approximately 10 minutes before event starts.