

GEORGE YAMAMOTO INVITATIONAL

Order of Events - Track Events

Participating Schools: Mililani, Kalaheo, Kalani, Kapolei, Waipahu, 'Iolani, Waimea, Kapa'a, Maryknoll

Coaches Meeting: 1:30 pm

FIELD EVENTS:

2:00 pm Discus (Boys then Girls)
 Shot Put (Girls then Boys)
 High Jump (Girls then Boys)
 Pole Vault (Boys then Girls)
 Long Jump (Boys then Girls)
3:30 pm Triple Jump (Boys then Girls)

FIELD EVENT ASSIGNMENTS:

Discus Kapolei (200 ft. tape)
Shot Put 'Iolani (100 ft. tape)
High Jump Kalaheo (50 ft. tape)
Pole Vault Mililani (50 ft. tape)
Long Jump Kalani (100 ft. tape)
Triple Jump Waipahu (100 ft. tape)

Running Events (Girls first, Boys to follow):

2:30 pm Girls 4x800m Relay
2:45 pm Boys 4x800m Relay
3:00 pm Girls 100m High Hurdles
3:10 pm Boys 110m High Hurdles
3:20 pm Girls 100m Dash
3:30 pm Boys 100m Dash
3:40 pm Girls 4x200m Relay
3:50 pm Boys 4x200m Relay
4:05 pm Girls 1500m Run
4:15 pm Boys 1500m Run
4:30 pm Girls 4x100m Relay
4:40 pm Boys 4x100m Relay
4:55 pm Girls 400m Dash
5:05 pm Boys 400m Dash
5:15 pm Girls 300m Low Hurdles
5:25 pm Boys 300m Int. Hurdles
5:35 pm Girls 800m Run
5:50 pm Boys 800m Run
6:05 pm Girls 200m Dash
6:15 pm Boys 200m Dash
6:30 pm Girls 3000m Run
6:45 pm Boys 3000m Run
7:00 pm Girls 4x400m Relay
7:10 pm Boys 4x400m Relay
7:20 pm Chad Miyamoto 4x100 Coaches' Relay
7:40 pm Team Champions & Female/Male Athlete of the Meet announced

HURDLE ASSIGNMENTS:

School:	Flight#:
Kapolei/Iolani	1 & 2
Waipahu/Maui	3 & 4
Kalani/Waimea	5 & 6
Kalaheo	7 & 8
Mililani	9 & 10

*1st call- 15 minutes before race time, Last call- 5 minutes before race time

* AT THE CONCLUSION OF THE MEET, PLEASE CLEAN UP YOUR TEAM AREA.