

QUALIFYING MEET 1
MARCH 1, 2025 @ 1:00 PM
MILILANI HIGH SCHOOL
Castle (HOST), Mililani (LYNXS), Radford, Kalani, Aiea, Waipahu

General Information:

1. Both bathrooms will be opened for athletes and spectators. Bathrooms are located near the Meheula gate entrance and diagonally across on the Kipapa side behind the post office.
2. 1/4 inch or shorter pyramid spikes only. (Spike check to be performed at officials/host site request and/or availability).
3. Chalk only, no tape for marking on the track.
4. Teams responsible for their own starting blocks.
5. All field officials please provide your own measuring equipment.
6. No cheering or coaching from the infield.
7. Asking that distance coaches be setup along the back stretch from:
 - a. The start to the end of the 1st passing zone, for the 1500.
 - b. The start to the end of the 2nd passing zone, for the 3000.
8. Only actively warming up athletes are allowed to be on the infield.
9. Please set up tents on the visitor side bleachers, along the perimeter of the track near the flagpole, or around the visitor side bleachers to the shot put area. Be mindful of stairway access and walkways for emergency purposes.
10. No food, drinks, gum, or shelled items on the track or field. Water only.
11. No climbing over railings, coaches included.
12. Last call means LAST CALL. Athletes should be present at or near the Clerk of Course at last call - once check-in is closed, it will not be reopened.
13. Entries due on [Athletic.net](https://athletic.net) by Thursday 2/27/2025 at 7:00pm.

Meet Schedule:

- Coaches Meeting/Scratch Meeting: 12:00pm
 - Spike check to follow
- Field Events: 1st Call - 12:45pm, Last Call - 12:55pm, Events Start- 1:00pm
- 4x800m: 1st Call - 12:45pm, Last Call - 12:55pm, Event Start- 1:00pm
- All Other Running Events: 1st Call - 1:45pm, Last Call - 1:55pm, Events Start - 2:00pm

School Responsibilities:

- SITE - Mililani
- HOST - Castle
- LYNXS - Mililani
- Clerk of Course - Castle
- Lap Count - Castle
- Starter - OIA

Field Events:

- Shot Put (Girls First, Boys to Follow) - Castle
- Discus (Boys First, Girls to Follow) - Waipahu
- Pole Vault (Girls First, Boys to Follow) - Radford
- High Jump (Boys First, Girls to Follow) - Kalani
- Long Jump (Girls First, Boys to Follow) - Aiea
- Triple Jump (Girls First, Boys to Follow) - Mililani

Hurdle Flights:

- 1-2: Aiea
- 3-4: Radford
- 5-6: Kalani
- 7-8: Waipahu
- 9-10: Castle

Relay Zones:

- 1 - Aiea
- 2 - Radford
- 3 - Kalani

Running Events: (Girls First, Boys to Follow)

- 4x800 M Relay
- 100 M High Hurdles (Girls)
- 110 M High Hurdles (Boys)
- 100 M Dash
- 1500 M Run
- 4x100 M Relay
- 400 M Dash
- 300 M Low Hurdles (Girls)
- 300 M Int. Hurdles (Boys)
- 800 M Run
- 200 M Dash
- 3000 M Run
- 4x400 M Relay