

**CAL TRACK/RUBY TUESDAY HAWAII
INVITATIONAL**

Saturday, March 22, 2025

Field Events 1:00 PM

Running events 3:00 PM

TENTATIVE MEET SCHEDULE

12:00 Coaches Meeting
12:30 Concession Open

Field Events:

1:00 Shot Put Girls First Boys to Follow
1:00 Discus Boys First Girls to Follow
1:00 High Jump Girls First Boys to Follow
1:00 Pole Vault Boys First Girls to Follow
1:00 Long Jump Boys First Girls to Follow
Triple Jump Boys First Girls to Follow

Running Events:

3:00 100 Meter High Hurdles (33)
3:10 110 Meter High Hurdles (39)
3:20 100 Meter Dash Girls
3:35 100 Meter Dash Boys
3:50 1500 Meter Run Girls
4:00 1500 Meter Run Boys

4:10	4X100 Meter Relay Girls
4:20	4X100 Meter Relay Boys
4:30	400 Meter Dash Girls
4:40	400 Meter Dash Boys
4:50	300 Meter Low Hurdles (30)
5:05	300 Meter Intermediate Hurdles (36)
5:20	800 Meter Run Girls
5:30	800 Meter Run Boys
5:40	200 Meter Dash Girls
5:50	200 Meter Dash Boys
6:00	3000 Meter Run Girls
6:15	3000 Meter Run Boys
6:30	4X400 Meter Relay Girls
6:40	4X400 Meter Relay Boys

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

We will alternate all running events as follows: 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.