

OIA QUALIFYING MEET #3 @ MILILANI HS

March 15, 2025

PARTICIPATING TEAMS: Campbell (HOST), Mililani (LYNXS), Kahuku, Nanakuli, Pearl City

LIVE MEET RESULTS @ <http://milhstrack.com>

MEET SCHEDULE:

-12pm	Coaches Meeting
-12:45pm	First call: Field events, 4x800m relay
-12:55pm	Last call: Field events, 4x800m relay
-1pm	Field Events, 4x800m Relay Begin
-1:45pm	First call: 100M Hurdles
-1:55pm	Last call: 100M Hurdles
-2pm	All other running events begin

INFORMATION & REMINDERS:

- Entries are due on athletic.net by **Thursday, March 13 at 7:00pm.**
- Please bring your own measuring tools to run field event assignments.
- Athletes should be present at the Clerk of Course at last call; Once check-in is closed, it will not be reopened.
- Please use chalk to mark. No pins or tape.
- No tents/coolers allowed for spectators, only teams will be allowed to use tents on the Makai/freeway side bleachers.
- Jumping over railings to stadium walkways (and vice versa) is prohibited (coaches included)
- Teams may bring their own starting blocks. Otherwise, host site will have starting blocks available for use
- ¼ inch pyramid spikes or shorter only. Only track shoes with regulation spikes or flat shoes are allowed on track surface
- No cheering or coaching is allowed on the infield. Only athletes that are actively warming up/cooling down are allowed on the infield. Otherwise, athletes should remain in their team area.
- No food, drinks, gum, or shelled items on the track or field. This includes athletes who warm up on the field- they should not be chewing gum either.

ORDER OF EVENTS

- 4x800M Relay (*1pm start*)
- 100M/110M High Hurdles (*2pm start*)
- 100M Dash
- 1500M Run
- 4x100M Relay
- 400M Dash
- 300M Low/Int Hurdles
- 800M Run
- 200M Dash
- 3000m Run
- 4x400M Relay

MEET ASSIGNMENTS:

Clerk of Course: Campbell

Announcing: Campbell

Lap Count: Campbell

HURDLE CREWS	
Flights 1 & 2:	Mililani
Flights 3 & 4:	Nanakuli
Flights 5 & 6:	Kahuku
Flights 7 & 8:	Campbell
Flights 9 & 10:	Campbell

RELAY ZONES	
Zone 1	Mililani
Zone 2	Nanakuli
Zone 3	Kahuku

FIELD EVENT ASSIGNMENTS	
Shot Put <i>(Girls/Boys)</i>	Pearl City
Discus <i>(Boys/Girls)</i>	Nanakuli
Pole Vault <i>(Girls/Boys)</i>	Mililani
High Jump <i>(Boys/Girls)</i>	Campbell
Long Jump <i>(Girls/Boys)</i>	Pearl City
Triple Jump <i>(Girls/Boys)</i>	Kahuku