

**CAL TRACK/RUBY TUESDAY HAWAII  
INVITATIONAL**

**Saturday, March 21, 2026**

**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 4X400 Meter Mixed Relay (Boys 1 & 3 Girls 2 & 4)  
3:30 100 Meter Dash Girls  
3:45 100 Meter Dash Boys  
3:55 1500 Meter Run Girls

4:10	1500 Meter Run Boys
4:20	4X100 Meter Relay Girls
4:30	4X100 Meter Relay Boys
4:40	400 Meter Dash Girls
4:50	400 Meter Dash Boys
5:00	300 Meter Low Hurdles (30)
5:15	300 Meter Intermediate Hurdles (36)
5:30	800 Meter Run Girls
5:40	800 Meter Run Boys
5:50	200 Meter Dash Girls
6:00	200 Meter Dash Boys
6:10	3000 Meter Run Girls
6:25	3000 Meter Run Boys
6:40	4X400 Meter Relay Girls
6:50	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.