

Qualifying Meet #3 @ Mililani High School
Saturday March 28th , 2026
Host: Waialua/Pearl City HS

Participating Schools: Mililani, Campbell, Kahuku, Nanakuli, Pearl City, Waialua

[LIVE MEET RESULTS at http://milhstrack.com](http://milhstrack.com)

Entries are due in Athletic.net by 7:00 pm, Thursday, March 26th, 2026

Agenda: 12:15 pm - Coaches meeting

12:45 p.m.-First call field events/4 x 800 relays

1:00 p.m. - Field events Start, 4 x 800 relays start

1:45 p.m.- First call 100H/110H running events

2:00 p.m.-First Heat girls high hurdles—Other events to follow

Assignments: .

LYNXS E- OIA Mililani

Starter-TBD

Announcer-TBD

Clerk of Course – Pearl City

Pole Vault - Mililani

High Jump - Kahuku

Long Jump – Campbell

Triple Jump – Waialua

Shot Put - Nanakuli

Discus – Pearl City

Relay Turn Judges –(1) Pearl City,(2) Mililani, (3) Campbell

***Assigned schools must provide their own measuring tools. Long and triple jump will need an extra 150-200 ft measuring tape that will remain on the side of the runway throughout the competition.*

Hurdle Crew:

Flight 1 & 2 - Mililani

Flight 3 & 4 – Campbell

Flight 5 & 6 – Pearl City

Flight 7 & 8 – Kahuku

Flight 9 & 10 – Nanakuli

- Set up team tents at the top section of bleachers, ends of lower bleachers.
- Infield will only be used for active warm up and cool down only.
- Teams are responsible to clean up their area.

- Please use the gates to enter the field. Do not jump over railings.

Order of Events:

1:00 p.m. - Field Events

- Pole Vault - Girls, boys to follow
- High Jump - Boys, girls to follow
- Long Jump (TJ to follow) - Girls, boys to follow
- Shot Put - Girls, boys to follow
- Discus - Boys, girls to follow

3:30 pm - Running Events

4 X 800 relay---1 p.m.

100HH-2 p.m.

110HH

100m

1500m

4 X 100 relay

400m

300LH

800m

200m

3000m

4 X 400 relay

Meet notes:

- No spectator tents/coolers**
- Teams are allowed to use tents**
- Regulation spiked track shoes (1/4" spikes) ; flats only are allowed on track**
- Only chalk will be used on the track ; field event areas**
- No food, gum or candy are allowed in the track/infield areas**
- Athletes are to remain off all stadium railings.**
- Gym concession will be open.**
- Use of host site starting blocks will be allowed**
- Please provide your own team water.**
- No cheering or coaching is allowed from the in-field**
- Only actively warming up athletes are allowed on infield**