

QUALIFYING MEET 4  
APRIL 2, 2026 @ 3:30 PM  
WAIPAHU HIGH SCHOOL

Castle (HOST), Waipahu (LYNXS), Mililani, Anuenue, Farrington, Kalaheo, Waialua

**General Information:**

1. Team tents should be set up in the uppermost section of the bleachers, left or right of the stadium press box (not under). Teams should be aware that Waipahu bleachers are not equipped with tiedown points, and tents must be secured by weights. Teams are asked to reduce tents to two 10x10 or one 10x20 stacked or secured vertically for all teams to fit. Once all teams have accepted invites and/or been accepted to participate, teams will receive an assigned seating. A secondary tent area will be located on the grassy area near the retaining wall of the northern border of the stadium. Be mindful of stairway access and walkways for emergency purposes.
2. Bus drops off: When viewing the tennis courts, the right side has been equipped with bus lanes designated for bus drop off.
3. ¼ inch or shorter pyramid spikes only. (Spike check to be performed at officials/host site request and/or availability).
4. **Chalk only**, no tape for marking on the track.
5. Teams responsible for their own starting blocks.
6. All field officials please provide your own measuring equipment.
7. No cheering or coaching from the infield.
8. Asking that distance coaches be setup along the back stretch from:
  - a. The start to the end of the 1st passing zone, for the 1500m.
  - b. The start to the end of the 2nd passing zone, for the 3000m.
9. Only actively warming up athletes are allowed to be on the infield.
10. No food, drinks, gum, or shelled items on the track or field. **Water only.**
11. No climbing over railings/fences; 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 by **Tuesday 3/31/2026 at 7:00pm.**

**Meet Schedule:**

- Coaches Meeting/Scratch Meeting: 2:30 pm (Spike check to follow)
- Field Events and 4x800m: 1st Call - 3:15pm, Last Call - 3:25pm, Events Start - 3:30pm
- All Other Running Events: 1st Call - 4:15pm, Last Call - 4:25pm, Events Start - 4:30pm

**School Responsibilities:**

- SITE - Waipahu
- HOST - Castle
- LYNXS - Waipahu/Anuenue
- Clerk of Course - Castle
- Lap Count - Castle
- Starter - OIA

**Field Events:**

- Shot Put (Boys First, Girls to Follow) - Castle
- Discus (Girls First, Boys to Follow) - Farrington
- Pole Vault (Girls First, Boys to Follow) - Mililani
- High Jump (Girls First, Boys to Follow) - Kalaheo
- Long Jump (Boys First, Girls to Follow) - Waialua
- Triple Jump (Boys First, Girls to Follow) - Waipahu

**Hurdle Flights:**

- 1-2: Mililani
- 3-4: Farrington
- 5-6: Kalaheo
- 7-8: Waipahu
- 9-10: Castle

**Relay Zones:**

- 1 - Kalaheo
- 2 - Farrington
- 3 - Mililani

**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