

OIA West Qualifying Makeup Track Meet at Mililani

Mililani High School - John

Kauinana Stadium, HI US

TUESDAY, MARCH 17, 2026

FIELD EVENTS 1:00 PM

4X800 M RELAY 1:00 PM

RUNNING EVENTS 2:10 PM

TENTATIVE MEET SCHEDULE

To Purchase Tickets on [GoFan](#) General Admission (6 years and above)

\$10.00

TBA	Concession Between Gym and Bleachers Restroom Located in the GYM
12:00	Implement Certification (Finish Line Tent) Implement Certification will close at 12:45 PM
12:30	Athlete Spike Check (Finish Line Tent) Spike Check will close at 1:30 PM
12:15	Coaches Meeting at the Finish Line Tent

TIME: FIELD EVENTS: ALL DIVISIONS:

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

TIME: RUNNING EVENTS:

1:00	4X800 Meter Relay JV Girls
	4X800 Meter Relay Varsity Girls
	4X800 Meter Relay JV Boys
	4X800 Meter Relay Varsity Boys
2:10	100-Meter-High Hurdles (33) JV
2:20	100-Meter-High Hurdles (33) Varsity
2:30	110-Meter-High Hurdles (39) JV
2:40	110-Meter-High Hurdles (39) Varsity
2:50	100 Meter Dash JV Girls
3:00	100 Meter Dash Varsity Girls
3:10	100 Meter Dash JV Boys
3:20	100 Meter Dash Varsity Boys
3:30	1500 Meter Run JV Girls
3:40	1500 Meter Run Varsity Girls
3:50	1500 Meter Run JV Boys
4:00	1500 Meter Run Varsity Boys

4:10	4X100 Meter Relay JV Girls
4:20	4X100 Meter Relay Varsity Girls
4:30	4X100 Meter Relay JV Boys
4:40	4X100 Meter Relay Varsity Boys
4:50	400 Meter Dash JV Girls
5:00	400 Meter Dash Varsity Girls
5:10	400 Meter Dash JV Boys
5:20	400 Meter Dash Varsity Boys
5:35	300 Meter-Low Hurdles (30) JV
5:45	300 Meter-Low Hurdles (30) Varsity
5:55	300 Meter-Intermediate Hurdles (36) JV
6:05	300 Meter-Intermediate Hurdles (36) Varsity
6:05	800 Meter Run JV Girls
6:15	800 Meter Run Varsity Girls
6:25	800 Meter Run JV Boys
6:35	800 Meter Run Varsity Boys
6:45	200 Meter Dash JV Girls
6:55	200 Meter Dash Varsity Girls
7:05	200 Meter Dash JV Boys
7:15	200 Meter Dash Varsity Boys
7:25	3000 Meter Run JV & Varsity Girls
7:55	3000 Meter Run JV & Varsity Boys
8:20	4X400 Meter Relay JV Girls
8:30	4X400 Meter Relay Varsity Girls
8:40	4X400 Meter Relay JV Boys
8:50	4X400 Meter Relay Varsity Boys

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

We will alternate JV girls followed by Varsity girls. The boys' order will be the same after the girls' race.

****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 the event starts.

****Last Call---**approximately 10 minutes before event start

Coaches,

Host Schools: Nanakuli, Kapolei Lynxs Timing Equipment and Crew Mililani, Waipahu, Waianae

Entries via athletic.net Entry Deadline Tuesday, March 17, at 8:00 PM

Host Schools will send out meet assignments soon. Please have your stuff ready to help and bring proper equipment necessary to run the field event you are assigned.

This is a makeup meet for our athletes so, PLEASE ENTER ONLY ATHLETE WHO MAY GET IN TO THE Cal Track Ruby Tuesday Invitational. Because of the number of teams at each site, we are limiting the entries to the following restrictions: (3) Events Per Athlete Including Relays. You may enter (2) athletes per event per division. (1) Relay per team per division. In the 1500 and 3000, **(Please Enter Only Athlete With Adequate Training to Prevent Anyone From Being Lapped).** We need to prevent any possible errors.

Coaches Meeting: Please scratch any athlete if you know they will not participate in the event. We will allow each team to make up to (3) entry changes before coaches meeting.

After coaches meeting the only change will be any last minute scratches. This will help avoid unnecessary re-seeding, which will help us expedite the meet.

Remind your athletes and parents all OIA Track Field Meet now charge, and they must purchase tickets on GoFan. General Admission (6 years and above) \$10.00.

Please email Mililani High School Athletic Director Joy Matsukawa , your Team Gate List Monday, March 17, 8:00 pm. Joy.Matsukawa@k12.hi.us

Concession will be available so please bring cash.

Shot and Discus Coaches Please bring a towel to wipe down your implements; we are expecting some rain on that day.

Additional information will be posted on OIA Track 101 for coaches and OIA Trak Info and Results Page for Parent and Athletes.

Cal Track Ruby Tuesday Invitational New Entry Deadline is Thursday, March 16, at 7:30 PM

See additional Site Information from Mililani.