

## **ORDER OF EVENTS: TRACK & FIELD**

HPA & WHS morning meets. Kona & Keaau afternoon.

**9:00/2:00      FIELD EVENTS      (Arrive @ 8:00am/1:00pm)**

Girls Discus - Boys Shot Put - Boys Long Jump  
Girls Triple Jump - Girls High Jump - Boys Pole Vault

**The rest of Field Events start after the first ones end.  
Starting times will vary.**

Boys Discus - Girls Shot Put - Girls Long Jump  
Boys Triple Jump - Boys High Jump - Girls Pole Vault

**10:00/3:00 Running events begin (Arrive @ 9:00am/2:00pm)**  
(Girls heats 1st, then boys)

\*All times are estimates, times will vary.

10:00/3:00              100/110 Hurdles

10:15/3:15              100m

10:40/3:40              1500m

11:10/4:10              4X100 Relay

11:25/4:25              400m

11:40/4:40              300 Hurdles

12:10/5:10              800m

12:30/5:30              200m

1:00/6:00              3000m

1:45/6:45              4x400 Relay

## **TEAM WARM-UP 9:15am/2:15pm**

If you are in one of these **field events** you need to show up to the track by **8:00am** and find your event coach and team tent.

**Girls Discus - Boys Shot Put - Boys Long Jump - Girls Triple Jump  
Girls High Jump - Boys Pole Vault**

If you are in one of these **field events** you will not be participating until after the field events above are complete.

**Boys Discus - Girls Shot Put - Girls Long Jump - Boys Triple Jump  
Boys High Jump - Girls Pole Vault**

If you are **NOT in a field event** then you should show up at **9:00am**. On the other side is the order of events. Girls heats are first, then boys.

**THE ALL-TEAM WARM UP IS AT 9:10am. IF YOU ARE PARTICIPATING IN A FIELD EVENT YOU DO NOT NEED TO PARTICIPATE, EVERYONE ELSE DOES! We will do the same line warm up we do in practice.**

This is a general warm-up, and every event group will also do their own warm-up as needed.

### **FOLLOWING THE TEAM WARM-UP & CIRCLE CHEER FIND YOUR EVENT COACH FOR FURTHER INSTRUCTIONS:**

- Relay baton passes should be practiced
- Hurdles and blocks should be practiced
- Event group warm-ups

### **EVENT CHECK-IN**

- **FIRST CALL** - CHECK IN WITH THE CLERK
- **SECOND CALL** - Continue to warm-up in the general area
- **LAST CALL** - Be with your event group AT THE CLERK

### **THINGS TO REMEMBER ON MEET DAY**

- Stay out of the sun when not warming up
- Hydrate the day before and morning of the meet
- Have proper clothing warm/cool and light food to eat for energy
- No self scratching, come talk to the coach if you need a change
- No swearing - disqualification for the day. No electronic on infield

