



Mililani High School • 95-1200 Meheula Pkwy • Mililani, HI 96789

2008 MILILANI CROSS COUNTRY INVITATIONAL MEET

Website: www.geocities.com/milhsrc • E-mail: milhstrack@aol.com

To: **Cross Country Coaches**

The 32nd Annual Mililani High School Cross Country Invitational Meet will be held on **Saturday, October 4th at 3:00 PM** on the campus of Mililani High School. There will be a **mandatory coaches meeting** at the track at **1:50pm** to pass out course maps, pre-race instructions and finalize any roster changes.

Entry due date:

Tuesday September 30th by 8:00pm via e-mail to Edwin Alfaro at: milhstrack@aol.com

Meet Time Schedule:

- 1:50pm** **Coaches Meeting at the track.**
 - 2:00pm** **Course open for inspection.**

 - 3:00pm** **JV Girls 3 mile race begins.**
 - 3:40pm** **JV Boys 3 mile race begins.**
 - 4:20pm** **Varsity Girls 3 mile race begins.**
 - 5:00pm** **Varsity Boys 3 mile race begins.**
 - 5:45pm** **Special event: coaches / alumni 2 mile race.**

 - 6:10pm** **Awards presentation.**
 - 6:30pm** **Pau meet.**
- *races will begin promptly on time schedule.**

Reporting:

Report to the starting area 10 minutes prior to the start of your respective race.
There will only be a final call 5 minutes prior to the start of each race.

Races will begin PROMPTLY at the scheduled times.

Medical aid:

A Trainer will be available from 1:30pm at the track.
Water will be available at the starting and finishing area.

Eligibility:

All contestants must meet the eligibility requirements of the O.I.A.

All contestants must have had a complete medical exam before participating.

Exception:

JV runners may be used in the varsity competition without losing JV status.

You may also move JV and Varsity runners up or down to complete a full team. Please use your discretion. Or see meet director for clarification.

Entries:

Each runner will be limited to one run only. Schools with less than five runners are ineligible for team points, but are eligible for individual awards. Teams are allowed to enter an unlimited amount of runners, but only the first 7 will count for team scoring.

There will be 4 races: Girls JV – Boys JV – Girls Varsity – Boys Varsity.

Special Open Event (2 mile course): Open to all -- coaches, alumni, parents or anyone wanting to participate.

Open substitutions will be allowed at the coaches meeting. Please make all changes at this time. Also please double-check entries for correct spelling of athletes name and that they are entered in the correct race.

Uniforms:

Requested but not required.

Spiked shoes are not recommended.

Course:

3 loop course.

Mile marks will be clearly marked.

No official splits will be read. You may read splits to your team members.

Start: on the softball field above the track.

Non-assigned, single starting line. No lane shoots. Like a road race start.

Finish: Clockwise on the track near the start of the pole vault runway.

Our course is comprised of grass (20%), concrete (60%), dirt (5%), asphalt (10%) and synthetic track (5%).

Note: No course marshalls will be available. Therefore you will need to know the course. The course will be thoroughly marked.

Awards:

- Ribbons for the Top 15 individuals in each division.
- Team ribbons for each member of the Top 3 teams in each division.
- Team plaque for top team in each division.

***Though awards are presented, this meet is intended to be a low key, fun event.**

If you have any questions and or requests please feel free to contact the meet directors.

Meet Directors:

Nathan Aragaki e-mail: Nathan_Aragaki/PCHIGH/HIDOE@notes.k12.hi.us
Dane Matsunaga e-mail: dane_matsunaga@hotmail.com
Edwin Alfaro e-mail: milhstrack@aol.com

Computer and finish system:

Earl Kishimoto (Moanalua XC) e-mail: e5k7@msn.com

Meet information:

Check out our website: www.geocities.com/milhsrc/ for course maps, and other meet information.