



Michael Doran Invitational

Kalani High School

Saturday, Sept. 30, 2023

Contact: Matt Sanders xcountry@kalanihs.org, sanders42@gmail.com, 808366-0121

Michael Doran taught English and coached at Kalani for 40 years (1968-2012). This cross country invitational was started to honor him following his death in 2012. The meet is a celebration of all he did to invest in students through teaching, coaching, and mentoring, and an inspiration for us to carry on his legacy wherever we serve.

Location Patsy T. Mink Central Oahu Regional Park – makai end

Intent to Participate Deadline Sept. 8, 2023 – This will help us with planning. Send an email message to Kalani coach Matt Sanders at xcountry@kalanihs.org.

Entries Via athletic.net. Due 10 p.m. September 27, 2023

Registration fee No registration fee.

Schedule

We want to accommodate as many schools and runners as we can do safely and within the time frame. Please help us by entering only runners that you know will run at the event.

2 p.m. Course open for inspection. *We will try to mark the course earlier in the week. It will follow the course usually used for championship races at CORP. At this time, our reservation of the park begins at 2. Parts of the course might not be available prior to that time. We intend to have the course marked before Friday, but parts of the course might not be available if other groups have reserved the park.*

2 10 p.m. Coaches meeting – *Meet at the tent near the finish line.*

2:45 p.m. **Open Race** runners at the starting line for final instructions.

2:55 p.m. **Open Race**

3:25 p.m. **JV Boys** at the starting line for final instructions.

3:35 p.m. **JV Boys Race** begins

4:00 p.m. **JV Girls** at the starting line for final instructions.

4:10 p.m. **JV Girls Race** begins

4:40 p.m. **Championship Boys** at the starting line for final instructions.

4:50 p.m. **Championship Boys Race** begins

5:25 p.m. **Championship Girls** at the starting line for final instructions.

5:35 p.m. **Championship Girls Race** begins

6:15 p.m. Presentation of individual and team awards. *Meet at the finish line.*
Sunset is 6:20. It typically will be dark about 20 minutes later.

Course

The course will follow what is used for championship races at CORP. A map is forthcoming.

Athletic Trainers

Because this meet is likely to include a large number of runners, if your athletic trainers are able to help at the meet, please contact the Kalani ATs. (marissa.fukunaga@k12.hi.us Ben.Kuenzli@k12.hi.us)

Races

Championship (Maximum runners per race: 300)

- Each team consists of 5-7 runners.
- Schools may enter more than seven runners. However, if the number for the race exceeds 300, there will be a limit to the number of runners per school. Excess runners may be entered in the Open division. Please enter only runners you know will run at the meet.
- Boys: 25-minute time limit. Girls: 30-minute time limit. Runners exceeding the time limit may still finish the course, but an official time may not be recorded. We encourage you to use the Open division for runners likely to finish outside the time limit.
- Ribbons will be awarded to top 20 finishers in each race.

JV (grades 9-10) (Maximum runner per race: 300)

- Each team consists of 5-7 runners from grades 9 and 10 only.
- Schools may enter more than seven runners. However, if the number for the race exceeds 300, there will be a limit to the number of runners per school. Excess runners may be entered in the Open division. Please enter only runners you know will run at the meet.
- Boys: 25-minute time limit. Girls: 30-minute time limit. Runners exceeding the time limit may still finish the course, but an official time will not be recorded. We encourage you to use the Open division for runners likely to finish outside the time limit.
- Ribbons will be awarded to top 20 finishers in each race.

Open (any grade) (Maximum runners per race: 400)

- No team scoring.
- Girls and boys will run in the same race.
- If the number of entries for the race exceeds 400, there will be a limit to the number of runners per school. Please enter only runners you know will run at the meet.
- 30-minute time limit. Runners exceeding the time limit may still finish the course, but an official time will not be recorded.
- No ribbons.

If you have questions – xcountry@kalanihs.org, sanders42@gmail.com, or 808-366-0121 (Kalani coach Matt Sanders' mobile). If you intend to compete in the Doran Invitational, please send an email so that we can be sure to keep you up to date on the meet.