

2023 Iolani Cross Country Invitational

This year we're excited to move to Hawaii Country Club more suitable for high caliber cross country racing with more races catering to a bigger audience and runners of all levels.

SITE

**Hawaii Country Club
94-1211 Kunia Rd, Wahiawa, HI 96786
\$5 per vehicle for on-site parking
buses are drop off only
On-site restaurant/eatery will be open**

COURSE

Course maps (Subject to minor change pending site conditions on race day)

REGISTRATION

**Meet registration via Athletic.net here:
<https://www.athletic.net/CrossCountry/meet/220757/info>**

Athletic.net entry is not guaranteed until entry fee is received.

Meet directors reserve the right to refuse entry to due to meet size and/or unpaid entry fees.

FEE

\$200 per school or \$10 per student entry, the lesser total.

**Please make checks payable to:
Iolani School (memo: Cross Country)
Mail to:
Iolani School
c/o Athletics, Cross Country
563 Kamoku St.
Honolulu, HI 96826**

T-Shirt Order link to come

Trophies to the top 3 teams & medals for the top 10 individuals in each seeded race.

Community race is open to all spectators, coaches & family. \$5 signup at the registration tent, medals for top 3 in each gender.

2023 Iolani Cross Country Invitational

TENTATIVE MEET SCHEDULE

- 1:00 pm Course open (Do not arrive before)
- 2:30 pm Coaches Meeting
- 3:00 pm Intermediate Girls 2.1 mi
- 3:20 pm Intermediate Boys 2.1 mi
- 3:40 pm Community 2.1 mi
- 4:00 pm Open Girls 3mi
- 4:20 pm Open Boys 3mi
- 4:40 pm Championship Girls 3mi
- 5:00 pm Championship Boys 3mi
- 5:20 pm Mixed 4x4
- 6:00 pm Golf Course Closes