



Interscholastic League of Honolulu 2025 Cross Country Schedule

as of 7/10/25

First Day of Practice: August 4, 2025

Pre-Season Coaches Meeting: **Wednesday, August 6** **Thurston Classroom (PUN), 7pm**

HHSAA Championships: OIA Host - CORP

Post-Season Coaches Meeting: **Thursday, November 6** **Thurston Classroom (PUN), 6pm**

Cross Country Coordinator: Scott Wagner, Punahou swagner@punahou.edu (808) 421-8912
Assistant: Kerry Wheeler, Mid-Pacific kerrywheeler@midpac.ec (808) 227-1916

Participating Schools (VAR):

Girls Div 1 - IOL, KSK, MPI, PUN
Girls Div 2 - DMS, HAN, HBA, IPA, LJA, MS, PBA, PAC 5 (AS, LP, SAS, SHA, ULS)
Boys Div 1 - IOL, KSK, MPI, PUN, STL
Boys Div 2 - DMS, HAN, HBA, IPA, LJA, MS, PBA, PAC 5 (AS and ULS)

DAY	DATE	DIVISION	HOST	MEET	SITE	TIME	NOTES
SAT	9/6	ALL	KSK	KSK INVITATIONAL	KSK	8:30am	ACT date
SAT	9/13	ALL	IOL	IOLANI INVITATIONAL	Hawaii CC	2:00pm	SAT date
SAT	9/20	ALL		ILH MEET	Hawaii CC	2:00pm	
SAT	9/27	ALL	KSK	ILH MEET	KSK	8:30am	
SAT	10/4	ALL	PUN	PUNAHOU INVITATIONAL	KA'A'AWA	8:30am	SAT date
SAT	10/11	ALL		INT CHAMPS, JV/VAR MEET	CORP	3:30pm	2:15 setup (will need to combine races)
SAT	10/18	JV/VAR		JV/VARSITY CHAMPS	CORP	3:30pm	ACT Date - 2:15 setup time
SAT	10/25			NO RACE - BYE			
SAT	11/1	VAR	OIA	STATE CHAMPS	CORP	8:30am	