

Michael Doran Invitational

Kalani High School

Saturday, Sept. 28, 2024

First race: 8 a.m.

Contact: Matt Sanders xcountry@kalanihs.org, sanders42@gmail.com, (808) 366-0121

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.

This year, we will begin and end the race on Kalani's new track and soccer/football field.

Location: Kalani High School

Intent to Participate Deadline Aug. 16, 2024 – This will help us with planning. Either accept the invitation on athletic.net or send an email message to Kalani coach Matt Sanders at xcountry@kalanihs.org.

Entries

Via athletic.net. Due Thursday, September 26, 2024, 10 p.m.

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.

No registration fee.

Schedule

7 a.m.	Course open for inspection
7:15 a.m.	Coaches meeting – Meet at the tent near the finish line.
7:50 a.m.	Varsity girls at the starting line for final instructions
8 a.m.	Varsity girls race begins
8:30 a.m.	Varsity boys at the starting line for final instructions
8:40 a.m.	Varsity boys race begins
9:10 a.m.	JV girls at the starting line for final instructions
9:20 a.m.	JV girls race begins
9:50 a.m.	JV boys race at the starting line for final instructions
10 a.m.	JV boys race begins
10:30 a.m.	COED Open race participants at the starting line for final instructions
11:15 a.m.	Presentation of individual and team awards for varsity and JV races.
6:15 p.m.	Presentation of individual and team awards. Meet at the finish line.

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

Varsity (Maximum runners per race: 150)

- Scoring team consists of 5-7 runners.
- Schools may enter more than seven runners. However, if the number for the race exceeds 150, 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 should yield to runners in the next race and 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: 150)

- Each team consists of 5-7 runners from JV eligible runners. Do not enter sophomores who ran varsity as freshmen.
- Schools may enter more than seven runners. However, if the number for the race exceeds 150, 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.

Open (any grade) (Maximum runners per race: 200)

- No team scoring.
- Girls and boys will run in the same race.
- If the number of entries for the race exceeds 200, there will be a limit to the number of runners per school. Please enter only runners you know will run at the meet.
- 35-minute time limit. Runners exceeding the time limit may still finish the course, but an official time may not be recorded.
- No ribbons.

Send questions to xcountry@kalanihs.org, sanders42@gmail.com, or text/call 808-366-0121 (Kalani coach Matt Sanders' mobile). **If you know for sure that you will not compete in the Doran Invitational, let me know as soon as possible.**