

Michael Doran Invitational

Kalani High School

Saturday, Sept. 27, 2024

First race: 8 a.m.

Contact: Matt Sanders xcountry@kalanihs.org, (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 Michael did to invest in students through teaching, coaching, and mentoring, and an inspiration for us to carry on his legacy wherever we serve.

Location: Kalani High School

The course will be the same as last year. A course map will be uploaded to athletic.net.

Entries

Via athletic.net. Due Sunday, September 21, 2025, 10 p.m.

We want to accommodate as many schools and runners as we can 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 boys at the starting line for final instructions
8 a.m.	Varsity boys race begins
8:20 a.m.	Varsity girls at the starting line for final instructions
8:30 a.m.	Varsity girls race begins
8:55 a.m.	JV boys at the starting line for final instructions
9:05 a.m.	JV boys race begins
9:25 a.m.	JV girls race at the starting line for final instructions
9:35 a.m.	JV girls race begins
10:00 a.m.	COED Open race participants at the starting line for final instructions
10:10 a.m.	COED Open race begins

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.

Volunteers

It would be good if each participating school could provide at least one or two volunteers to help with running the meet. We might not need everyone, but I prefer to have more help than not enough.

We will send out volunteer information prior to the meet and have a meeting the morning of the meet.

Volunteer duties include helping to marshal the course, finish line help, timing, setting up and cleaning up.

Senior “Night” activities

Teams may have senior celebrations following the last race. However, be sure to have the team clean up rubbish.

Parking, traffic, buses

Our campus is small and parking is limited. In an effort to create a safer race environment and being good neighbors in our community. Here are some of the measures we will put in place.

- Buses should not come on campus or parked on Kalanianaʻole Highway or Kalaniiki Street until after the final race. This will allow traffic to exit and the buses to enter campus without undue congestion.
- We will limit on-campus parking. The plan is to issue a limited number of on-campus passes per school. We will try to accommodate as many on campus as we can safely.
- We will limit traffic during AND between meets. This was one of the most dangerous situations that we had last year as cars were on the course waiting to exit campus while races were taking place. We will allow cars with passes to enter campus between races, but cars will not be allowed to leave campus until after the final race. We cannot delay races to allow traffic to clear, because that would mean we might have to cancel a race if the heat index is too high.
- If parents and other spectators do not plan to be at the meet for all five races, they should park off-campus. There is street parking within walking distance of the school.

Questions

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.**