



IOLANI INVITATIONAL

September 16-20, 2010

	GIRLS		BOYS	
Fundraising	\$300		\$300	
Grades	3.5*		3.5*	
Attitude				
XC/Track				
Camp				
Qualifying Mark	800	2:40 (+5)	800	2:12 (+3)
	Mile	6:00 (+5)	Mile	5:05 (+5)
	Two-Mile	13:10 (+20)	Two-Mile	10:50 (+15)
	1.5-Mile (XC)	10:30 (+10)	1.5-Mile (XC)	9:15 (+10)
	2-Mile (XC)	13:40 (+15)	2-Mile (XC)	11:20 (+10)
	3-Mile (XC)	21:20 (+15)	3-Mile (XC)	17:20 (+10)
	5K (XC)	22:00 (+15)	5K (XC)	17:50 (+10)
	Maximum (1) from Yellow		Maximum (1) from Yellow	
	Five Individuals Minimum		Seven Individuals Maximum	
Grades	Exceptional effort and results in academia may result in qualification.			
	Contracts for "exception effort" qualifying must be submitted.			
Qualifying Mark	An athlete must meet two of the following requirements in the area of qualifying marks during the track and cross-country season.			