

**Interscholastic League of Honolulu  
2019 Tentative Cross Country Schedule  
as of 8/28/19**

First Day of Practice: Monday, August 5, 2019

Pre-Season Coaches Meeting: Friday, August 23, 2019 6:30pm  
John Medeiros residence  
1505 Ala Amoamo St.

HHSAA Championships: Island of Maui - MIL host

Post-Season Coaches Meeting: Friday, November 8, 2019 6:30pm  
John Medeiros residence

Cross Country Coordinators: John Medeiros, Assets School jmedeiros@assets-school.net  
Scott Wagner, Mid-Pacific swagner@midpac.edu

Participating Schools: Girls - CA, DMS, HAN, HBA, IOL, IPA, KSK, LBS, LJA, MS, MPI, PUN, SHA, P5 (AS, LP, SA, ULS)  
Boys - CA, DMS, HAN, HBA, IOL, IPA, KSK, LBS, LJA, MS, MPI, PBA, PUN, P5 (AS, STL, ULS)

DAY	DATE	DIVISION	HOST	MEET	SITE	TIME	NOTES
Sat	9/7		Pun/?	ILH Meet	CORP	2:45pm	
Sat	9/14		Iolani	Iolani Invitational	Kualoa	2:30pm	ACT
Sat	9/21		HBA	ILH Meet	CORP	8:30am	
Sat	9/28		Hana/P-5	ILH meet	CORP	8:30am	
Sat	10/5		Punahou	Punahou Invitational	Punahou	2pm	SAT
Fri	10/11		Iolani	Iolani Intermediate Invitational	Kapiolani Park	3:30pm	
Sat	10/12		MS	ILH Meet	HPU	8:30am	
Sat	10/19		KS	ILH Meet / Intermediate Champs	KS	8:30am	PSAT
Sat	10/26		MPI	ILH Varsity/JV Champs	MPI	2:30pm	ACT
Sat	11/2		Maui	Seabury Hall	Seabury	8:30am	

\*non ILH event  
CORP=The Patsy T. Mink Central Oahu Regional Park