

Ralph Martinson Invitational

Saturday, March 18, 2017

Punahou School

Field Events	Order	1st Call	Last Call	Event Start
Discus	Vars. Then JV Girls	1:10 PM	1:20 PM	1:30 PM
Shot Put	Vars. Then JV Girls		Follows Discus	
Long Jump	Vars. Then JV Girls	1:10 PM	1:20 PM	1:30 PM
Triple Jump	Vars. Then JV Girls		Follows Long Jump	
High Jump	Vars. Then JV Girls	1:40 PM	1:50 PM	2:00 PM
Pole Vault	JV & Vars together	1:10 PM	1:20 PM	1:30 PM

NOTE: Field events may be run together, but will be awarded as separate events

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Vars.(4) Then JV (4) Girls	2:10 PM	2:20 PM	2:30 PM
100m Dash	Vars.(4) Then JV (4) Girls	2:20 PM	2:30 PM	2:40 PM
1500m Run	Vars.(5) Then JV (5) Girls	2:30 PM	2:40 PM	2:50 PM
4 x 100m Relay	Vars.(1) Then JV (1) Girls	2:45 PM	2:55 PM	3:05 PM
400m Dash	Vars.(4) Then JV (4) Girls	2:55 PM	3:05 PM	3:15 PM
300m Hurdles	Vars.(4) Then JV (4) Girls	3:10 PM	3:20 PM	3:30 PM
800m Run	Vars.(5) Then JV (5) Girls	3:20 PM	3:30 PM	3:40 PM
200m Dash	Vars.(4) Then JV (4) Girls	3:30 PM	3:40 PM	3:50 PM
3000m Run	Vars.(5) Then JV (5) Girls	3:40 PM	3:50 PM	4:00 PM
4 x 400m Relay	Vars.(1) Then JV (1) Girls	4:05 PM	4:15 PM	4:25 PM