

ILH Intermediate Track and Field

Friday, March 17, 2017

Punahou School

Field Events	Order	1st Call	Last Call	Event Start
Discus (5)	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls	4:40 PM	4:50 PM	5:00 PM
Shot Put (5)	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys	4:40 PM	4:50 PM	5:00 PM
Long Jump (5)	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls	4:00 PM	4:10 PM	4:20 PM
Triple Jump (5)	Boys	4:50 PM	5:00 PM	5:10 PM
	Girls	5:40 PM	5:50 PM	6:00 PM
High Jump (5)	Girls	3:20 PM	3:30 PM	3:40 PM
	Boys	4:40 PM	4:50 PM	5:00 PM
Pole Vault (5)	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls	4:40 PM	4:50 PM	5:00 PM

Running Events	Order	1st Call	Last Call	Event Start
3000m Run (8)	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys	3:40 PM	3:50 PM	4:00 PM
4 x 400m Relay (2)	Girls	3:55 PM	4:05 PM	4:15 PM
	Boys	4:05 PM	4:15 PM	4:25 PM
100m Hurdles (5)	Girls	4:10 PM	4:20 PM	4:30 PM
110m Hurdles (5)	Boys	4:20 PM	4:30 PM	4:40 PM
100m Dash (5)	Girls	4:25 PM	4:35 PM	4:45 PM
	Boys	4:35 PM	4:45 PM	4:55 PM
1500m Run (8)	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	5:00 PM	5:10 PM	5:20 PM
4 x 100m Relay (2)	Girls	5:15 PM	5:25 PM	5:35 PM
	Boys	5:20 PM	5:30 PM	5:40 PM
400m Dash (5)	Girls	5:25 PM	5:35 PM	5:45 PM
	Boys	5:35 PM	5:45 PM	5:55 PM
300m Hurdles (5)	Girls	5:45 PM	5:55 PM	6:05 PM
	Boys	5:55 PM	6:05 PM	6:15 PM
800m Run (8)	Girls	6:05 PM	6:15 PM	6:25 PM
	Boys	6:15 PM	6:25 PM	6:35 PM
200m Dash (5)	Girls			Time Permitting
	Boys			Time Permitting

NOTES: 1. Number in (Parenthesis) indicates the number of entries a school is allowed
 2. No new event will begin after 6:40pm