

ILH Intermediate Relays

Friday, March 24 2017

Punahou School

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls		Follows Boy's Discus	
Shot Put	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys		Follows Girl's Shot Put	
Long Jump	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls		Follows Boy's Long Jump	
Triple Jump	Boys		Follows Girl's Long Jump	
	Girls		Follows Boy's Triple Jump	
High Jump	Girls	3:25 PM	3:35 PM	3:45 PM
	Boys		Follows Girl's High Jump	
Pole Vault	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls		Follows Boy's Pole Vault	

Running Events	Order	1st Call	Last Call	Event Start
4 x 100m Shuttle Hurdles	Girls	3:25 PM	3:35 PM	3:45 PM
4 x 110m Shuttle Hurdles	Boys	3:30 PM	3:40 PM	3:50 PM
4 x 800m Relay	Girls	3:40 PM	3:50 PM	4:00 PM
	Boys	3:55 PM	4:05 PM	4:15 PM
4 x 100m Relay	Girls	4:10 PM	4:20 PM	4:30 PM
	Boys	4:15 PM	4:25 PM	4:35 PM
Medley Relay	Girls	4:20 PM	4:30 PM	4:40 PM
	Boys	4:30 PM	4:40 PM	4:50 PM
Sprint Medley Relay	Girls	4:40 PM	4:50 PM	5:00 PM
	Boys	4:50 PM	5:00 PM	5:10 PM
4 x 180m Shuttle Hurdles	Girls	5:00 PM	5:10 PM	5:20 PM
	Boys	5:05 PM	5:15 PM	5:25 PM
4 x 200m Relay	Girls	5:15 PM	5:25 PM	5:35 PM
	Boys	5:20 PM	5:30 PM	5:40 PM
Distance Medley Relay	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:50 PM	6:00 PM	6:10 PM
4 x 400m Relay	Girls	6:10 PM	6:20 PM	6:30 PM
	Boys	6:15 PM	6:25 PM	6:35 PM