

ILH Intermediate Track and Field  
 Friday, March 31, 2017  
 Iolani School

Field Events	Order	1st Call	Last Call	Event Start	Event Ends
Discus (5)	Boys	3:10 PM	3:20 PM	3:30 PM	4:50 PM
	Girls **	4:50 PM	5:00 PM	5:10 PM	6:30 PM
Shot Put (5)	Girls	3:10 PM	3:20 PM	3:30 PM	4:50 PM
	Boys **	4:50 PM	5:00 PM	5:10 PM	6:30 PM
Long Jump (5)	Boys	3:10 PM	3:20 PM	3:30 PM	4:10 PM
	Girls **	4:10 PM	4:15 PM	4:20 PM	5:00 PM
Triple Jump (5)	Boys **	5:00 PM	5:05 PM	5:10 PM	5:50 PM
	Girls **	5:50 PM	5:55 PM	6:00 PM	6:40 PM
High Jump (5)	Girls	3:25 PM	3:35 PM	3:45 PM	5:00 PM
	Boys **	5:00 PM	5:05 PM	5:15 PM	6:30 PM
Pole Vault (5)	Boys	3:10 PM	3:20 PM	3:30 PM	4:50 PM
	Girls **	4:50 PM	5:00 PM	5:10 PM	6:30 PM

\*\* May start sooner than posted time if previous event finishes early

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

NOTE: No new event will begin after 6:45pm