

ILH JV and Varsity Track and Field
 Saturday, April 1, 2017
 Punahou School

Field Events	Order	1st Call	Last Call	Event Start	Event Ends
Discus (10)	Boys	8:10 AM	8:20 AM	8:30 AM	10:00 AM
	Girls **	10:00 AM	10:10 AM	10:20 AM	11:50 AM
Shot Put (10)	Girls	8:10 AM	8:20 AM	8:30 AM	10:00 AM
	Boys **	10:00 AM	10:10 AM	10:20 AM	11:50 AM
Long Jump (10)	Boys	8:10 AM	8:20 AM	8:30 AM	9:20 AM
	Girls **	9:10 AM	9:20 AM	9:30 AM	10:20 AM
Triple Jump (10)	Boys **	10:10 AM	10:20 AM	10:30 AM	11:20 AM
	Girls **	11:10 AM	11:20 AM	11:30 AM	12:20 PM
High Jump (10)	Girls	8:25 AM	8:35 AM	8:45 AM	10:15 AM
	Boys **	10:15 AM	10:25 AM	10:35 AM	12:05 PM
Pole Vault (10)	Boys	8:10 AM	8:20 AM	8:30 AM	10:00 AM
	Girls **	10:00 AM	10:10 AM	10:20 AM	11:50 AM

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

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles (10)	Girls	9:10 AM	9:20 AM	9:30 AM
110m High Hurdles (10)	Boys	9:20 AM	9:30 AM	9:40 AM
100m Dash (10)	Girls	9:30 AM	9:40 AM	9:50 AM
	Boys	9:45 AM	9:55 AM	10:05 AM
1500m Run (16)	Girls	10:00 AM	10:10 AM	10:20 AM
	Boys	10:15 AM	10:25 AM	10:35 AM
4 x 100m Relay (2)	Girls	10:30 AM	10:40 AM	10:50 AM
	Boys	10:35 AM	10:45 AM	10:55 AM
400m Dash (10)	Girls	10:40 AM	10:50 AM	11:00 AM
	Boys	10:55 AM	11:05 AM	11:15 AM
300m Hurdles (10)	Girls	11:15 AM	11:25 AM	11:35 AM
	Boys	11:25 AM	11:35 AM	11:45 AM
800m Run (16)	Girls	11:35 AM	11:45 AM	11:55 AM
	Boys	11:45 AM	11:55 AM	12:05 PM
200m Dash (10)	Girls	12:00 PM	12:10 PM	12:20 PM
	Boys	12:15 PM	12:25 PM	12:35 PM
3000m run (16)	Girls	12:25 PM	12:35 PM	12:45 PM
	Boys	12:45 PM	12:55 PM	1:05 PM
4 x 400m Relay (4)	Girls	1:05 PM	1:15 PM	1:25 PM
	Boys	1:10 PM	1:20 PM	1:30 PM