ILH Intermediate Championships -- Trials

Thursday, April 6, 2017

Punahou School

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

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Girls	3:25 PM	3:35 PM	3:45 PM
110m High Hurdles	Boys	3:35 PM	3:45 PM	3:55 PM
100m Dash	Girls	3:40 PM	3:50 PM	4:00 PM
	Boys	3:50 PM	4:00 PM	4:10 PM
1500m Run	Girls	4:00 PM	4:10 PM	4:20 PM
	Boys	4:15 PM	4:25 PM	4:35 PM
4 x 100m Relay	Girls	4:25 PM	4:35 PM	4:45 PM
	Boys	4:30 PM	4:40 PM	4:50 PM
400m Dash	Girls	4:35 PM	4:45 PM	4:55 PM
	Boys	4:45 PM	4:55 PM	5:05 PM
300m Hurdles	Girls	4:55 PM	5:05 PM	5:15 PM
	Boys	5:05 PM	5:15 PM	5:25 PM
800m Run	Girls	5:10 PM	5:20 PM	5:30 PM
	Boys	5:20 PM	5:30 PM	5:40 PM
200m Dash	Girls	5:30 PM	5:40 PM	5:50 PM
	Boys	5:40 PM	5:50 PM	6:00 PM
3000m run	Girls		No Trials	
	Boys		No Trials	
4 x 400m Relay	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:10 PM	6:20 PM	6:30 PM

Starting Heights: Boys High Jump: TBA
Girls Pole Vault: TBA