

# ILH JV/Varsity Relays

Friday, April 7, 2017

Punahou School

Field Events	Order	1st Call	Last Call	Event Start	Event Ends
Discus	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	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	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	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	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	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
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	4:05 PM	4:15 PM	4:25 PM
	Boys	4:10 PM	4:20 PM	4:30 PM
Medley Relay	Girls	4:15 PM	4:25 PM	4:35 PM
	Boys	4:20 PM	4:30 PM	4:40 PM
Sprint Medley Relay	Girls	4:25 PM	4:35 PM	4:45 PM
	Boys	4:35 PM	4:45 PM	4:55 PM
4 x 1500m Relay	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	4:55 PM	5:05 PM	5:15 PM
4 x 180y Shuttle Hurdle	Girls	5:05 PM	5:15 PM	5:25 PM
	Boys	5:15 PM	5:25 PM	5:35 PM
4 x 200m Relay	Girls	5:25 PM	5:35 PM	5:45 PM
	Boys	5:30 PM	5:40 PM	5:50 PM
Distance Medley Relay	Girls	5:40 PM	5:50 PM	6:00 PM
	Boys	6:00 PM	6:10 PM	6:20 PM
4 x 400m Relay	Girls	6:20 PM	6:30 PM	6:40 PM
	Boys	6:25 PM	6:35 PM	6:45 PM

Entry Limitations: Each school may enter a maximum of 2 relay teams per running event.

Field events can be composed of a maximum of 6 athletes, top three for final total.