

2017 ILH TRACK AND FIELD Championships

Kamehameha School - Kapalama Campus

Wednesday, April 26, 2017

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

COACHES MEETING AT 3:15 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	3:45 PM	3:55 PM	4:05 PM
	Boys	3:55 PM	4:05 PM	4:15 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	4:30 PM	4:40 PM	4:50 PM
	Boys	4:35 PM	4:45 PM	4:55 PM
400m Dash	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	4:55 PM	5:05 PM	5:15 PM
300m Hurdles	Girls	5:05 PM	5:15 PM	5:25 PM
	Boys	5:10 PM	5:20 PM	5:30 PM
800m Run	Girls	5:20 PM	5:30 PM	5:40 PM
	Boys	5:30 PM	5:40 PM	5:50 PM
200m Dash	Girls	5:40 PM	5:50 PM	6:00 PM
	Boys	5:45 PM	5:55 PM	6:05 PM
3000m run	Girls	To be conducted during Finals		
	Boys	To be conducted during Finals		
4 x 400m Relay	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:05 PM	6:15 PM	6:25 PM

NOTE: Time Schedule subject to change based on entries

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