

2017 ILH TRACK AND FIELD Championships

Kamehameha School - Kapalama Campus

FINALS: Friday, April 28, 2017

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

COACHES MEETING AT 3:45 PM

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles	Girls	4:45 PM	4:55 PM	5:00 PM
110m High Hurdles	Boys	4:48 PM	4:58 PM	5:03 PM
100m Dash	Girls	4:53 PM	5:03 PM	5:08 PM
	Boys	4:56 PM	5:06 PM	5:11 PM
1500m Run	Girls	5:04 PM	5:14 PM	5:19 PM
	Boys	5:12 PM	5:22 PM	5:27 PM
4 x 100m Relay	Girls	5:20 PM	5:30 PM	5:35 PM
	Boys	5:25 PM	5:35 PM	5:40 PM
400m Dash	Girls	5:35 PM	5:45 PM	5:50 PM
	Boys	5:39 PM	5:49 PM	5:54 PM
300m Hurdles	Girls	5:45 PM	5:55 PM	6:00 PM
	Boys	5:48 PM	5:58 PM	6:03 PM
800m Run	Girls	5:55 PM	6:05 PM	6:10 PM
	Boys	6:00 PM	6:10 PM	6:15 PM
200m Dash	Girls	6:05 PM	6:15 PM	6:20 PM
	Boys	6:08 PM	6:18 PM	6:23 PM
3000m run	Girls	6:10 PM	6:20 PM	6:25 PM
	Boys	6:30 PM	6:40 PM	6:45 PM
4 x 400m Relay	Girls	6:45 PM	6:55 PM	7:00 PM
	Boys	6:55 PM	7:05 PM	7:10 PM

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