

# Punahou Relays - Finals

Saturday, April 19, 2014

Punahou School

Opening Ceremonies: 9:00 AM  
Registration - Hawaii's Fastest Human: 9:15 AM  
Football/Power Relay Weigh In: 10:15 AM

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys	9:10 AM	9:20 AM	9:30 AM
	Girls	10:10 AM	10:20 AM	10:30 AM
Long Jump	Girls	9:10 AM	9:20 AM	9:30 AM
	Boys	10:10 AM	10:20 AM	10:30 AM
High Jump	Girls	9:40 AM	9:50 AM	10:00 AM
	Boys	11:10 AM	11:20 AM	11:30 AM
Pole Vault	Girls - Simultaneous w/ Boys	9:10 AM	9:20 AM	9:30 AM
	Boys - Simultaneous w/ Girls	10:55 AM	11:05 AM	10:15 AM
Shot Put	Boys	11:10 AM	11:20 AM	11:30 AM
	Girls	12:10 PM	12:20 PM	12:30 PM
Triple Jump	Girls	11:25 AM	11:35 AM	**11:45 AM
	Boys	12:25 PM	12:35 PM	12:45 PM

\*\* to follow Boys 720yd Shuttle Low Hurdle Event

Running Events	Order	1st Call	Last Call	Event Start
Hawaii's Fastest Human - Trials		9:15 AM	9:20 AM	9:30 AM
400m Shuttle Hurdles	Girls	9:40 AM	9:50 AM	10:00 AM
440yd Shuttle Hurdles	Boys	9:45 AM	9:55 AM	10:05 AM
4 x 200m Relay	Girls	9:55 AM	10:05 AM	10:15 AM
4 x 200m Relay	Boys	10:00 AM	10:10 AM	10:20 AM
Distance Medley Relay	Girls	10:05 AM	10:15 AM	10:25 AM
Distance Medley Relay	Boys	10:25 AM	10:35 AM	10:45 AM
Sprint Medley	Girls	10:45 AM	10:55 AM	11:05 AM
Sprint Medley	Boys	11:00 AM	11:10 AM	11:20 AM
720yd Shuttle Hurdles	Girls	11:20 AM	11:30 AM	11:40 AM
720yd Shuttle Hurdles	Boys	11:25 AM	11:35 AM	11:45 AM
Power Relay	Special Event	11:40 AM	11:50 AM	12:00 PM
4 x 800m Relay	Girls	11:55 AM	12:05 PM	12:15 PM
4 x 800m Relay	Boys	12:10 PM	12:20 PM	12:30 PM
4 x 100m Relay	Girls	12:25 PM	12:35 PM	12:45 PM
4 x 100m Relay	Boys	12:30 PM	12:40 PM	12:50 PM
Hawaii's Fastest Human - Finals		12:40 PM	12:50 PM	1:00 PM
4 x 400m Relay	Girls	12:50 PM	1:00 PM	1:10 PM
4 x 400m Relay	Boys	1:00 PM	1:10 PM	1:20 PM

Awards Ceremony -- Outstanding Performers

1:35 PM