

# Punahou Relays - Finals

Saturday April 16, 2016

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
<b>Discus</b>	Boys	9:10 AM	9:20 AM	9:30 AM
	Girls	10:10 AM	10:20 AM	10:30 AM
<b>Long Jump</b>	<b>Girls</b> Pit A	9:10 AM	9:20 AM	9:30 AM
	<b>Boys</b> Pit B	10:10 AM	10:20 AM	10:30 AM
<b>High Jump</b>	Girls	9:40 AM	9:50 AM	10:00 AM
	Boys	11:10 AM	11:20 AM	11:30 AM
<b>Pole Vault</b>	<b>Girls</b> Pit A	9:10 AM	9:20 AM	9:30 AM
	<b>Boys</b> Pit B	9:55 AM	10:05 AM	10:15 AM
<b>Shot Put</b>	Boys	11:10 AM	11:20 AM	11:30 AM
	Girls	12:10 PM	12:20 PM	12:30 PM
<b>Triple Jump *</b>	<b>Girls</b> Pit A	12:00 PM	12:10 PM	12:20 PM
	<b>Boys</b> Pit B	12:15 PM	12:25 PM	12:35 PM

\* to follow Boys 720yd Shuttle Low Hurdle Event

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

Outstanding Performer Awards to be announced at the conclusion of the meet and announced later.