

# Punahou Relays -- Trials

Thursday April 14, 2016

Punahou School

<b>Field Events</b>	<b>Order</b>	<b>1st Call</b>	<b>Last Call</b>	<b>Event Start</b>
<b>Discus</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	
<b>Long Jump</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	
<b>High Jump</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	
<b>Pole Vault</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	
<b>Shot Put</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	
<b>Triple Jump</b>	Girls		<b>No Trials</b>	
	Boys		<b>No Trials</b>	

<b>Running Events</b>	<b>Order</b>	<b>1st Call</b>	<b>Last Call</b>	<b>Event Start</b>
<b>400m Shuttle Hurdles</b>	Girls	3:25 PM	3:35 PM	3:45 PM
<b>440m Shuttle Hurdles</b>	Boys	3:35 PM	3:45 PM	3:55 PM
<b>4 x 200m Relay</b>	Girls	3:45 PM	3:55 PM	4:05 PM
<b>4 x 200m Relay</b>	Boys	3:55 PM	4:05 PM	4:15 PM
<b>Distance Medley Relay</b>	Girls		No Trials	
<b>Distance Medley Relay</b>	Boys		No Trials	
<b>Sprint Medley</b>	Girls	4:10 PM	4:20 PM	4:30 PM
<b>Sprint Medley</b>	Boys	4:30 PM	4:40 PM	4:50 PM
<b>720yd Shuttle Hurdles</b>	Girls	4:45 PM	4:55 PM	5:05 PM
<b>720yd Shuttle Hurdles</b>	Boys	4:55 PM	5:05 PM	5:15 PM
<b>4 x 800m Relay</b>	Girls		No Trials	
<b>4 x 800m Relay</b>	Boys		No Trials	
<b>4 x 100m Relay</b>	Girls	5:15 PM	5:25 PM	5:35 PM
<b>4 x 100m Relay</b>	Boys	5:35 PM	5:45 PM	5:55 PM
<b>4 x 400m Relay</b>	Girls	5:45 PM	5:55 PM	6:05 PM
<b>4 x 400m Relay</b>	Boys	6:00 PM	6:10 PM	6:20 PM