

ILH Varsity Track and Field
 Friday, April 26, 2019
 Punahou School

Field Events	Order	1st Call	Last Call	Event Start
Discus (3)	Boys	3:10 PM	3:20 PM	3:30 PM
	Girls	To Follow Boys Discus		
Shot Put (3)	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys	To Follow Girls Shot Put		
Long Jump (3)	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys	To Follow Girls Long Jump		
Triple Jump (3)	Girls	To Follow Boys Long Jump		
	Boys	To Follow Girls Triple Jump		
High Jump (3)	Boys	3:25 PM	3:35 PM	3:45 PM
	Girls	To Follow Boys High Jump		
Pole Vault (3)	Girls	3:10 PM	3:20 PM	3:30 PM
	Boys	To Follow Girls Pole Vault		

Running Events	Order	1st Call	Last Call	Event Start
100m High Hurdles (3)	Girls	3:25 PM	3:35 PM	3:45 PM
110m High Hurdles (3)	Boys	3:30 PM	3:40 PM	3:50 PM
100m Dash (3)	Boys	3:40 PM	3:50 PM	4:00 PM
	Girls	3:45 PM	3:55 PM	4:05 PM
1500m Run (5)	Girls	3:55 PM	4:05 PM	4:15 PM
	Boys	4:10 PM	4:20 PM	4:30 PM
4 x 100m Relay (1)	Girls	4:20 PM	4:30 PM	4:40 PM
	Boys	4:25 PM	4:35 PM	4:45 PM
400m Dash (3)	Girls	4:30 PM	4:40 PM	4:50 PM
	Boys	4:35 PM	4:45 PM	4:55 PM
300m Hurdles (3)	Girls	4:45 PM	4:55 PM	5:05 PM
	Boys	4:50 PM	5:00 PM	5:10 PM
800m Run (5)	Girls	4:55 PM	5:05 PM	5:15 PM
	Boys	5:05 PM	5:15 PM	5:25 PM
200m Dash (3)	Girls	5:15 PM	5:25 PM	5:35 PM
	Boys	5:20 PM	5:30 PM	5:40 PM
3000m run (5)	Girls	5:25 PM	5:35 PM	5:45 PM
	Boys	5:40 PM	5:50 PM	6:00 PM
4 x 400m Relay (1)	Girls	5:55 PM	6:05 PM	6:15 PM
	Boys	6:00 PM	6:10 PM	6:20 PM