

Oahu Interscholastic Association

Junior Varsity Track & Field Championships

Friday, April 12, 2019 – Timed Finals, Field Events: 3:00 PM Running Events: 4:30 PM

Location: Radford High School

Girls Host: Leilehua Boys Host: Waialua

Timed Finals	Events
2:15	Coaches Meeting
3:00	Pole Vault (Girls/Boys)
3:00	Discus (Boys/Girls)
3:00	Shot Put (Girls/Boys)
3:00	Long Jump (Boys/Girls)
3:00	High Jump (Girls/Boys)
	Triple Jump (Boys/Girls)
4:30	100 M High Hurdles (Girls)
4:40	110 M High Hurdles (Boys)
4:50	100 M Dash (Girls/Boys)
5:05	1500 M Run (Girls/Boys)
5:30	400 M Relay (Girls/Boys)
5:45	400 M Dash (Girls/Boys)
6:00	300 M Low/Int. Hurdles (Girls/Boys)
6:20	800 M Run (Girls/Boys)
6:35	200 M Dash (Girls/Boys)
7:00	3000 M Run (Girls/Boys)
7:40	1600 M Relay (Girls/Boys)
8:00	Presentation of Team Awards