

## 2022-23 ILH Track & Field Schedule

Subject to Change

(as of 02/06/2023)

Day	Date	Level		Field Events	Running Events	Site
Sat	02/25/23	INT	Preseason	8:30 AM	8:45 AM	ʻIolani
Fri	03/03/23	INT	ILH Meet #1	4:00 PM	4:15 PM	KS-Kapalama
Sat	03/04/23	INT	ILH Meet #1	8:30 AM	8:45 AM	KS-Kapalama
Thu	03/09/23	JV & VAR	ILH Meet #1	3:45 PM	4:00 PM	Punahou
Sat	03/11/23	INT	ILH Meet #2	8:30 AM	8:45 AM	KS-Kapalama
Thu	03/16/23	INT	ILH Meet #3	4:00 PM	4:15 PM	Punahou
Fri	03/17/23	JV & VAR	ILH Meet #2	4:00 PM	4:15 PM	KS-Kapalama
Fri	03/24/23	INT	ILH Meet #4	2:00 PM	2:15 PM	Punahou
Wed	03/29/23	INT	Championships-Trials	4:00 PM	4:15 PM	KS-Kapalama
Fri	03/31/23	INT	Championships-Finals	4:00 PM	4:15 PM	KS-Kapalama
Sat	04/08/23	JV & VAR	ILH Meet #3	8:30 AM	8:45 AM	Punahou
Thu	04/13/23	JV	Championships-Trials	4:00 PM	4:15 PM	KS-Kapalama
Fri	04/14/23	VAR	ILH Meet	4:00 PM	4:15 PM	Punahou
Sat	04/15/23	JV	Championships-Finals	8:30 AM	8:45 AM	KS-Kapalama
Wed	04/26/23	VAR	Championships-Trials	4:00 PM	5:00 PM	KS-Kapalama
Fri	04/28/23	VAR	Championships-Finals	4:00 PM	5:00 PM	KS-Kapalama
Fri	05/05/23	VAR	HHSAA State Meet	TBA	TBA	Maui
Sat	05/06/23	VAR	HHSAA State Meet	TBA	TBA	Maui