

Oahu Interscholastic Association JV Western Division Track & Field Championships

Saturday, April 05, 2025 – Timed Finals, Field Events: 3:00 PM Running Events: 3:30 PM

Location: Pearl City High School

Participating Schools: Aiea, Campbell, Kapolei, Leilehua, Mililani, Nanakuli, Pearl City, Radford, Waialua, Waianae, Waipahu

Girls Host: Radford **Boys Host:** Leilehua

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)

3:30 3200 M Relay (Girls/Boys)

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)

Standards

Girls JV

	<u>Hand</u>	<u>Lynx</u>
100 M Hurdles	25.0h	25.24
100 M Dash	16.6h	16.84
1500 M Run	7:26.3h	7:26.54
400 M Relay	66.0h	66.24
400 M Dash	82.0h	82.24
300 M Low Hurdles	67.0h	67.24
800 M Run	3:30.0h	3:30.24
200 M Dash	35.0h	35.24
3000 M Run	16:15.6h	16:15.84
1600 M Relay	6:00.0h	6:00.24

Pole Vault 5' 6"

High Jump 3' 10"

Long Jump 12' 0"

Triple Jump 25' 0"

Discus 50' 0"

Shot Put 20' 0"

Boys JV

	<u>Hand</u>	<u>Lynx</u>
110 M Hurdles	23.0h	23.24
100 M Dash	13.4h	13.64
1500 M Run	6:02.6h	6:02.84
400 M Relay	58.0h	58.24
400 M Dash	66.0h	66.24
300 M Int. Hurdles	57.0h	57.24
800 M Run	2:45.0h	2:45.24
200 M Dash	28.0h	28.24
3000 M Run	12:32.6h	12:32.84
1600 M Relay	4:30.0h	4:30.24

Pole Vault 7' 0"

High Jump 4' 8"

Long Jump 15' 0"

Triple Jump 30' 0"

Discus 80' 0"

Shot Put 26' 0"

