

# Oahu Interscholastic Association Varsity Track & Field Championships

## Meet Time Schedule

### Order of Field Events for 2025

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
2:45	2:45	Coaches' Meeting
3:30		<b>Pole Vault (Girls Finals only on Thursday)</b>
	3:30	<b>Pole Vault (Boys Finals only on Saturday)</b>
2:30		<b>Discus (Boys Finals only on Thursday)</b>
	2:30	<b>Discus (Girls Finals only on Saturday)</b>
3:30		<b>High Jump (Boys Finals only on Thursday)</b>
	3:30	<b>High Jump (Girls Finals only on Saturday)</b>
3:30		<b>Long Jump (Girls Finals only on Thursday)</b>
	3:30	<b>Long Jump (Boys Finals only on Saturday)</b>
3:30		<b>Shot Put (Girls Finals only on Thursday)</b>
	3:30	<b>Shot Put (Boys Finals only on Saturday)</b>
(to follow Long Jump)		<b>Triple Jump (Boys Finals only on Thursday)</b>
(to follow Long Jump)		<b>Triple Jump (Girls Finals only on Saturday)</b>

<u>TRIALS</u>	<u>FINALS</u>	<u>EVENTS</u>
4:00	4:45	4X800Meter Relay Girls
4:20	5:00	4X800 Meter Relay Boys
5:00	5:30	100 Meter High Hurdles
5:10	5:35	110 Meter High Hurdles
5:20	5:40	100 Meter Dash Girls
5:30	5:45	100 Meter Dash Boys
5:40	5:50	1500 Meter Run Girls
5:55	6:00	1500 Meter Run Boys
6:15	6:15	4 X100 Meter Relay Girls
6:25	6:20	4 X100 Meter Relay Boys
6:35	6:25	400 Meter Dash Girls
6:45	6:30	400 Meter Dash Boys
7:00	6:35	300 Meter Low Hurdles
7:10	6:40	300 Intermediate Hurdles
7:20	6:45	800 Meter Run Girls
7:30	6:50	800 Meter Run Boys
7:45	6:55	200 Meter Dash Girls
7:50	7:00	200 Meter Dash Boys
No trials	7:05	3000 Meter Run Girls (minimum 20 min. break during Trials)
No trials	7:20	3000 Meter Run Boys (minimum 20 min. break during Trials)
8:15	7:40	4 X400 Meter Relay Girls
8:25	7:45	4 X400 Meter Relay Boys
	8:10	Team Scores and Awards