

## 78th Annual Punahou Relays

April 19, 2025

EVENT NAME	GENDER	FIRST CALL	LAST CALL	EVENT START
400m Shuttle High Hurdle Relay	Girls	8:30	8:35	8:45
440 yd Shuttle High Hurdle Relay	Boys	8:45	8:50	9:00
4x200m Relay	Girls	9:00	9:05	9:15
4x200m Relay	Boys	9:05	9:10	9:20
Distance Medley 1200-400-800-1600m	Girls	9:10	9:15	9:25
Distance Medley 1200-400-800-1600m	Boys	9:30	9:35	9:45
Sprint Medley 200-200-400-800m	Girls	9:50	9:55	10:05
Sprint Medley 200-200-400-800m	Boys	10:05	10:10	10:20
720yd Shuttle Low Hurdles	Girls	10:20	10:25	10:35
720yd Shuttle Low Hurdles	Boys	10:30	10:35	10:45
<b>Unified 4x100m Relay</b>	<b>Cogender</b>	<b>10:40</b>	<b>10:45</b>	<b>10:55</b>
4x800m Relay	Girls	10:50	10:55	11:05
4x800m Relay	Boys	11:05	11:10	11:20
4x100m Relay	Girls	11:20	11:25	11:35
4x100m Relay	Boys	11:30	11:35	11:45
<b>Unified 4x400m Relay</b>	<b>Cogender</b>	<b>11:40</b>	<b>11:45</b>	<b>11:55</b>
4x400m Relay	Girls	11:55	12:00	12:10
4x400m Relay	Boys	12:10	12:15	12:25
FIELD EVENT NAME	GENDER	FIRST CALL	LAST CALL	EVENT START
Discus	Boys	8:15	8:20	8:30
Discus	Girls	9:45	9:50	10:00
Long Jump - Mauka Pit	Boys	8:15	8:20	8:30
Long Jump - Makai Pit	Girls	8:15	8:20	8:30
High Jump	Girls	8:15	8:20	8:30
High Jump	Boys	9:45	9:50	10:00
Pole Vault	Girls	8:15	8:20	8:30
Pole Vault	Boys	10:00	10:05	10:15
Shot Put	Girls	8:15	8:20	8:30
Shot Put	Boys	9:45	9:50	10:00
Triple Jump - Mauka Pit	Boys	10:15	10:50	11:00
Triple Jump - Makai Pit	Girls	10:15	10:50	11:00

**Note: Triple jump warmups to be interrupted by both 720yd Shuttle Low races so longer warm-up time to be given.**