

Oahu Interscholastic Association
Varsity Western Division Track & Field Championships

Order of Field Events for **Odd Years. 2025, 2027, 2029**

TRIALS FINALS EVENTS (All Field events are Single day Trial/Finals)

12:45 Trials 1:15 Finals Coaches' Meeting
3:30 Pole Vault(**Girls Finals only on Thursday**)
 3:30 Pole Vault (**Boys Finals only on Saturday**)
1:30 Discus (**Boys Finals only on Thursday**)
 2:00 Discus(**Girls Finals only on Saturday**)
3:30 High Jump(**Boys Finals only on Thursday**)
 3:30 High Jump (**Girls Finals only on Saturday**)
3:30 Long Jump (**Girls Finals only on Thursday**)
 3:30 Long Jump (**Boys Finals only on Saturday**)
3:30 Shot Put (**Girls Finals only on Thursday**)
 3:30 Shot Put (**Boys Finals only on Saturday**)
Triple Jump (**Boys Finals only on Thursday**)
 Triple Jump (**Girls Finals only on Saturday**)

Order of Running Events.

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
N/A	7:05 3000 Meter Run Girls
N/A	7:20 3000 Meter Run Boys
8:15	7:40 4 X400 Meter Relay Girls
8:25	7:45 4 X400 Meter Relay Boys
	8:00 Team Scores and Awards