

Punahou Relays -- Trials

Thursday, April 23, 2009

Punahou School

Field Events	Order	1st Call	Last Call	Event Start
Discus	Boys		No Trials	
	Girls		No Trials	
Long Jump	Girls		No Trials	
	Boys		No Trials	
High Jump	Girls		No Trials	
	Boys		No Trials	
Pole Vault	Girls		No Trials	
	Boys		No Trials	
Shot Put	Boys		No Trials	
	Girls		No Trials	
Triple Jump	Girls		No Trials	
	Boys		No Trials	

Running Events	Order	1st Call	Last Call	Event Start
400m Shuttle Hurdles	Girls	3:25 PM	3:35 PM	3:45 PM
440m Shuttle Hurdles	Boys	3:35 PM	3:45 PM	3:55 PM
4 x 200m Relay	Girls	3:45 PM	3:55 PM	4:05 PM
4 x 200m Relay	Boys	3:55 PM	4:05 PM	4:15 PM
Distance Medley Relay	Girls		No Trials	
Distance Medley Relay	Boys		No Trials	
Sprint Medley	Girls	4:05 PM	4:15 PM	4:25 PM
Sprint Medley	Boys	4:15 PM	4:25 PM	4:35 PM
Hawaii's Fastest Human		4:25 PM	4:35 PM	4:45 PM
720yd Shuttle Hurdles	Girls	4:45 PM	4:55 PM	5:05 PM
720yd Shuttle Hurdles	Boys	4:55 PM	5:05 PM	5:15 PM
4 x 800m Relay	Girls		No Trials	
4 x 800m Relay	Boys		No Trials	
4 x 100m Relay	Girls	5:05 PM	5:15 PM	5:25 PM
4 x 100m Relay	Boys	5:15 PM	5:25 PM	5:35 PM
4 x 400m Relay	Girls	5:25 PM	5:35 PM	5:45 PM
4 x 400m Relay	Boys	5:35 PM	5:45 PM	5:55 PM