

2009-2010

ILH TRACK & FIELD SCHEDULE

Start Date	Monday, February 8, 2010
Pre-Season Meeting	Thursday, February 18, 2010 @ Punahou School Thurston Classroom @ 6:30 PM
All Relay Seeding Meeting:	Wednesday, March 31, 2010 @ Punahou School Thurston Classroom @ 6:30 PM
HHSAA Championships:	May 14 & 15, 2010
Post-Season Meeting:	Tuesday, May 18, 2010 @ Punahou School Thurston Classroom @ 6:30 PM

PARTICIPATING TEAMS

Boys Varsity – C. Acad., Damien, Hanalani, Iolani, IPA, Kamehameha, MPI, Pac-5, Punahou, St. Louis, WLA
Boys JV – Damien, Hanalani, Iolani, IPA, Kamehameha, LBA, MPI, Pac-5, Punahou, St. Francis, St. Louis, WLA
Boys Inter. – Damien, Hanalani, Hoala, Iolani, IPA, Kamehameha, LBA, MPI, Pac-5, Punahou, St. Francis, St. Louis, WLA
Girls Varsity – C. Acad., Hanalani, Iolani, IPA, Kamehameha, MPI, Pac-5, Punahou, Sacred Hearts, St. Francis, WLA
Girls JV – Hanalani, Iolani, IPA, Kamehameha, LBA, MPI, Pac-5, Punahou, Sacred Hearts, St. Francis, WLA
Girls Inter. – Hanalani, Hoala, Iolani, IPA, Kamehameha, LBA, MPI, Pac-5, Punahou, Sacred Hearts, St. Francis, WLA

Date	Day	Event	Site	Start Times		# of entries		
				Field Events	Running Events	Field	Lane	Non-Lane
19-Feb	Fri	Intermediate	Iolani	3:30 PM	3:45 PM	Format A		
26-Feb	Fri	Intermediate	Punahou	3:30 PM	3:45 PM	Format B		
27-Feb	Sat	JV/Varsity	Punahou	2:00 PM	2:30 PM	Format A		
05-Mar	Fri	Intermediate	Kamehameha	3:30 PM	3:45 PM	Format A		
06-Mar	Sat	JV/Varsity	Kamehameha	2:00 PM	2:30 PM	Format B		
11-Mar	Thu	Intermediate	Punahou	3:30 PM	3:45 PM	Format B		
12-Mar	Fri	Ralph Martinson Invit. (Girls)	Punahou	3:30 PM	3:45 PM	See Meet Notice		
13-Mar	Sat	Henry Lee Invit. (Boys)	Kamehameha	2:00 PM	2:30 PM	See Meet Notice		
19-Mar	Fri	Intermediate	Iolani	3:30 PM	3:45 PM	5	5	8
20-Mar	Sat	JV/Varsity	Iolani	2:00 PM	2:30 PM	Format A		
26-Mar	Fri	Intermediate	Punahou	3:30 PM	3:45 PM	4	4	4
27-Mar	Sat	JV/Varsity	Punahou	2:00 PM	2:30 PM	Format B		
31-Mar	Wed	All Relay Seeding Meeting	Punahou Athletic Classroom: 6:30 PM					
01-Apr	Thu	Inter. Champs (Trials)	Punahou	3:30 PM	3:45 PM	4	4	4
03-Apr	Sat	Inter. Champs (Finals)	Punahou	8:30 AM	9:30 AM	As Advance		
09-Apr	Fri	Inter. Relay Champs	Punahou	3:30 PM	3:45 PM	4	1+	1+
10-Apr	Sat	JV/Vars. Relay Champs	Punahou	2:00 PM	2:30 PM	4	1+	1+
15-Apr	Thu	JV Champs (Trials)	Kamehameha	3:30 PM	3:45 PM	4	4	4
16-Apr	Fri	Honolulu Marathon Invit.	Kamehameha	3:30 PM	3:45 PM	TBA	TBA	TBA
17-Apr	Sat	JV Champs (Finals)	Kamehameha	4:00 PM	5:00 PM	As Advance		
22-Apr	Thu	Punahou Relays (Trials)	Punahou	3:30 PM	3:45 PM	3 or as Seeded		
24-Apr	Sat	Punahou Relays (Finals)	Punahou	9:30 AM	10:00 AM	As Advance		
30-Apr	Fri	Varsity Meet	Punahou	3:30 PM	3:45 PM	6	6	6
05-May	Wed	Vars. Champs (Trials)	Kamehameha	4:00 PM	5:00 PM	4	4	4
07-May	Fri	Vars. Champs (Finals)	Kamehameha	4:00 PM	5:00 PM	As Advance		
14-May	Fri	HHSAA Champs (Trials)	ILH	TBA	TBA	3	3	3
15-May	Sat	HHSAA Champs (Finals)	ILH	TBA	TBA	As Advance		

2009-20010

ILH TRACK & FIELD SCHEDULE

FORMAT A	FORMAT B
<p>RUNNING: 100m and 110m Hurdles 100m Dash 400m Dash 4 x 100m Relay 1500m Run</p> <p>FIELD: Boys High Jump Girls Pole Vault Both Long Jump Girls Shot Put Boys Discus</p>	<p>RUNNING: 300m Hurdles 800m Run 200m Dash 3000m Run 4 x 400m Relay</p> <p>FIELD: Girls High Jump Boys Pole Vault Both Triple Jump Boys Shot Put Girls Discus</p>