

BIIF TRACK & FIELD CHAMPIONSHIPS 2024
TRIALS – FRIDAY, MAY 3, 2024 **KEALAKEHE HIGH SCHOOL**

1:00 pm Officials/Games Committee Meeting

1:30 pm Coaches Meeting

FIELD EVENTS	FIRST CALL	LAST CALL	EVENT START
Girls Discus	12:45 PM	12:55 PM	1:00 PM
Boys Shot Put	1:45 PM	1:55 PM	2:00 PM
Boys Long Jump	1:45 PM	1:55 PM	2:00 PM
Girls Triple Jump	To follow Boys Long Jump		
Girls High Jump	1:45 PM	1:55 PM	2:00 PM
Boys Pole Vault	1:45 PM	1:55 PM	2:00 PM

RUNNING EVENTS – TIMES ARE SUBJECT TO CHANGE

EVENT	FIRST CALL	LAST CALL	EVENT START
Girls 4x800m Relay	2:45 PM	2:55 PM	3:00 PM
Boys 4x800m Relay	2:55 PM	3:05 PM	3:15 PM
4X800M RELAY – FINALS RUN IF THERE ARE LESS THAN 8 RELAY TEAMS			
Girls 100m Hurdles	3:05 PM	3:25 PM	3:30 PM
Boys 110m Hurdles	3:25 PM	3:35 PM	3:40 PM
Girls 100m	3:35 PM	3:45 PM	3:50 PM
Boys 100m	3:45 PM	3:55 PM	4:00 PM
Girls 1500m	3:55 PM	4:05 PM	4:10 PM
Boys 1500m	4:05 PM	4:15 PM	4:20 PM
Girls 4x100m Relay	4:15 PM	4:25 PM	4:30 PM
Boys 4x100m Relay	4:25 PM	4:35 PM	4:40 PM
Girls 400m	4:35 PM	4:45 PM	4:50 PM
Boys 400m	4:45 PM	4:55 PM	5:00 PM
Girls 300m Hurdles	4:55 PM	5:05 PM	5:10 PM
Boys 300m Hurdles	5:05 PM	5:15 PM	5:20 PM
Girls 800m	5:15 PM	5:25 PM	5:30 PM
Boys 800m	5:25 PM	5:35 PM	5:40 PM
Girls 200m	5:35 PM	5:45 PM	5:50 PM
Boys 200m	5:45 PM	5:55 PM	6:00 PM
SENIOR WALK – AFTER BOYS 200M IF ALL 4X400M RELAY TEAMS ADVANCE			
Girls 4x400m Relay	5:55 PM	6:05 PM	6:10 PM
Boys 4x400m Relay	6:05 PM	6:15 PM	6:20 PM

BIIF TRACK & FIELD CHAMPIONSHIPS 2024
FINALS – SATURDAY, MAY 4, 2024 KEALAKEHE HIGH SCHOOL

2:00 pm Officials/Games Committee Meeting

2:20 pm Coaches Meeting

FIELD EVENTS	FIRST CALL	LAST CALL	EVENT START
Boys Discus	1:45 PM	1:55 PM	2:00 PM
Girls Shot Put	2:45 AM	2:55 AM	3:00 PM
Girls Long Jump	2:45 PM	2:55 PM	3:00 PM
Boys Triple Jump	To follow Girls Long Jump		
Boys High Jump	2:45 PM	2:55 PM	3:00 PM
Girls Pole Vault	2:45 PM	2:55 PM	3:00 PM

RUNNING EVENTS – TIMES ARE SUBJECT TO CHANGE

EVENT	FIRST CALL	LAST CALL	EVENT START
Girls 100m Hurdles	3:45 PM	3:55 PM	4:00 PM
Boys 110m Hurdles	3:55 PM	4:05 PM	4:10 PM
Girls 100m	4:05 PM	4:15 PM	4:20 PM
Boys 100m	4:15 PM	4:25 PM	4:30 PM
Girls 1500m	4:25 PM	4:35 PM	4:40 PM
Boys 1500m	4:35 PM	4:45 PM	4:50 PM
Girls 4x100m Relay	4:45 PM	4:55 PM	5:00 PM
Boys 4x100m Relay	4:55 PM	5:05 PM	5:10 PM
Girls 400m	5:05 PM	5:15 PM	5:20 PM
Boys 400m	5:15 PM	5:25 PM	5:30 PM
Girls 300m Hurdles	5:25 PM	5:35 PM	5:40 PM
Boys 300m Hurdles	5:35 PM	5:45 PM	5:50 PM
Girls 800m	5:45 PM	5:55 PM	6:00 PM
Boys 800m	5:55 PM	6:05 PM	6:10 PM
Girls 200m	6:05 PM	6:15 PM	6:20 PM
Boys 200m	6:15 PM	6:25 PM	6:30 PM
Girls 3000m	6:25 PM	6:35 PM	6:40 PM
Boys 3000m	6:35 PM	6:45 PM	6:55 PM
Girls 4x400m Relay	6:45 PM	6:55 PM	7:05 PM
Boys 4x400m Relay	6:55 PM	7:05 PM	7:10 PM