

BIIF Trials 2017
Friday 5/6/2016
Kea'au High School

1:15 Officials/Games Committee Meeting

1:30 Coaches Meeting

FIELD EVENTS BEGIN

All events are single day events. Preliminary round and final round will be held consecutively on Friday.

2:00 Girls Pole Vault
 Boys High Jump
 Girls Long Jump
 Boys Triple Jump
 Girls Shot Put
 Boys Discus

RUNNING EVENTS

| Event | 1st call | Last Call | Start |
|---------------------|----------------------------|------------------|--------------|
| Girls 100 m hurdles | 2:45 | 2:55 | 3:00 |
| Boys 110 m hurdles | 2:55 | 3:05 | 3:10 |
| Girls 100 m dash | 3:05 | 3:15 | 3:20 |
| Boys 100 m dash | 3:15 | 3:25 | 3:30 |
| Girls 1500 m run | 3:25 | 3:35 | 3:40 |
| Boys 1500 m run | 3:35 | 3:50 | 3:55 |
| Girls 4x100 m relay | 3:50 | 4:05 | 4:10 |
| Boys 4x100 m relay | 4:05 | 4:15 | 4:20 |
| Girls 400 m dash | 4:15 | 4:25 | 4:30 |
| Boys 400 m dash | 4:25 | 4:35 | 4:40 |
| Girls 300 m hurdles | 4:35 | 4:45 | 4:50 |
| Boys 300 m hurdles | 4:45 | 4:55 | 5:00 |
| Girls 800 m run | 4:55 | 5:05 | 5:10 |
| Boys 800 m run | 5:05 | 5:20 | 5:25 |
| Girls 200 m dash | 5:20 | 5:30 | 5:40 |
| Boys 200 m dash | 5:30 | 5:40 | 5:50 |
| 10 minute rest | | | |
| Girls 4x400 m relay | 5:50 | 6:00 | 6:10 |
| Boys 4x400 m relay | 6:00 | 6:10 | 6:20 |

The above times are estimates and are subject to change.

BIIF Championship 2017 Meet Schedule

Saturday 5/6/2017

Kea'au High School

2:10 Officials/Games Committee Meeting

2:20 Coaches Meeting

2:30 Senior Walk/Parade of Champions

3:00 FIELD EVENTS BEGIN

All events are single day events. Preliminary round and final round will be held consecutively on Saturday.

Girls High Jump

Boys Pole Vault

Boys Long Jump

Girls Triple Jump

Boys Shot Put

Girls Discus

RUNNING EVENTS

| Event | 1st call | Last Call | Start |
|---------------------|----------------------------|------------------|--------------|
| Girls 100 m hurdles | 3:45 | 3:55 | 4:00 |
| Boys 110 m hurdles | 3:55 | 4:05 | 4:10 |
| Girls 100 m dash | 4:05 | 4:15 | 4:20 |
| Boys 100 m dash | 4:15 | 4:25 | 4:30 |
| Girls 1500 m run | 4:25 | 4:35 | 4:40 |
| Boys 1500 m run | 4:35 | 4:45 | 4:50 |
| Girls 4x100 m relay | 4:45 | 4:55 | 5:00 |
| Boys 4x100 m relay | 4:55 | 5:05 | 5:10 |
| Girls 400 m dash | 5:05 | 5:15 | 5:20 |
| Boys 400 m dash | 5:15 | 5:25 | 5:30 |
| Girls 300 m hurdles | 5:25 | 5:35 | 5:40 |
| Boys 300 m hurdles | 5:35 | 5:45 | 5:50 |
| Girls 800 m run | 5:45 | 5:55 | 6:00 |
| Boys 800 m run | 5:55 | 6:05 | 6:10 |
| Girls 200 m dash | 6:05 | 6:15 | 6:20 |
| Boys 200 m dash | 6:15 | 6:25 | 6:30 |
| Girls 3000 m run | 6:25 | 6:35 | 6:40 |
| Boys 3000 m run | 6:35 | 6:45 | 7:00 |
| Girls 4x400 m relay | 6:45 | 6:55 | 7:20 |
| Boys 4x400 m relay | 6:55 | 7:05 | 7:15 |

The above times are estimates and are subject to change.