

Rainbow Relays

University of Hawaii - Manoa • TC Ching Complex

Friday, April 2, 2010

■ Field Events

- 9:00 am Subbantum girls - Long Jump Final – Ewa Pit
Subbantum boys to follow
- 9:00 am Bantum girls - Long Jump – Diamond Head Pit
Bantum boys to follow
- 9:00 am Midget girls - Shot Put
Midget boys to follow
- 10:00 am Youth/Young/HS girls - Pole Vault
- 10:00 am Bantum girls - High Jump
Bantum boys to follow
- 10:30 am Midget girls - Long Jump- Ewa Pit
Midget boys to follow
- 10:30 am Intermediate girls - Long Jump- Diamond Head Pit
Intermediate boys to follow
- 11:00 am Youth/Young/HS girls - Shot Put
Youth/Young/HS boys to follow
- 12:00 pm Youth/Young/HS girls - Long Jump – Ewa Pit
Youth/Young/HS boys to follow
- 12:00 pm Youth/Young/ HS boys - Pole Vault
- 12:00 pm Midget girls - High Jump
Midget boys to follow
- 12:00 pm Midget girls – Discus
Midget boys to follow
- 1:30 pm Youth/Young/HS girls - High Jump
Youth/Young/ HS boys to follow
- 1:30 pm Youth/Young/HS boys - Triple Jump – Diamond Head Pit
Youth/Young/ HS girls to follow
- 1:30 pm Intermediate girls - Discus
Intermediate boys to follow
- 2:00 pm Bantum girls - Shot Put
Bantum boys to follow
- 2:00 am Youth/Young/HS girls – Discus
Youth/Young/HS boys to follow

■ Running Events

ALL RUNNING EVENTS ARE PRELIMS UNLESS STATED

- 10:00 am Subbantum girls & boys - 4 x 100m Relay
Bantum girls & boys - 4 x 100m Relay
Midget girls & boys - 4 x 100m Relay
Intermediate girls & boys - 4 x 100m Relay
Youth/Young/HS girls & boys - 4 x 100m Relay
- 10:30 am Bantum girls & boys – Mile Run Final
Midget girls & boys – Mile Run Final
Intermediate girls & boys – Mile Run Final
Youth/Young/ HS girls & boys – Mile Run Final
- 11:30 am Midget girls & boys - 80m Hurdles
Intermediate girls & boys - 100m Hurdles
Youth/Young/ HS girls - 100 Hurdles
Youth/Young/HS boys – 110m Hurdles
- 12:15 pm Subbantum girls & boys - 400m Dash
Bantum girls & boys - 400m Dash
Midget girls & boys - 400m Dash
Intermediate girls & boys - 400m Dash
Youth/Young/ HS girls & boys - 400m Dash
- 1:00 pm Subbantum girls & boys - 100m Dash
Bantum girls & boys - 100m Dash
Midget girls & boys – 100m Dash
Intermediate girls & boys – 100m Dash
Youth/Young/ HS girls & boys – 100m Dash
- 2:30 pm Subbantum girls & boys – 800m Run
Bantum girls & boys – 800m Run
Midget girls & boys – 800m Run
Intermediate girls & boys – 800m Run
Youth/Young/ HS girls & boys - 800m Run
- 3:15 pm Midget girls & boys - 200m Hurdles
Intermediate girls & boys - 300m Hurdles
Youth/Young/HS girls & boys - 300m Hurdles
- 3:55 pm Subbantum girls & boys - 200m Dash
Bantum girls & boys - 200m Dash
Midget girls & boys - 200m Dash
Intermediate girls & boys - 200m Dash
Youth/Young/HS girls & boys - 200m Dash
- 4:30 pm Midget girls & boys - 3000m Run
Intermediate girls & boys - 3000m Run
Youth/Young/HS girls & boys - 3000m Run

5:30 pm Open 10000m Run

Saturday, April 3, 2010

ALL EVENTS ARE FINALS

■ Field Events

- 2:00 PM Women's College - Hammer
- 2:00 PM Women's College – Pole Vault
- 3:00 PM Women's College – Long Jump- Ewa Pit
- 3:30 PM Women's College - Javelin
- 4:00 PM Women's College - High Jump
- 5:00 PM Women's College - Discus
- 5:00 PM Women's College- Triple Jump- Ewa Pit
- 6:15 PM Women's College – Shot Put

■ Running Events

- 3:55 PM National Anthem
- 4:00 PM College Women – Steeplechase
- 4:15 PM Subbantum girls & boys – 4 x 100m Relay
Bantum girls & boys – 4 x 100m Relay
Intermediate girls & boys - 4 x 100m Relay
Young girls & boys – 4 x 100m Relay
Young/HS girls & boys – 4 x 100m Relay
Women's College – 4 X 100m Relay
- 4:35 PM College Women – 1500m Run
- 4:37 PM Midget girls & boys – 80m hurdles
Intermediate girls & boys – 100m Hurdles
Young /Young/HS girls – 100m Hurdles
Women's College – 100m Hurdles
Young/Youth/HS boys – 110m Hurdles
- 5:12 PM Subbantum girls & boys – 400m Dash
Bantum girls & boys – 400m Dash
Midget girls & boys - 400m Dash
Intermediate girls & boys – 400m Dash
Young/Youth/HS girls & boys- 400m Dash
Women's College- 400m Dash
- 5:47 PM Subbantum girls & boys – 100m Dash
Bantum girls & boys – 100m Dash

Midget girls & boys - 100m Dash
Intermediate girls & boys - 100m Dash
Youth/Young/HS girls & boys - 100m Dash
Women's College - 100m Dash
6:17 PM Subbantum girls & boys - 800m Run
Bantum girls & boys - 800m Run
Midgets girls & boys - 800m Run
Intermediates girls & boys - 800m Run
Young/Youth, HS girls & boys - 800m Run
Women's College - 800m Run
6:42 PM Midget girls & boys - 200m hurdles
Intermediate girls & boys - 300m Hurdles
Youth/Young/HS girls - 300 Hurdles
Women's College - 400m Hurdles
Youth/Young/HS boys - 300m Hurdles
7:07 PM Subbantum girls & boys - 200m Dash
Bantum girls & boys - 200m Dash
Midget girls & boys - 200m Dash
Intermediate girls & boys - 200m Dash
Youth/Young/HS girls & boys - 200m Dash
Women's College - 200m Dash
7:37 PM Women' College - 5000m Run
8:02 PM Subbantum girls & boys - 100m Dash
Bantum girls & boys - 100m Dash
Midget girls & boys - 4 X 400m Relay
Intermediate girls & boys - 4 X 400m Relay
Youth/Young/HS girls & boys - 4 x 400m Relay
Women' College - 4 x 400m Relay

