



2026 ILH Track and Field Schedule

Start Dates: INT - 1/19/26 JV/V - 2/9/26

Preseason and Postseason meeting dates/locations TBA

DAY	DATE	DIVISION	LOCATION	TIME
SAT	2/7	INT #1	IOL	1:00PM / 1:15PM
SAT	2/14	INT #2	PUN	8:00AM / 8:30AM
SAT	2/21	INT #3	IOL	1:00PM / 1:15PM
SAT	2/28	INT #4	IOL	1:00PM / 1:15PM
WED	3/4	INT Champs Day 1 - Trials	JKS	3:00PM / 4:00PM
FRI	3/6	INT Champs Day 2 - Finals	JKS	4:00PM / 5:00PM
SAT	3/7	JV/VARS #1	PUN	8:00AM / 8:30AM
SAT	3/14	JV/VARS #2	PUN	12:00PM / 12:30PM
SAT	3/21	Ralph Martinson Invitational	PUN	8:00AM / 8:30AM
SAT	3/21	Ruby Tuesday Invitational	MOA HS	1:00PM / 3:00PM
SAT	3/28	Punahou Relays	PUN	8:00AM / 8:30AM
SAT	4/4	JV only	PUN	8:00AM / 8:30AM
SAT	4/4	Moanalua Invitational	MOA HS	TBA
SAT	4/11	Kamehameha Invitational	JKS	2:00PM/3:00PM
SAT	4/18	JV/VARS #3	PUN	8:00AM / 8:30AM
SAT	4/25	JV/VARS #4	PUN	12:00PM / 12:30PM
WED	4/29	JV Champs - Day 1 - Trials	JKS	3:00PM / 4:00PM
FRI	5/1	JV Champs - Day 2 - Finals	JKS	4:00PM / 5:00PM
WED	5/6	Varsity Champs - Day 1 - Trials	JKS	3:00PM / 4:00PM
FRI	5/8	Varsity Champs - Day 2 - Finals	JKS	4:00PM / 5:00PM
FRI	5/15	HHSAA	JKS	TBA
SAT	5/16	HHSAA	JKS	TBA