

2022-2023 ILH Track and Field Schedule

(rev. 2/6/22)

START DATES: INTERMEDIATE 1/23/23; JV/VARS 1/30/23

Pre-Season Coaches Meeting: 1/17/23 (TBD Webex or In-Person)

Pre-Season Coaches Meeting: 2/27/23 (TBD Website or in Person)						Start Times	
Competition Date		Type	Location	Entry Deadline (8:00PM)	Teams Participating	Field Events	Running Events
SAT	2/25/23	INTERMEDIATE: Pre-Season	Iolani	N/A	All Schools	8:30 AM	8:45 AM
SAT	3/4/23	INTERMEDIATE - ILH #1	KSK	2/28/23	All Schools	8:30 AM	8:45 AM
THUR	3/9/23	JV/VARS - ILH #1	Punahou	3/6/23	All Schools	3:45 PM	4:00 PM
SAT	3/11/23	INTERMEDIATE - ILH #2	Kamehameha	3/7/23	All Schools	8:30 AM	8:45AM
THUR	3/16/23	INTERMEDIATE - ILH #3	Punahou	3/13/23	All Schools	4:00 PM	4:15 PM
FRI	3/17/23	JV/VARS ILH #2	Kamehameha	3/14/23	All Schools	4:00 PM	4:15 PM
FRI	3/24/23	INTERMEDIATE - ILH #4	Punahou	3/21/23	All Schools	2:00 PM	2:15 PM
WED	3/29/23	INTERMEDIATE CHAMPS Day 1 (T)	Kamehameha	3/27/23	All Schools	4:00 PM	4:15 PM
FRI	3/31/23	INTERMEDIATE CHAMPS Day 2 (F)	Kamehameha	N/A	All Schools	4:00 PM	4:15 PM
SAT	4/8/23	JV/VARS ILH #3	Punahou	4/5/23	All Schools	8:30 AM	8:45 AM
THUR	4/13/23	JV CHAMPS Day 1 (T)	Kamehameha	4/10/23	All Schools	4:00 PM	4:15 PM
FRI	4/14/23	VARSITY MEET	Punahou	4/11/23	All Schools	4:00 PM	4:15 PM
SAT	4/15/23	JV CHAMPS Day 2 (F)	Kamehameha	N/A	All Schools	8:30 AM	8:45 AM
WED	4/26/23	VARS CHAMPS Day 1 (T)	Kamehameha	4/24/23	All Schools	4:00 PM	5:00 PM
FRI	4/28/23	VARS CHAMPS Day 2 (F)	Kamehameha	N/A	All Schools	4:00 PM	5:00 PM
FRI	5/5/23	HHSAA State Meet (Trials)	MIL - Maui	TBD	All Schools	TBD	TBD
SAT	5/6/23	HHSAA State Meet (Finals)	MIL - Maui	N/A	All Schools	TBD	TBD

2022-2023 Track and Field Schedule (Invitationals and Non-League Events)

(12/12/22)

START DATES: INTERMEDIATE 1/23/23; JV/VARS 1/30/23

Pre-Season Coaches Meeting: 1/17/23 (TBD Webex or In-Person)

					Start Times		
Competition Date		Type	Location	Entry Deadline (8:00PM)	Teams Participating	Field Events	Running Events
FR/SAT	2/10 & 11	Track Clinic	Moanalua HS		Non-League Event	TBD	TBD
SAT	2/25/23	INTERMEDIATE: Pre-Season	Iolani	N/A	All Schools	8:30 AM	8:45 AM
FRI	3/3/23	INTERMEDIATE - ILH #1	KSK		All Schools	4:00 PM	4:15 PM
THUR	3/9/23	JV/VARS - ILH #1	Punahou		All Schools	3:45 PM	4:00 PM
SAT	3/11/23	INTERMEDIATE - ILH #2	Kamehameha		All Schools	8:30 AM	8:45AM
SAT	3/11/23	Menehune Invitational *	Moanalua HS		Non-League Meet	TBD	TBD
THUR	3/16/23	INTERMEDIATE - ILH #3	Punahou		All Schools	4:00 PM	4:15 PM
FRI	3/17/23	JV/VARS ILH #2	Kamehameha		All Schools	4:00 PM	4:15 PM
SAT	3/18/23	Cal-Track/Ruby Tuesday Invit.*	Moanalua HS		Non-League Meet	TBD	TBD
FRI	3/24/23	INTERMEDIATE - ILH #4	Punahou		All Schools	2:00 PM	2:15 PM
SAT	3/25/23	Ralph Martinson Invitational	Punahou		Non-League Meet	8:30 AM	8:45 AM
WED	3/29/23	INTERMEDIATE CHAMPS Day 1 (T)	Kamehameha		All Schools	4:00 PM	4:15 PM
FRI	3/31/23	INTERMEDIATE CHAMPS Day 2 (F)	Kamehameha		All Schools	4:00 PM	4:15 PM
SAT	4/1/23	Kamehameha Invitational	Kamehameha		Non-League Meet	TBD	TBD
SAT	4/8/23	JV/VARS ILH #3	Punahou		All Schools	8:30 AM	8:45 AM
THUR	4/13/23	JV CHAMPS Day 1 (T)	Kamehameha		All Schools	4:00 PM	4:15 PM
FRI	4/14/23	VARSITY MEET	Punahou		All Schools	4:00 PM	4:15 PM
SAT	4/15/23	JV CHAMPS Day 2 (F)	Kamehameha		All Schools	8:30 AM	8:45 AM
SAT	4/22/23	Punahou Relays	Punahou		Non-League Meet	8:30 AM	8:45 AM
WED	4/26/23	VARS CHAMPS Day 1 (T)	Kamehameha		All Schools	4:00 PM	5:00 PM
FRI	4/28/23	VARS CHAMPS Day 2 (F)	Kamehameha		All Schools	4:00 PM	5:00 PM
FRI	5/5/23	HHSAA State Meet (Trials)	MIL - Maui	TBD	All Schools	TBD	TBD
SAT	5/6/23	HHSAA State Meet (Finals)	MIL - Maui	N/A	All Schools	TBD	TBD