

2023 - 24 ILH Track & Field Schedule

Subject to Change

(as of 01/22/24)

[ILH Results](#)

| Day | Date | Level | | Field Events | Running Events | Site |
|--------------------------|-----------------|------------|--------------------------|--------------|----------------|--------------------|
| Sat | 03/09/24 | INT | ILH Meet #1 | 1:00 PM | 2:00 PM | Punahou |
| Wed | 03/13/24 | JV & VAR | ILH Meet #1 | 3:00 PM | 4:00 PM | KS-Kapalama |
| Sat | 03/16/24 | INT | ILH Meet #2 | 1:00 PM | 2:00 PM | Punahou |
| Fri | 3/22/24 | INT | ILH Meet #3 | 1:00 PM | 2:00 PM | Punahou |
| Thu | 03/28/24 | JV & VAR | ILH Meet #2 | 1:00 PM | 2:00 PM | Punahou |
| Sat | 03/30/24 | INT | ILH Meet #4 | 1:00 PM | 2:00 PM | Punahou |
| Sat | 04/06/24 | JV & VAR | ILH Meet #3 | 2:00 PM | 3:00 PM | Punahou |
| Wed | 04/10/24 | INT | Championships-Trials | 3:00 PM | 4:00 PM | KS-Kapalama |
| Sat | 04/13/24 | INT | Championships-Finals | 8:30 AM | 9:30 AM | KS-Kapalama |
| Wed | 04/17/24 | JV | Championships-Trials | 3:00 PM | 4:00 PM | KS-Kapalama |
| Fri | 04/19/24 | JV | Championships-Finals | 4:00 PM | 5:00 PM | KS-Kapalama |
| Wed | 04/24/24 | VAR | Championships-Trials | 4:00 PM | 5:00 PM | KS-Kapalama |
| Fri | 04/26/24 | VAR | Championships-Finals | 4:00 PM | 5:00 PM | KS-Kapalama |
| <i>Fri</i> | <i>05/10/24</i> | <i>VAR</i> | <i>HHSAA State Meet*</i> | <i>TBA</i> | <i>TBA</i> | <i>Mililani HS</i> |
| <i>Sat</i> | <i>05/11/24</i> | <i>VAR</i> | <i>HHSAA State Meet*</i> | <i>TBA</i> | <i>TBA</i> | <i>Mililani HS</i> |
| <i>*non league event</i> | | | | | | |