

2024 - 25 ILH Swimming & Diving Schedule

Subject to Change (Girls Participating Schools: IOL, KSK, LJA, MPI, PUN, P5, SHA), (Boys Participating Schools: IOL, KSK, LJA, MPI, PUN, P5)
PRE-SEASON COACHES' & OFFICIALS' MEETING: TUES, 10/29/24 6:00pm (Punahou Athletics Complex - Thurston Classroom)

	START DATE	October 28th, 2024	Intermediate				
		November 4th, 2024	JV/ Varsity				
PRE-SEASON COACHES' & OFFICIALS' MEETING: TUES, 10/29/24 6:00pm (Punahou Athletics Complex - Thurston Classroom)							
Day	Date	Level	Type	Event	Teams	Site	Time
Sat	11/16/24	INT	Swim	ILH INT Meet #1	All	Punahou	3:00 PM
Thu	11/21/24	INT	Swim	ILH INT Meet #2	All	KS- Kapalama	5:00 PM
Sat	11/23/24	INT	Dive	ILH Dive Meet #1	All	Punahou	3:00 PM
Tue	11/26/24	INT	Swim	ILH INT Meet #3	All	Iolani	5:00 PM
Sat	11/30/24	ALL	Dive	ILH Dive Meet #2	All	KS Kapalama	9:00 AM
Wed	12/04/24	INT	Swim	ILH INT Meet #4	All	KS-Kapālama	5:00 PM
Fri	12/06/24	JV & VAR	Swim	ILH JV/VAR Meet #1	All	KS- Kapalama	5:00 PM
Sat	12/07/24	ALL	Dive	ILH Dive Meet #3	All	Iolani	3:00 PM
Fri	12/13/24	JV & VAR	Swim	ILH JV/VAR Meet #2	All	KS-Kapālama	5:00 PM
Sat	12/14/24	INT	Swim	ILH INT Meet #5	All	Punahou	3:00 PM
Sat	12/14/24	ALL	Dive	ILH Dive Meet #4	All	Iolani	3:00 PM
Thu	12/19/24	INT	Swim	ILH INT Championships	All	KS Kapalama	5:00 PM
Thu	12/19/24	INT	Dive	ILH INT Championships	All	Iolani	5:00 PM
Fri	12/20/24	JV & VAR	Swim	Alex Waterhouse Invitational*	All	Punahou	5:00 PM
Sat	12/21/24	JV & VAR	Swim	Alex Waterhouse Invitational*	All	Punahou	10:00 AM
Fri	01/10/25	JV & VAR	Swim	ILH JV/Var Meet #3	All	Iolani	5:00 PM
Sat	01/11/25	JV & VAR	Dive	ILH Dive Meet #5	All	Punahou	3:00 PM
Fri	01/17/25	JV & VAR	Swim	ILH JV/VAR Meet #4	All	KS-Kapālama	5:00 PM
Sat	01/18/25	JV & VAR	Dive	Serai Invitational*	All	Punahou	9:00 AM
Wed	01/22/25	JV	Swim	ILH JV Championships	All	Iolani	5:00 PM
Wed	01/22/25	JV	Dive	ILH JV Championships	All	Punahou	5:00 PM
Sat	1/25/25	VAR	Swim	ILH VAR Meet #1	All	Punahou	5:00 PM
Fri	1/31/25	VAR	Swim	ILH VAR Championship - Trials	All	Punahou	5:00 PM
Sat	2/1/25	VAR	Swim	ILH VAR Championship - Finals	All	Punahou	4:00 PM
Sat	2/1/25	VAR	Dive	ILH Dive Championships	All	Iolani	2:00 PM
Sat	2/8/25	VAR	Dive	Last Chance Dive Meet	All (limited entries)	KS Kapalama	9:00 AM
Fri	2/14/25	VAR	Swim/Dive	HHSAA Championships (Trials)*	All qualified entries	Oahu	TBD
Sat	2/15/25	VAR	Swim/Dive	HHSAA Championships (Finals)*	All qualified entries	Oahu	TBD
*non ILH event							