

2020 Palos Verdes Distance Day

Running Events:

These start times are estimates. If we get ahead of schedule, we will keep the meet within 30 minutes of these estimated times.

10:15am – Open 1600 (parents, kids, coaches, etc.)

10:30am – Girls 3200m (1 heat)

10:50am – Boys 3200m (2 heats)

11:20am – Boys and Girls Distance Medley Relay (1 combined heat)

11:35am – Girls 800m (3 heats)

11:50am – Boys 800m (8 heats)

12:30pm – Girls 1600m (4 heats)

1:10pm – Boys 1600m (6 heats)

2:00pm – Girls 4x400m (1 heat)

2:10pm – Boys 4x400m (2 heats)

Field Events:

10:30am – Shot Put