

# REDONDO NIKE INVITATIONAL

## Friday Night Time Schedule – 2019

*\*Rolling Schedule – we will run ahead of schedule whenever possible\**

### **TRACK EVENTS**

<b>Time</b>	<b>Event</b>	<b>Heats:</b>
3:00pm	G F/S 3200m	(2)
3:30pm	B F/S 3200m	(4)
4:25pm	G F/S 4x800m Relay	(1)
4:40pm	B F/S 4x800m Relay	(1)
4:53pm	G VAR 4x800m Relay	(1)
5:07pm	B VAR 4x800m Relay	(1)
5:19pm	G VAR 3200m	(3)
6:02pm	B VAR 3200m	(3)
6:42pm	G F/S Distance Medley	(1)
7:00pm	B F/S Distance Medley	(1)
7:16pm	G VAR Distance Medley	(1)
7:32pm	B VAR Distance Medley	(1)

### **FIELD EVENTS**

<b>Time</b>	<b>Event</b>	<b>Flights:</b>
<b>SHOT PUT</b>		
2:00pm	G F/S	(2)
	G VAR	(2)
	B FS	(2)
	B VAR	(2)
<b>DISCUS</b>		
2:00pm	B F/S	(2)
	B VAR	(2)
	G FS	(2)
	G VAR	(2)
<b>POLE VAULT</b>		
3:00pm	G F/S	(1)
5:00pm	B F/S	(1)