

From: Chris Drescher <4drescher@gmail.com> 
Subject: Track Time Schedule
Date: March 13, 2014 12:38:12 PM PDT
To: Robert Leetch <bobster403@gmail.com>, "Leetch, Kirsten" <kirsten@studentsports.com>

1 Attachment, 189 KB

Attached is the time schedule for your review
 please let me know if you have any questions?

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 Chris Drescher
 951-334-8300

Finished Results - Professional Timing
www.finishedresults.com

VS Athletics
www.vsathletics.com

REDONDO BEACH

Track Events Time Schedule – 2014

Rolling Schedule – we will run ahead of schedule whenever possible

FRIDAY NIGHT			SATURDAY DAY/NIGHT		
Time	Event	Heats:	Time	Event	Div Heats:
4:00pm	G F/S 3200m	(2)	9:00am	G F/S 1600m	(3)
4:32pm	B F/S 3200m	(2)	9:24am	B F/S 1600m	(4)
5:00pm	G F/S 4x800m Relay	(1)	9:54am	G F/S 4x100m Relay	(3)
5:15pm	B F/S 4x800m Relay	(1)		B F/S 4x100m Relay	(4)
5:30pm	G VAR 4x800m Relay	(1)	10:18am	G VAR 4x100m Relay	(4)
5:45pm	B VAR 4x800m Relay	(1)		B VAR 4x100m Relay	(4)
6:00pm	G VAR 3200m	(2)	10:38am	G VAR 1600m	(3)
6:30pm	B VAR 3200m	(2)	11:00am	B VAR 1600m	(4)
7:00pm	G F/S Distance Medley	(1)	11:28am	G F/S 100m Hurdles	(4)
7:20pm	B F/S Distance Medley	(1)		G VAR 100m Hurdles	(5)
7:40pm	G VAR Distance Medley	(1)	12:00pm	B F/S 110m Hurdles	(4)
8:00pm	B VAR Distance Medley	(1)		B VAR 110m Hurdles	(5)
			12:30pm	G F/S 400m	(7)
				B F/S 400m	(8)
			1:05pm	G VAR 400m	(8)
				B VAR 400m	(8)
			1:45pm	G F/S 100m	(12)
				B F/S 100m	(15)
				G VAR 100m	(11)
				B VAR 100m	(15)
				- Meet Break / Reset -	
			3:30pm	G F/S 800 Sprint Medley	(2)
				B F/S 800 Sprint Medley	(3)
			4:00pm	G VAR 800 Sprint Medley	(2)
				B VAR 800 Sprint Medley	(3)
			4:30pm	G F/S 800m	(3)
				B F/S 800m	(3)
			5:00pm	G VAR 800m	(4)
				B VAR 800m	(4)
			5:40pm	G F/S 300m Hurdles	(5)
				G VAR 300m Hurdles	(6)
			6:10pm	B F/S 300m Hurdles	(5)
				R VAR 300m Hurdles	(6)

	VAR 400m Relay	(3)
6:40pm	G F/S 4x400m Relay	(3)
	B F/S 4x400m Relay	(4)
7:15pm	G VAR 4x400m Relay	(3)
	B VAR 4x400m Relay	(5)

Revised 3/12/2014