

# REDONDO NIKE INVITATIONAL

## Saturday Time Schedule - 2019

Rolling Schedule - we will run ahead of schedule whenever possible

### TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
8:30am	G VAR 1600m	(5)
9:10am	G F/S 4x100m Relay	(3)
	B F/S 4x100m Relay	(3)
9:35am	G VAR 4x100m Relay	(4)
	B VAR 4x100m Relay	(3)
10:00am	B VAR 1600m	(8)
10:55am	G F/S 100m Hurdles	(6)
	G VAR 100m Hurdles	(6)
11:35am	B F/S 110m Hurdles	(5)
	B VAR 110m Hurdles	(7)
12:15pm	G F/S 400m	(6)
	B F/S 400m	(6)
12:50pm	G VAR 400m	(8)
	B VAR 400m	(8)
1:40pm	G F/S 100m opposite	(15)
	B F/S 100m opposite	(15)
1:40pm	G VAR 100m home	(15)
	B VAR 100m home	(15)
2:50 pm	G F/S 800 Sprint Medley	(2)
	B F/S 800 Sprint Medley	(2)
3:15pm	G VAR 800 Sprint Medley	(2)
	B VAR 800 Sprint Medley	(3)
3:40pm	G F/S 800m	(4)
	B F/S 800m	(5)
4:15pm	G VAR 800m	(5)
	B VAR 800m	(5)
4:50pm	G F/S 300m Hurdles	(5)
	G VAR 300m Hurdles	(6)
5:30pm	B F/S 300m Hurdles	(5)
	B VAR 300m Hurdles	(6)
6:10pm	G F/S 4x400m Relay	(2)
	B F/S 4x400m Relay	(2)
6:35pm	G VAR 4x400m Relay	(2)
	B VAR 4x400m Relay	(2)

### FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
<b><u>LONG JUMP</u></b>		
8:30am	B VAR Long Jump (Pit #1)	(3)
8:30am	G VAR Long Jump (Pit #2)	(3)
1:00pm	B F/S Long Jump (Pit #1)	(3)
1:00pm	G F/S Long Jump (Pit #2)	(3)
<b><u>TRIPLE JUMP</u></b>		
10:45am	G VAR Triple Jump (Pit #2)	(3)
10:45am	B VAR Triple Jump (Pit #1)	(3)
3:15pm	G F/S Triple Jump (Pit #2)	(2)
3:15pm	B F/S Triple Jump (Pit #1)	(2)

#### **For Long Jump and Triple Jump:**

FS Athletes will be given 3 attempts - **no finals**  
VAR Athletes will be given 4 attempts - **no finals**

#### **HIGH JUMP**

9:00am	B VAR High Jump (Pit #1)	(1)
9:00am	G VAR High Jump (Pit #2)	(1)
12:00pm	B F/S High Jump (Pit #1)	(1)
12:00pm	G F/S High Jump (Pit #2)	(1)

#### **POLE VAULT**

9:00am	G VAR Pole Vault	(1)
12:00pm	B VAR Pole Vault	(1)

#### **For High Jump / Pole Vault**

Contested using "5 alive"



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