

# REDONDO NIKE INVITATIONAL

## Friday Night Time Schedule – 2017

*\*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)
3:35pm	B F/S 3200m	(3)
4:15pm	G F/S 4x800m Relay	(1)
4:30pm	B F/S 4x800m Relay	(1)
4:45pm	G VAR 4x800m Relay	(1)
5:00pm	B VAR 4x800m Relay	(1)
5:15pm	G VAR 3200m	(3)
6:00pm	B VAR 3200m	(3)
6:45pm	G F/S Distance Medley	(1)
7:05pm	B F/S Distance Medley	(1)
7:20pm	G VAR Distance Medley	(1)
7:40pm	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	(3)
3:15pm	G VAR	(3)
4:30pm	B FS	(4)
5:45pm	B VAR	(4)
<b>DISCUS</b>		
2:00pm	B F/S	(2)
3:15pm	B VAR	(2)
4:30pm	G FS	(3)
5:45pm	G VAR	(3)
<b>POLE VAULT</b>		
3:00PM	G F/S	(1)
5:00pm	B F/S	(1)

#### **SHOT PUT / DISCUS**

FS Athletes will be given 3 throws no finals

VAR Athletes will be given 4 throws no finals

#### **POLE VAULT**

Contested using "5 alive"

*Opening Heights*

G F/S 7-9

B F/S 10-3