

REDONDO NIKE INVITATIONAL

Saturday Time Schedule - 2017

Rolling Schedule - we will run ahead of schedule whenever possible

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
8:30am	G F/S 1600m	(4)
9:05am	B F/S 1600m	(4)
9:40am	G F/S 4x100m Relay	(3)
	B F/S 4x100m Relay	(3)
10:05am	G VAR 4x100m Relay	(4)
	B VAR 4x100m Relay	(4)
10:35am	G VAR 1600m	(4)
11:05am	B VAR 1600m	(5)
11:45am	G F/S 100m Hurdles	(6)
	G VAR 100m Hurdles	(7)
12:20pm	B F/S 110m Hurdles	(6)
	B VAR 110m Hurdles	(7)
12:55pm	G F/S 400m	(7)
	B F/S 400m	(7)
1:30pm	G VAR 400m	(7)
	B VAR 400m	(8)
2:15pm	G F/S 100m	(8)
	B F/S 100m	(8)
	G VAR 100m	(8)
	B VAR 100m	(8)
3:25 pm	G F/S 800 Sprint Medley	(2)
	B F/S 800 Sprint Medley	(2)
3:45pm	G VAR 800 Sprint Medley	(2)
	B VAR 800 Sprint Medley	(2)
4:10pm	G F/S 800m	(4)
	B F/S 800m	(4)
4:50pm	G VAR 800m	(4)
	B VAR 800m	(4)
5:20pm	G F/S 300m Hurdles	(5)
	G VAR 300m Hurdles	(6)
6:00pm	B F/S 300m Hurdles	(5)
	B VAR 300m Hurdles	(6)
6:40pm	G F/S 4x400m Relay	(2)
	B F/S 4x400m Relay	(2)
7:10pm	G VAR 4x400m Relay	(2)
	B VAR 4x400m Relay	(2)

FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
<u>LONG JUMP</u>		
9:00am	B VAR Long Jump (Pit #1)	(3)
9:00am	G VAR Long Jump (Pit #2)	(3)
11:15am	B F/S Long Jump (Pit #1)	(3)
11:15am	G F/S Long Jump (Pit #2)	(3)
<u>TRIPLE JUMP</u>		
1:30pm	G VAR Triple Jump (Pit #2)	(3)
1:30pm	B VAR Triple Jump (Pit #1)	(3)
3:45pm	G F/S Triple Jump (Pit #2)	(2)
3:45pm	B F/S Triple Jump (Pit #1)	(2)
<u>For Long Jump and Triple Jump:</u> FS Athletes will be given 3 attempts - no finals VAR Athletes will be given 4 attempts - no finals		
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<u>HIGH JUMP</u>		
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)
<u>POLE VAULT</u>		
9:00am	G VAR Pole Vault	(1)
12:00pm	B VAR Pole Vault	(1)
<u>For High Jump / Pole Vault</u> Contested using "5 alive" Opening Heights <i>High Jump</i> : B VAR: 5-9 G VAR: 4-9 B F/S: 5-5 G F/F: 4-5 Opening Heights <i>Pole Vault</i> : G VAR: 9-9 B VAR: 12-9		