

# Redondo Nike Track & Field Invitational

## ORDER OF EVENTS

Evt#	Start	Event	Evt#	Start	Event
1	11:00 AM	Girls 1600 Meter Run Frosh/Soph	35	6:00 PM	Girls Distance Medley Frosh/Soph (FS/Var Combined)
2	11:24 AM	Boys 1600 Meter Run Frosh/Soph	36	6:15 PM	Boys Distance Medley Frosh/Soph (FS/Var Combined)
3	11:48 AM	Girls 1600 Meter Run Varsity	37	6:30 PM	Girls 3200 Meter Run Frosh/Soph
4	12:04 PM	Boys 1600 Meter Run Varsity	38	6:45 PM	Boys 3200 Meter Run Frosh/Soph
5	12:28 PM	Girls 4x100 Meter Relay Frosh/Soph	39	7:00 PM	Girls 3200 Meter Run Varsity
6	12:34 PM	Boys 4x100 Meter Relay Frosh/Soph	40	7:15 PM	Boys 3200 Meter Run Varsity
7	12:40 PM	Girls 4x100 Meter Relay Varsity	41	7:30 PM	Girls 4x400 Meter Relay Frosh/Soph
8	12:46 PM	Boys 4x100 Meter Relay Varsity	42	7:40 PM	Boys 4x400 Meter Relay Frosh/Soph
9	12:55 PM	Girls 100 Meter Hurdles Frosh/Soph	43	7:50 PM	Girls 4x400 Meter Relay Varsity
10	1:01 PM	Girls 100 Meter Hurdles Varsity	44	8:00 PM	Boys 4x400 Meter Relay Varsity
11	1:11 PM	Boys 110 Meter Hurdles Frosh/Soph	45	11:00 AM	Long Jump Varsity Men
12	1:19 PM	Boys 110 Meter Hurdles Varsity	46	11:00 AM	Triple Jump Varsity Women
13	1:28 PM	Girls 4x800 Meter Relay (FS/Var Combined)	47	11:00 AM	High Jump Varsity Men
14	1:43 PM	Boys 4x800 Meter Relay Frosh/Soph (FS/Var Combined)	48	11:00 AM	High Jump Varsity Women
15	1:58 PM	Girls 400 Meter Dash Frosh/Soph	49	11:00 AM	Pole Vault Varsity Men
16	2:13 PM	Boys 400 Meter Dash Frosh/Soph	50	11:00 AM	Shot Put Varsity Women
17	2:28 PM	Girls 400 Meter Dash Varsity	51	11:00 AM	Discus Varsity Men
18	2:40 PM	Boys 400 Meter Dash Varsity	52	1:15 PM	Long Jump Frosh/Soph Men
19	2:55 PM	Girls 100 Meter Dash Frosh/Soph	53	1:15 PM	Triple Jump Frosh/Soph Women
20	3:05 PM	Boys 100 Meter Dash Frosh/Soph	54	1:15 PM	High Jump Frosh/Soph Men
21	3:15 PM	Girls 100 Meter Dash Varsity	55	1:15 PM	High Jump Frosh/Soph Women
22	3:25 PM	Boys 100 Meter Dash Varsity	56	1:15 PM	Pole Vault Varsity Women
23	3:35 PM	Girls 800 Sprint Medley Frosh/Soph	57	1:15 PM	Shot Put Frosh/Soph Women
24	3:43 PM	Boys 800 Sprint Medley Frosh/Soph	58	1:15 PM	Discus Frosh/Soph Men
25	3:51 PM	Girls 800 Sprint Medley Varsity	59	3:30 PM	Long Jump Varsity Women
26	3:59 PM	Boys 800 Sprint Medley Varsity	60	3:30 PM	Triple Jump Varsity Men
27	4:03 PM	Girls 800 Meter Run Frosh/Soph	61	3:30 PM	Pole Vault Frosh/Soph Women
28	4:18 PM	Boys 800 Meter Run Frosh/Soph	62	3:30 PM	Shot Put Varsity Men
29	4:33 PM	Girls 800 Meter Run Varsity	63	3:30 PM	Discus Varsity Women
30	4:48 PM	Boys 800 Meter Run Varsity	64	5:45 PM	Long Jump Frosh/Soph Women
31	5:06 PM	Girls 300 Meter Hurdles Frosh/Soph	65	5:45 PM	Triple Jump Frosh/Soph Men
32	5:18 PM	Girls 300 Meter Hurdles Varsity	66	5:45 PM	Pole Vault Frosh/Soph Men
33	5:33 PM	Boys 300 Meter Hurdles Frosh/Soph	67	5:45 PM	Shot Put Frosh/Soph Men
34	5:45 PM	Boys 300 Meter Hurdles Varsity	68	5:45 PM	Discus Frosh/Soph Women

**LONG JUMP/TRIPLE JUMP/DISCUS/SHOT PUT ATHLETES WILL RECEIVE 3 ATTEMPTS, THE TOP 9 PERFORMERS WILL RECEIVE 3 ADDITIONAL ATTEMPTS IN THE FINAL.**

**Event**

High Jump Frosh/Soph Men  
 High Jump Frosh/Soph Women  
 High Jump Varsity Men  
 High Jump Varsity Women  
 Pole Vault Frosh/Soph Men  
 Pole Vault Frosh/Soph Women  
 Pole Vault Varsity Men  
 Pole Vault Varsity Women

**Opening Bar**

4' 8"  
 4' 0"  
 5' 4"  
 4' 8"  
 8' 6"  
 6' 0"  
 10' 0"  
 8' 0"