

REDONDO UNION HS TRACK and FIELD

ORDER OF EVENTS ~ EVENING START TIMES

Start	Running Events	Start	Running Events
6:00 PM	Boys F/S 400m Relay	7:41 PM	Boys F/S 800m
6:03 PM	Girls F/S 400m Relay	7:46 PM	Girls F/S 800m
6:06 PM	Girls Var. 400m Relay	7:51 PM	Girls Var. 800m
6:09 PM	Boys Var. 400m Relay	7:56 PM	Boys Var. 800m
6:12 PM	Boys F/S 1600m	7:59 PM	Girls F/S 300m LH
6:22 PM	Girls F/S 1600m	8:02 PM	Girls Var. 300m LH
6:32 PM	Girls Var. 1600m	8:09 PM	Boys F/S 300m LH
6:42 PM	Boys Var. 1600m	8:12 PM	Boys Var. 300m LH
6:52 PM	Boys F/S 110m High Hurdles	8:14 PM	Boys F/S 200m
6:55 PM	Boys Var. 110m High Hurdles	8:17 PM	Girls F/S 200m
7:01 PM	Girls F/S 100m High Hurdles	8:20 PM	Girls Var. 200m
7:04 PM	Girls Var. 100m High Hurdles	8:23 PM	Boys Var. 200m
7:06 PM	Boys F/S 400m	8:26 PM	Girls F/S & Var. 3200m (combined)
7:09 PM	Girls F/S 400m	8:41 PM	Boys F/S & Var. 3200m (combined)
7:11 PM	Girls Var. 400m	8:56 PM	Girls F/S 1600 Relay
7:15 PM	Boys Var. 400m	9:06 PM	Girls Var. 1600 Relay
7:21 PM	Boys F/S 100m	9:14 PM	Boys F/S 1600m Relay
7:24 PM	Girls F/S 100m	9:22 PM	Boys Var. 1600m Relay
7:27 PM	Girls Var. 100m		
7:31 PM	Boys Var. 100m		

Start	Field Events
6:00 PM	Discus (Boys Var, Boys F/S, Girls Var, Girls F/S)
6:00 PM	Shot Put (Boys Var, Boys F/S, Girls Var, Girls F/S)
6:00 PM	High Jump Girls Var - 4'2" Opening Height Boys Var - 5'4" Opening Height Girls F/S - 3'8" Opening Height Boys F/S 4'8" Opening Height
7:30 PM	Long Jump (All levels - 4 attempts)
7:30 PM	Triple Jump (All levels - 4 attempts)
6:00 PM	Pole Vault Girls F/S - 6' Opening Height Girls Var. - 7' Opening Height Boys F/S - 8' Opening Height Boys Var. - 9' Opening Height