

Redondo Nike Track & Field Invitational - Friday

ORDER OF EVENTS		
Evt#	Start	Event
1	5:30 PM	Girls 3200 Meter Run Frosh/Soph
2	5:45 PM	Boys 3200 Meter Run Frosh/Soph
3	6:15 PM	Girls 4x800 Meter Relay Varsity
4	6:30 PM	Boys 4x800 Meter Relay Varsity
5	6:42 PM	Girls 4x800 Meter Relay Frosh/Soph
6	6:57 PM	Boys 4x800 Meter Relay Frosh/Soph
7	7:09 PM	Girls 3200 Meter Run Varsity
8	7:39 PM	Boys 3200 Meter Run Varsity
9	8:09 PM	Girls Distance Medley Frosh/Soph
10	8:24 PM	Boys Distance Medley Frosh/Soph
11	8:39 PM	Girls Distance Medley Varsity
12	8:54 PM	Boys Distance Medley Varsity

Redondo Nike Track & Field Invitational - Saturday

ORDER OF EVENTS

Evt#	Start	Event	Evt#	Start	Event
13	10:00 AM	Girls 1600 Meter Run Frosh/Soph	43	5:51 PM	Boys 300 Meter Hurdles Frosh/Soph
14	10:24 AM	Boys 1600 Meter Run Frosh/Soph	44	6:06 PM	Boys 300 Meter Hurdles Varsity
15	10:56 AM	Girls 1600 Meter Run Varsity	45	6:27 PM	Girls 4x400 Meter Relay Frosh/Soph
16	11:20 AM	Boys 1600 Meter Run Varsity	46	6:37 PM	Boys 4x400 Meter Relay Frosh/Soph
17	11:55 AM	Girls 4x100 Meter Relay Frosh/Soph	47	6:47 PM	Girls 4x400 Meter Relay Varsity
18	12:01 PM	Boys 4x100 Meter Relay Frosh/Soph	48	6:57 PM	Boys 4x400 Meter Relay Varsity
19	12:10 PM	Girls 4x100 Meter Relay Varsity	101	9:00 AM	Long Jump Varsity Men
20	12:16 PM	Boys 4x100 Meter Relay Varsity	102	9:00 AM	Triple Jump Varsity Women
21	12:28 PM	Girls 100 Meter Hurdles Frosh/Soph	103	9:00 AM	High Jump Varsity Men
22	12:34 PM	Girls 100 Meter Hurdles Varsity	104	9:00 AM	High Jump Varsity Women
23	12:44 PM	Boys 110 Meter Hurdles Frosh/Soph	105	9:00 AM	Pole Vault Varsity Men
24	12:52 PM	Boys 110 Meter Hurdles Varsity	106	9:00 AM	Shot Put Varsity Women
25	1:05 PM	Girls 400 Meter Dash Frosh/Soph	107	9:00 AM	Discus Varsity Men
26	1:23 PM	Boys 400 Meter Dash Frosh/Soph	108	11:15 AM	Long Jump Frosh/Soph Men
27	1:44 PM	Girls 400 Meter Dash Varsity	109	11:15 AM	Triple Jump Frosh/Soph Women
28	2:05 PM	Boys 400 Meter Dash Varsity	112	11:15 AM	Pole Vault Varsity Women
29	2:32 PM	Girls 100 Meter Dash Frosh/Soph	113	11:15 AM	Shot Put Frosh/Soph Women
30	2:46 PM	Boys 100 Meter Dash Frosh/Soph	114	11:15 AM	Discus Frosh/Soph Men
31	3:04 PM	Girls 100 Meter Dash Varsity	110	1:30 PM	High Jump Frosh/Soph Men
32	3:18 PM	Boys 100 Meter Dash Varsity	111	1:30 PM	High Jump Frosh/Soph Women
33	3:41 PM	Girls 800 Sprint Medley Frosh/Soph	115	1:30 PM	Long Jump Varsity Women
34	3:49 PM	Boys 800 Sprint Medley Frosh/Soph	116	1:30 PM	Triple Jump Varsity Men
35	3:57 PM	Girls 800 Sprint Medley Varsity	117	1:30 PM	Pole Vault Frosh/Soph Women
36	4:05 PM	Boys 800 Sprint Medley Varsity	118	1:30 PM	Shot Put Varsity Men
37	4:13 PM	Girls 800 Meter Run Frosh/Soph	119	1:30 PM	Discus Varsity Women
38	4:28 PM	Boys 800 Meter Run Frosh/Soph	120	3:45 PM	Long Jump Frosh/Soph Women
39	4:43 PM	Girls 800 Meter Run Varsity	121	3:45 PM	Triple Jump Frosh/Soph Men
40	4:58 PM	Boys 800 Meter Run Varsity	122	3:45 PM	Pole Vault Frosh/Soph Men
41	5:21 PM	Girls 300 Meter Hurdles Frosh/Soph	123	3:45 PM	Shot Put Frosh/Soph Men
42	5:33 PM	Girls 300 Meter Hurdles Varsity	124	3:45 PM	Discus Frosh/Soph Women

LONG JUMP/TRIPLE JUMP/DISCUS/SHOT PUT ATHLETES WILL RECEIVE 3 ATTEMPTS (NO FINAL).

Event

Opening Bar

High Jump Frosh/Soph Men	4-6
High Jump Frosh/Soph Women	3-10
High Jump Varsity Men	5-4
High Jump Varsity Women	4-0
Pole Vault Frosh/Soph Men	9-0
Pole Vault Frosh/Soph Women	6-0
Pole Vault Varsity Men	11-6 (then 12-3, then 12-6, then 6-inch increments)
Pole Vault Varsity Women	8-0