

# REDONDO NIKE INVITATIONAL

## Track Events Time Schedule – 2015

*\*Rolling Schedule – we will run ahead of schedule whenever possible\**

### FRIDAY NIGHT

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
<b>4:00pm</b>	G F/S 3200m	(2)
4:28pm	B F/S 3200m	(3)
5:04pm	G F/S 4x800m Relay	(1)
5:18pm	B F/S 4x800m Relay	(1)
6:00pm	G VAR 4x800m Relay	(1)
6:12pm	B VAR 4x800m Relay	(1)
6:24pm	G VAR 3200m	(2)
6:50pm	B VAR 3200m	(2)
7:15pm	G F/S Distance Medley	(1)
7:35pm	B F/S Distance Medley	(1)
7:55pm	G VAR Distance Medley	(1)
8:15pm	B VAR Distance Medley	(1)

### SATURDAY DAY/NIGHT

<u>Time</u>	<u>Event</u>	<u>Div</u>	<u>Heats:</u>
<b>9:00am</b>	G F/S 1600m		(3)
9:22am	B F/S 1600m		(3)
9:45am	G F/S 4x100m Relay		(3)
	B F/S 4x100m Relay		(3)
10:05am	G VAR 4x100m Relay		(3)
	B VAR 4x100m Relay		(4)
10:25am	G VAR 1600m		(3)
10:46am	B VAR 1600m		(4)
11:12am	G F/S 100m Hurdles		(4)
	G VAR 100m Hurdles		(5)
11:37pm	B F/S 110m Hurdles		(4)
	B VAR 110m Hurdles		(5)
12:00pm	G F/S 400m		(7)
	B F/S 400m		(7)
12:30pm	G VAR 400m		(8)
	B VAR 400m		(8)
1:00pm	G F/S 100m		(10)
	B F/S 100m		(10)
	G VAR 100m		(10)
	B VAR 100m		(10)
	- Meet Break / Reset -		
<b>2:30pm</b>	G F/S 800 Sprint Medley		(2)
	B F/S 800 Sprint Medley		(2)
2:44pm	G VAR 800 Sprint Medley		(2)
	B VAR 800 Sprint Medley		(2)
3:00pm	G F/S 800m		(3)
3:12pm	B F/S 800m		(3)
3:25pm	G VAR 800m		(4)
3:40pm	B VAR 800m		(4)
4:00pm	G F/S 300m Hurdles		(5)
	G VAR 300m Hurdles		(6)
4:30pm	B F/S 300m Hurdles		(5)
	B VAR 300m Hurdles		(6)
5:00pm	G F/S 4x400m Relay		(3)
	B F/S 4x400m Relay		(3)
5:25pm	G VAR 4x400m Relay		(3)
	B VAR 4x400m Relay		(4)