

REDONDO NIKE INVITATIONAL

Field Event Time Schedule – 2016

Rolling Schedule – we will run ahead of schedule whenever possible

FRIDAY NIGHT

<u>Time</u>	<u>Event</u>	<u>Flights:</u>
2:00pm	G F/S Shot Put	(2)
	B F/S Discus	(2)
3:15pm	G VAR Shot Put	(2)
	B VAR Discus	(2)
4:30pm	G F/S Discus	(2)
	B F/S Shot Put	(2)
5:45pm	G VAR Discus	(2)
	B VAR Shot Put	(2)

For Shot Put and Discus:

FS Athletes will be given 3 throws as finals

VAR Athletes will be given 4 throws as finals

SATURDAY DAY/NIGHT

<u>Time</u>	<u>Event</u>	<u>Flights:</u>
9:00am	B VAR Long Jump (Pit #1)	(3)
	G VAR Long Jump (Pit #2)	(3)
	B VAR High Jump (Pit #1)	(1)
	G VAR High Jump (Pit #2)	(1)
	G F/S Pole Vault (Pit #2)	(1)
	G VAR Pole Vault (Pit #1)	(1)
11:15am	B F/S Long Jump (Pit #1)	(3)
	G F/S Triple Jump (Pit #2)	(3)
12:00pm	B F/S High Jump (Pit #1)	(1)
	G F/S High Jump (Pit #2)	(1)
	B F/S Pole Vault (Pit #2)	(1)
	B VAR Pole Vault (Pit #1)	(1)
1:15pm	G VAR Triple Jump (Pit #2)	(2)
	B VAR Triple Jump (Pit #1)	(3)
3:00pm	G F/S Triple Jump (Pit #2)	(2)
3:30pm	B F/S Triple Jump (Pit #1)	(2)

HJ and Pole Vault will be run using “5 alive”

For Long Jump and Triple Jump:

FS Athletes will be given 3 attempts as finals

VAR Athletes will be given 4 attempts as finals