

REDONDO NIKE INVITATIONAL

Track Events Time Schedule – 2016

Rolling Schedule – we will run ahead of schedule whenever possible

FRIDAY NIGHT

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
3:15pm	G F/S 3200m	(2)
3:50pm	B F/S 3200m	(3)
4:30pm	G F/S 4x800m Relay	(1)
4:45pm	B F/S 4x800m Relay	(1)
5:00pm	G VAR 4x800m Relay	(1)
5:15pm	B VAR 4x800m Relay	(1)
5:30pm	G VAR 3200m	(3)
6:15pm	B VAR 3200m	(3)
7:00pm	G F/S Distance Medley	(1)
7:20pm	B F/S Distance Medley	(1)
7:35pm	G VAR Distance Medley	(1)
7:55pm	B VAR Distance Medley	(1)

SATURDAY DAY/NIGHT

<u>Time</u>	<u>Event</u>	<u>Div</u>	<u>Heats:</u>
9:00am	G F/S 1600m		(3)
9:20am	B F/S 1600m		(4)
9:50am	G F/S 4x100m Relay		(3)
	B F/S 4x100m Relay		(3)
10:10am	G VAR 4x100m Relay		(3)
	B VAR 4x100m Relay		(3)
10:30am	G VAR 1600m		(4)
11:00am	B VAR 1600m		(4)
11:30am	G F/S 100m Hurdles		(4)
	G VAR 100m Hurdles		(5)
11:55am	B F/S 110m Hurdles		(4)
	B VAR 110m Hurdles		(5)
12:20pm	G F/S 400m		(7)
	B F/S 400m		(7)
1:00pm	G VAR 400m		(7)
	B VAR 400m		(8)
1:40pm	G F/S 100m		(8)
	B F/S 100m		(8)
	G VAR 100m		(8)
	B VAR 100m		(8)
3:00 pm	G F/S 800 Sprint Medley		(2)
	B F/S 800 Sprint Medley		(2)
3:15pm	G VAR 800 Sprint Medley		(2)
	B VAR 800 Sprint Medley		(2)
3:30pm	G F/S 800m		(3)
3:42pm	B F/S 800m		(3)
3:55pm	G VAR 800m		(4)
4:10pm	B VAR 800m		(4)
4:30pm	G F/S 300m Hurdles		(4)
	G VAR 300m Hurdles		(5)
4:55pm	B F/S 300m Hurdles		(4)
	B VAR 300m Hurdles		(5)
5:25pm	G F/S 4x400m Relay		(2)
	B F/S 4x400m Relay		(2)
5:45pm	G VAR 4x400m Relay		(2)
	B VAR 4x400m Relay		(3)