

SOUTH BAY CHAMPS

VARSITY

RUNNING EVENTS

TIME	EVENT	HEATS
5:30	OPEN 1600M RUN	open to anyone
5:45	GIRLS 1600M	2
6:00	BOYS 1600M	3
6:20	GIRLS 4 X 100M	2
6:25	BOYS 4 X 100M	3
6:35	GIRLS 1600M	1
6:40	BOYS 1600M	1
6:45	BOYS 110HH	4
6:55	GIRLS 100HH	4
7:05	GIRLS 400M	4
7:15	BOYS 400M	4
7:25	GIRLS 100M	8
7:40	BOYS 100M	8
7:55	GIRLS 800M	3
8:05	BOYS 800M	3
8:15	GIRLS 300 IH	3
8:25	BOYS 300 IH	3
8:40	COED 4 X 200M	2
8:45	GIRLS 3200M	1
9:00	BOYS 3200M	1
9:15	GIRLS 4 X 400M	2
9:25	BOYS 4 X 400M	2

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FIELD EVENTS

GIRLS

TIME	EVENT	FLIGHTS
5:30	POLE VAULT 8' 6"	
6:00	LONG JUMP	OPEN PIT 2 HOURS
6:00	DISCUS	2
6:30	HIGH JUMP 4' 6"	2
8:00	SHOT PUT	3
8:15	TRIPLE JUMP	OPEN PIT 1.5 HOUR

BOYS

TIME	EVENT	FLIGHTS
7:30	POLE VAULT 11' 0"	
6:00	LONG JUMP	OPEN PIT 2 HOURS
8:00	DISCUS	2
6:30	HIGH JUMP 5' 4"	2
6:00	SHOT PUT	3
8:15	TRIPLE JUMP	OPEN PIT 1.5 HOUR