

Redondo Nike Track & Field Invitational - Friday

ORDER OF EVENTS		
Evt#	Start	Event
1	4:00 PM	Girls 3200 Meter Run Frosh/Soph
2	4:30 PM	Boys 3200 Meter Run Frosh/Soph
3	5:00 PM	Girls 4x800 Meter Relay Frosh/Soph
4	5:15 PM	Boys 4x800 Meter Relay Frosh/Soph
5	5:39 PM	Girls 4x800 Meter Relay Varsity
6	6:09 PM	Boys 4x800 Meter Relay Varsity
7	6:33 PM	Girls 3200 Meter Run Varsity
8	7:03 PM	Boys 3200 Meter Run Varsity
9	7:48 PM	Girls Distance Medley Frosh/Soph
10	8:03 PM	Boys Distance Medley Frosh/Soph
11	8:18 PM	Girls Distance Medley Varsity
12	8:33 PM	Boys Distance Medley Varsity
113	2:00 PM	Shot Put Frosh/Soph Women
114	2:00 PM	Discus Frosh/Soph Men
106	4:00 PM	Shot Put Varsity Women
107	4:00 PM	Discus Varsity Men
123	6:00 PM	Shot Put Frosh/Soph Men
124	6:00 PM	Discus Frosh/Soph Women
118	8:00 PM	Shot Put Varsity Men
119	8:00 PM	Discus Varsity Women

Redondo Nike Track & Field Invitational - Saturday

ORDER OF EVENTS

Evt#	Start	Event	Evt#	Start	Event
13	9:00 AM	Girls 1600 Meter Run Frosh/Soph	39	5:00 PM	Girls 800 Meter Run Varsity
14	9:24 AM	Boys 1600 Meter Run Frosh/Soph	40	5:15 PM	Boys 800 Meter Run Varsity
15	9:56 AM	Girls 1600 Meter Run Varsity	41	5:45 PM	Girls 300 Meter Hurdles Frosh/Soph
16	10:20 AM	Boys 1600 Meter Run Varsity	42	6:00 PM	Girls 300 Meter Hurdles Varsity
17	10:55 AM	Girls 4x100 Meter Relay Frosh/Soph	43	6:24 PM	Boys 300 Meter Hurdles Frosh/Soph
18	11:04 AM	Boys 4x100 Meter Relay Frosh/Soph	44	6:36 PM	Boys 300 Meter Hurdles Varsity
19	11:13 AM	Girls 4x100 Meter Relay Varsity	45	7:00 PM	Girls 4x400 Meter Relay Frosh/Soph
20	11:22 AM	Boys 4x100 Meter Relay Varsity	46	7:15 PM	Boys 4x400 Meter Relay Frosh/Soph
21	11:39 AM	Girls 100 Meter Hurdles Frosh/Soph	47	7:30 PM	Girls 4x400 Meter Relay Varsity
22	11:49 AM	Girls 100 Meter Hurdles Varsity	48	7:45 PM	Boys 4x400 Meter Relay Varsity
23	12:03 PM	Boys 110 Meter Hurdles Frosh/Soph	101	9:00 AM	Long Jump Varsity Men
24	12:11 PM	Boys 110 Meter Hurdles Varsity	102	9:00 AM	Triple Jump Varsity Women
25	12:26 PM	Girls 400 Meter Dash Frosh/Soph	103	9:00 AM	High Jump Varsity Men
26	12:50 PM	Boys 400 Meter Dash Frosh/Soph	104	9:00 AM	High Jump Varsity Women
27	1:20 PM	Girls 400 Meter Dash Varsity	117	9:00 AM	Pole Vault Frosh/Soph Women
28	1:47 PM	Boys 400 Meter Dash Varsity	122	9:00 AM	Pole Vault Frosh/Soph Men
29	2:22 PM	Girls 100 Meter Dash Frosh/Soph	108	11:30 AM	Long Jump Frosh/Soph Men
30	2:42 PM	Boys 100 Meter Dash Frosh/Soph	109	11:30 AM	Triple Jump Frosh/Soph Women
31	3:02 PM	Girls 100 Meter Dash Varsity	110	12:00 PM	High Jump Frosh/Soph Men
32	3:20 PM	Boys 100 Meter Dash Varsity	111	12:00 PM	High Jump Frosh/Soph Women
33	3:45 PM	Girls 800 Sprint Medley Frosh/Soph	105	12:00 PM	Pole Vault Varsity Men
34	3:53 PM	Boys 800 Sprint Medley Frosh/Soph	112	12:00 PM	Pole Vault Varsity Women
35	4:05 PM	Girls 800 Sprint Medley Varsity	115	2:00 PM	Long Jump Varsity Women
36	4:13 PM	Boys 800 Sprint Medley Varsity	116	2:00 PM	Triple Jump Varsity Men
37	4:25 PM	Girls 800 Meter Run Frosh/Soph	120	4:30 PM	Long Jump Frosh/Soph Women
38	4:40 PM	Boys 800 Meter Run Frosh/Soph	121	4:30 PM	Triple Jump Frosh/Soph Men

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

<u>Event</u>	<u>Opening Bar</u>
High Jump Frosh/Soph Men	5-2
High Jump Frosh/Soph Women	4-2
High Jump Varsity Men	5-4
High Jump Varsity Women	4-4
Pole Vault Frosh/Soph Men	9-0
Pole Vault Frosh/Soph Women	6-0
Pole Vault Varsity Men	11-6
Pole Vault Varsity Women	8-6