

# REDONDO NIKE INVITATIONAL

## Friday Night Time Schedule – 2025

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

### **TRACK EVENTS**

<b>Time</b>	<b>Event</b>	<b>Heats:</b>
2:30pm	G F/S 3200m	(2)
3:00pm	B F/S 3200m	(3)
3:40pm	G F/S 4x800m Relay	(1)
3:55pm	B F/S 4x800m Relay	(1)
4:10pm	G VAR 4x800m Relay	(1)
4:25pm	B VAR 4x800m Relay	(2)
4:55pm	G VAR 3200m	(3)
5:35pm	B VAR 3200m	(5)
6:50pm	G F/S Distance Medley	(1)
7:15pm	B F/S Distance Medley	(1)
7:35pm	G VAR Distance Medley	(1)
8:00pm	B VAR Distance Medley	(2)

### **FIELD EVENTS**

<b>Time</b>	<b>Event</b>	<b>Flights:</b>
<b>SHOT PUT</b>		
12:00pm	G F/S	(3)
to follow	G VAR	(3)
to follow	BF/S	(3)
to follow	B VAR	(3)
<b>DISCUS</b>		
12:00pm	B F/S	(3)
to follow	B VAR	(3)
to follow	G F/S	(3)
to follow	B VAR	(3)
<b>POLE VAULT</b>		
3:00pm	G F/S	(1)
5:00pm	B F/S	(1)

