

2026 REDONDO NIKE TRACK FESTIVAL FIELD EVENT PROTOCOLS

SHOT PUT & DISCUS

Friday, March 13 - Competition starts at 12:00pm

SHOT PUT: Competition starts at 12:00pm

Check In by 11:30 am

12:00pm: Boys Varsity Shot Put

To follow: Girls Varsity Shot Put

To follow: Boys Frosh/Soph Shot Put

To follow: Girls Frosh/Soph Shot Put

DISCUS: Competition starts at 12:00pm

Check In by 11:30 am

Discus 12:00pm: Girls Varsity Discus

To follow: Boys Varsity Discus

To follow: Girls Frosh/Soph Discus

To follow: Boys Frosh/Soph Discus

IMPLEMENT INSPECTION/CERTIFICATION:

All VARSITY shots and discus must be inspected and certified prior to competition. No exceptions. THIS APPLIES TO VARSITY COMPETITION ONLY. F/S COMPETITORS DO NOT NEED TO WEIGH IN THEIR IMPLEMENTS. Weigh in for VARSITY ONLY implements can be found near the throws area athlete check in and can be weighed in at any time before competition.

ATTEMPTS:

Varsity - 3 attempts. There will be a championship flight.

Frosh/Soph - 4 attempts, no championship flight.

ALTERNATES:

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

CHECK-IN: ALL athletes must check in at the Pole Vault pit prior to the following deadline: 30 mins before the start. Failure to check in on time will result in the athlete being dropped from the competition and replaced by an alternate.

POLE VAULT

Friday, March 13 - Competition starts at 4:30pm

Girls Frosh/Soph

Boys Frosh/Soph

Schedule - Friday

Girls Frosh/Soph: Check in at 3:30pm. Run throughs begin at 4:00 pm. Competition begins at 4:30 pm.

Boys Frosh/Soph: Check in at 5:00pm. Run throughs begin at 5:30 pm. Competition begins at 6:00 pm.

Saturday, March 14 – Competition starts at 10:00am

Girls Varsity

Boys Varsity

Schedule - Saturday

Girls Varsity: Check in at 9:00am. Run throughs begin at 9:30 am. Competition begins at 10:00 am.

Boys Varsity: Check in at 12:00pm. Run throughs begin at 12:30 pm. Competition begins at 1:00 pm.

Opening Heights: Boys Varsity = 10'6", Girls Varsity = 8'3", Boys Frosh/Soph = 8'0", Girls Frosh/Soph = 6'0"
Bar will be raised 9" increments until 8 athletes are left in a division, after which the bar will be raised 6" increments.

Five Alive Format will be used when necessary.
3 attempts per height.

Time Limit

Once the pit is declared ready. The following time requirements will be in place:

Athletes in Competition Time Limit

3 or more 1 minute

2 or 3 2 minutes

1 3 minutes

CHECK-IN: ALL athletes must check in at the Pole Vault pit prior to the following deadline: 30 mins before the start. Failure to check in on time will result in the athlete being dropped from the competition and replaced by an alternate.

Absence from Competition

If an athlete must leave the Pole Vault area to participate in another event, he/she must report to the Pole Vault Pit Captain before departing. An athlete may be moved to the end of the line as needed/ If the athlete is unable to complete a jump when called he/she will be passed. If the athlete is not present when called, the time limit will be initiated and once expired, the next athlete will be called to compete. An athlete will continue to be passed based on this process until he/she returns. The height of the bar at the time of the return of the athlete will be the height the athlete must attempt. Three consecutive misses will eliminate an athlete from further participation. The height of the bar will not be lowered.

ALTERNATES:

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

LONG JUMP & TRIPLE JUMP

Saturday, March 13

Long Jump

Run throughs start at 8:00 am. Competition begins at 8:30 am.

Pit 1: Boys Varsity

Pit 2: Girls Varsity

Run throughs start at 10:15 am. Competition begins at 10:45 am.

Pit 1: Boys Frosh/Soph

Pit 2: Girls Frosh/Soph

Frosh/Soph athletes will be given 3 attempts. No finals.

Varsity athletes will be given 3 attempts. There will be a championship flight

Triple Jump

Run throughs start at 12:30 pm. Competition begins at 1:00 pm.

Pit 1: Boys Varsity

Pit 2: Girls Varsity

Run throughs start at 2:45 pm. Competition begins at 3:15 pm.

Pit 1: Boys Frosh/Soph

Pit 2: Girls Frosh/Soph

Frosh/Soph athletes will be given 3 attempts. No finals.

Varsity athletes will be given 3 attempts. There will be a championship flight

CHECK-IN: ALL athletes must check in at the jump pit prior to the following deadline: 30 mins before the start. Failure to check in on time will result in the athlete being dropped from the competition and replaced by an alternate.

ALTERNATES:

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report by 15 minutes before the event start time. Alternates will be placed in accordance with their standing on the performance list.

HIGH JUMP

Saturday, March 14

High Jump

Pit 1

Boys Varsity: Run throughs start at 8:00 am. Competition begins at 8:30 am.

Boys Frosh/Soph: Run throughs start at 11:00 am. Competition begins at 11:30 am.

Pit 2

Girls Varsity: Run throughs start at 8:00 am. Competition begins at 8:30 am.

Girls Frosh/Soph: Run throughs start at 11:00 am. Competition begins at 11:30 am.

Opening Heights: Boys Frosh/Soph = 4'9", Girls Frosh/Soph = 4'0", Boys Varsity = 5'5", Girls Varsity = 4'6"
Bar will be raised 4" increments until 12 athletes are left in a division, after which the bar will be raised 2" increments. Five Alive Format will be used when necessary. 3 attempts per height.

Time Limit

Once the pit is declared ready. The following time requirements will be in place:

Athletes in Competition Time Limit

3 or more 1 minute

2 or 3 3 minutes

1 5 minutes

CHECK-IN: ALL athletes must check in at the high jump pit prior to the following deadline: 30 mins before the start. Failure to check in on time will result in the athlete being dropped from the competition and replaced by an alternate.

Absence from Competition:

If an athlete must leave the High Jump area to participate in another event, he/she must report to the HJ Pit Captain before departing. An athlete may be moved to the end of the line as needed/ If the athlete is unable to complete a jump when called he/she will be passed. If the athlete is not present when called, the time limit will be initiated and once expired, the next athlete will be called to compete. An athlete will continue to be passed based on this process until he/she returns. The height of the bar at the time of the return of the athlete will be the height the athlete must attempt. Three consecutive misses will eliminate an athlete from further participation. The height of the bar will not be lowered.

ALTERNATES:

Alternates must check in with the event lead at the event location prior to the posted deadline a half hour before the posted competition time for each event and level. Athletes will be placed in the event if not all athletes report.