

REDONDO NIKE INVITATIONAL

Friday Night Time Schedule – 2023

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

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

FIELD EVENTS

Time	Event	Flights:
SHOT PUT		
12:00pm	B F/S	(3)
	to follow G F/S	(3)
	to follow B VAR	(3)
	to follow G VAR	(3)
DISCUS		
12:00pm	G F/S	(2)
	to follow B F/S	(2)
	to follow G VAR	(3)
	to follow B VAR	(3)
POLE VAULT		
3:00pm	G F/S	(1)
5:00pm	B F/S	(1)



www.FinishedResults.com