

REDONDO NIKE INVITATIONAL

Saturday Time Schedule – 2022

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Heats:</u>
8:30am	G VAR 1600m	(5)
9:15am	B VAR 1600m	(5)
9:50am	G F/S 4x100m Relay	(4)
10:00am	B F/S 4x100m Relay	(4)
10:15am	G VAR 4x100m Relay	(5)
10:30am	B VAR 4x100m Relay	(5)
10:45am	G F/S 100m Hurdles	(6)
11:00am	G VAR 100m Hurdles	(8)
11:20am	B F/S 110m Hurdles	(4)
11:30am	B VAR 110m Hurdles	(7)
11:45am	G F/S 400m	(8)
12:10pm	B F/S 400m	(9)
12:40pm	G VAR 400m	(11)
1:10pm	B VAR 400m	(13)
1:50pm	G F/S 100m opposite	(16)
2:30pm	B F/S 100m opposite	(14)
1:50pm	G VAR 100m home	(14)
2:25pm	B VAR 100m home	(17)
3:10pm	G F/S 800m	(3)
3:25pm	B F/S 800m	(3)
3:40pm	G VAR 800m	(4)
4:00pm	B VAR 800m	(5)
4:25pm	G F/S 800 Sprint Medley	(3)
4:40pm	B F/S 800 Sprint Medley	(3)
4:55pm	G VAR 800 Sprint Medley	(3)
5:10pm	B VAR 800 Sprint Medley	(3)
5:25pm	G F/S 300m Hurdles	(7)
5:45pm	G VAR 300m Hurdles	(8)
6:10pm	B F/S 300m Hurdles	(6)
6:25pm	B VAR 300m Hurdles	(8)
6:50pm	G F/S 4x400m Relay	(3)
7:00pm	B F/S 4x400m Relay	(3)
7:10pm	G VAR 4x400m Relay	(3)
7:20pm	B VAR 4x400m Relay	(3)

FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Flights:</u>
<u>LONG JUMP</u>		
8:30am	B VAR Long Jump (Pit #1)	(3)
8:30am	G VAR Long Jump (Pit #2)	(3)
1:00pm	B F/S Long Jump (Pit #1)	(3)
1:00pm	G F/S Long Jump (Pit #2)	(2)
<u>TRIPLE JUMP</u>		
10:45am	G VAR Triple Jump (Pit #2)	(2)
10:45am	B VAR Triple Jump (Pit #1)	(2)
3:15pm	G F/S Triple Jump (Pit #2)	(2)
3:15pm	B F/S Triple Jump (Pit #1)	(2)

For Long Jump and Triple Jump:

FS Athletes will be given 3 attempts – **no finals**

VAR Athletes will be given 4 attempts – **no finals**

HIGH JUMP

9:00am	B VAR High Jump (Pit #1)	(1)
9:00am	G VAR High Jump (Pit #2)	(1)
12:00pm	B F/S High Jump (Pit #1)	(1)
12:00pm	G F/S High Jump (Pit #2)	(1)

POLE VAULT

9:00am	G VAR Pole Vault	(1)
12:00pm	B VAR Pole Vault	(1)

For High Jump / Pole Vault

Contested using “5 alive”



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