REDONDO NIKE INVITATIONAL

Friday Night Time Schedule – 2019

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

Time	Event	Heats:
3:00pm	G F/S 3200m	(2)
3:30pm	B F/S 3200m	(4)
4:25pm	G F/S 4x800m Relay	(1)
4:40pm	B F/S 4x800m Relay	(1)
4:53pm	G VAR 4x800m Relay	(1)
5:07pm	B VAR 4x800m Relay	(1)
5:19pm	G VAR 3200m	(3)
6:02pm	B VAR 3200m	(3)
6:42pm	G F/S Distance Medley	(1)
7:00pm	B F/S Distance Medley	(1)
7:16pm	G VAR Distance Medley	(1)
7:32pm	B VAR Distance Medley	(1)

FIELD EVENTS

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

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