

REDONDO NIKE INVITATIONAL

Saturday Time Schedule - 2025

Rolling Schedule - we will run ahead of schedule whenever possible

TRACK EVENTS

Time	Event	Heats:
8:00am	G VAR 1600m	(4)
8:40am	B VAR 1600m	(6)
9:25am	G F/S 4x100m Relay	(5)
9:50am	B F/S 4x100m Relay	(5)
10:15am	G VAR 4x100m Relay	(5)
10:40am	B VAR 4x100m Relay	(6)
11:10am	G F/S 100m Hurdles	(6)
11:25am	G VAR 100m Hurdles	(6)
11:45am	B F/S 110m Hurdles	(5)
12:05am	B VAR 110m Hurdles	(7)
12:40pm	G F/S 400m	(8)
1:00pm	B F/S 400m	(10)
1:40pm	G VAR 400m	(10)
2:10pm	B VAR 400m	(11)
2:50pm	G F/S 100m opposite	(15)
3:20pm	B F/S 100m opposite	(18)
2:50pm	G VAR 100m home	(16)
3:20pm	B VAR 100m home	(16)
3:50pm	G F/S 800m	(3)
4:05pm	B F/S 800m	(3)
4:20pm	G VAR 800m	(4)
4:40pm	B VAR 800m	(5)
5:00pm	G F/S 800 Sprint Medley	(4)
5:20pm	B F/S 800 Sprint Medley (4)	
5:40pm	G VAR 800 Sprint Medley	(4)
6:00pm	B VAR 800 Sprint Medley	(4)
6:25pm	G F/S 300m Hurdles	(6)
6:35pm	G VAR 300m Hurdles	(6)
6:45pm	B F/S 300m Hurdles	(8)
7:00pm	B VAR 300m Hurdles	(8)
7:20pm	G F/S 4x400m Relay	(2)
7:35pm	B F/S 4x400m Relay	(3)
7:55pm	G VAR 4x400m Relay	(3)
8:15pm	B VAR 4x400m Relay	(5)

FIELD EVENTS

Time	Event	Heats:
<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)	(3)
<u>TRIPLE JUMP</u>		
10:45am	G VAR Triple Jump (Pit #2)	(3)
10:45am	B VAR Triple Jump (Pit #1)	(3)
3:15pm	G F/S Triple Jump (Pit #2)	(3)
3:15pm	B F/S Triple Jump (Pit #1)	(3)
<u>For Long Jump and Triple Jump:</u> FS Athletes will be given 3 attempts - no finals VAR Athletes will be given 4 attempts - no finals		
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<u>HIGH JUMP</u>		
8:30am	B VAR High Jump (Pit #1)	(1)
8:30am	G VAR High Jump (Pit #2)	(1)
11:30am	B F/S High Jump (Pit #1)	(1)
11:30am	G F/S High Jump (Pit #2)	(1)
<u>POLE VAULT</u>		
9:00am	G VAR Pole Vault	(1)
12:00pm	B VAR Pole Vault	(1)

For High Jump / Pole Vault

Contested using "5 alive"