

2024 REDONDO NIKE INVITATIONAL

Friday Night Time Schedule

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>HEATS</u>
3:00pm	G F/S 3200m	(2)
3:30pm	B F/S 3200m	(3)
4:10pm	G F/S 4x800m Relay	(1)
4:25pm	B F/S 4x800m Relay	(1)
4:40pm	G VAR 4x800m Relay	(1)
4:55pm	B VAR 4x800m Relay	(1)
5:10pm	G VAR 3200m	(3)
5:55pm	B VAR 3200m	(5)
7:00pm	G F/S Distance Medley	(1)
7:20pm	B F/S Distance Medley	(1)
7:40pm	G VAR Distance Medley	(1)
8:00pm	B VAR Distance Medley	(1)

FIELD EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>FLIGHTS</u>
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) (Opening ht: 7-9)
5:00pm	B F/S	(1) (Opening ht: 10-3)

2024 REDONDO NIKE INVITATIONAL
Saturday Time Schedule - WEST TORRANCE HIGH SCHOOL

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>HEATS</u>
8:00am	G F/S 1600m	(10)
9:30am	B F/S 1600m	(16)

**Please have these F/S 1600 meter athletes check in at West Torrance High School.*

2024 REDONDO NIKE INVITATIONAL

Saturday Time Schedule

Rolling Schedule – we will run ahead of schedule whenever possible

TRACK EVENTS

8:30am G VAR 1600m (4) *(Chloe Curtis 1600 Invitational)*
9:10am B VAR 1600m (5)
9:45am G F/S 4x100m Relay (4)
9:55am B F/S 4x100m Relay (4)
10:05am G VAR 4x100m Relay (4)
10:20am B VAR 4x100m Relay (5)
10:35am G F/S 100m Hurdles (6)
10:50am G VAR 100m Hurdles (7)
11:15am B F/S 110m Hurdles (5)
11:25am B VAR 110m Hurdles (7) *(Bob Bacon 110H Invitational)*
11:40am G F/S 400m (8)
12:05pm B F/S 400m (12)
12:45pm G VAR 400m (11)
1:10pm B VAR 400m (14)
2:00pm G F/S 100m opposite (14)
2:35pm B F/S 100m opposite (16)
2:00pm G VAR 100m home (14)
2:40pm B VAR 100m home (17)
3:30pm G F/S 800m (3)
3:45pm B F/S 800m (4)
4:00pm G VAR 800m (5)
4:15pm B VAR 800m (5)
4:40pm G F/S 800 Sprint Medley (3)
4:55pm B F/S 800 Sprint Medley (3)
5:10pm G VAR 800 Sprint Medley (3)
5:25pm B VAR 800 Sprint Medley (3)
5:40pm G F/S 300m Hurdles (7)
5:55pm G VAR 300m Hurdles (8)
6:15pm B F/S 300m Hurdles (7)
6:35pm B VAR 300m Hurdles (9) *(Dave Shannon 300H Invitational)*
6:55pm G F/S 4x400m Relay (3)
7:05pm B F/S 4x400m Relay (3)
7:15pm G VAR 4x400m Relay (3)
7:25pm B VAR 4x400m Relay (3)

FIELD EVENTS

LONG JUMP

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)

TRIPLE JUMP

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)

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

8:30am B VAR High Jump (Pit #1) (1) *(Opening ht: 5-9)*
8:30am G VAR High Jump (Pit #2) (1) *(Opening ht: 4-9)*
11:30am B F/S High Jump (Pit #1) (1) *(Opening ht: 5-5)*
11:30am G F/S High Jump (Pit #2) (1) *(Opening ht: 4-5)*

POLE VAULT

9:00am G VAR Pole Vault (1) *(Opening ht: 9-9)*
12:00pm B VAR Pole Vault (1) *(Opening ht: 12-9)*

For High Jump / Pole Vault Contested using "5 alive"