

# REDONDO NIKE INVITATIONAL

## Friday Night Time Schedule – 2026

*\*Rolling Schedule – we will run ahead of schedule whenever possible\**

### **TRACK EVENTS**

<b>Time</b>	<b>Event</b>	<b>Heats:</b>
2:30pm	G F/S 3200m	(2)
3:00pm	B F/S 3200m	(3)
3:40pm	G F/S 4x800m Relay	(1)
3:55pm	B F/S 4x800m Relay	(1)
4:10pm	G VAR 4x800m Relay	(1)
4:25pm	B VAR 4x800m Relay	(1)
4:45pm	G VAR 3200m	(3)
5:25pm	B VAR 3200m	(3)
6:10pm	G F/S Distance Medley	(1)
6:40pm	B F/S Distance Medley	(1)
7:00pm	G VAR Distance Medley	(1)
7:30pm	B VAR Distance Medley	(1)

### **FIELD EVENTS**

<b>Time</b>	<b>Event</b>	<b>Flights:</b>
<b>SHOT PUT</b>		
12:00pm	B VAR	(3)
3:00pm	G VAR	(3)
6:00pm	B F/S	(2)
7:15pm	G F/S	(2)
<b>DISCUS</b>		
12:00pm	G VAR	(3)
3:00pm	B VAR	(3)
6:00pm	G F/S	(2)
7:15pm	B F/S	(2)

#### **For Shot Put and Discus:**

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

VAR Athletes will be given 3 attempts –

9 best for championship flight

---

#### **POLE VAULT**

4:30pm	G F/S	(1)
5:45pm	B F/S	(1)

#### **For Pole Vault:**

Contested using “5 alive”

G F/S PV opening height: 7’1”

B F/S PV opening height: 8’7”

