

REDONDO NIKE INVITATIONAL

Saturday Time Schedule - 2026

Rolling Schedule - we will run ahead of schedule whenever possible

TRACK EVENTS

Time	Event	Heats:
8:00am	G VAR 1600m	(5)
8:40am	B VAR 1600m	(5)
9:10am	G F/S 4x100m Relay	(5)
9:35am	B F/S 4x100m Relay	(6)
10:00am	G VAR 4x100m Relay	(5)
10:20am	B VAR 4x100m Relay	(6)
10:50am	G F/S 100m Hurdles	(6)
11:10am	G VAR 100m Hurdles	(6)
11:30am	B F/S 110m Hurdles	(4)
11:40am	B VAR 110m Hurdles	(8)
12:05pm	G F/S 400m	(8)
12:35pm	B F/S 400m	(8)
1:00pm	G VAR 400m	(11)
1:50pm	B VAR 400m	(11)
2:20pm	G F/S 100m opposite	(12)
2:50pm	B F/S 100m opposite	(16)
2:20pm	G VAR 100m home	(16)
2:50pm	B VAR 100m home	(17)
3:20pm	G F/S 800m	(3)
3:35pm	B F/S 800m	(4)
3:50pm	G VAR 800m	(5)
4:10pm	B VAR 800m	(4)
4:30pm	G F/S 800 Sprint Medley	(3)
4:50pm	B F/S 800 Sprint Medley(3)	
5:10pm	G VAR 800 Sprint Medley	(4)
5:30pm	B VAR 800 Sprint Medley	(4)
5:50pm	G F/S 300m Hurdles	(6)
6:00pm	G VAR 300m Hurdles	(7)
6:15pm	B F/S 300m Hurdles	(6)
6:30pm	B VAR 300m Hurdles	(8)
6:50pm	G F/S 4x400m Relay	(1)
7:00pm	B F/S 4x400m Relay	(2)
7:15pm	G VAR 4x400m Relay	(3)
7:35pm	B VAR 4x400m Relay	(3)

FIELD EVENTS

Time	Event	Heats:
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LONG JUMP

8:30am	B VAR Long Jump (Pit #1)	(3)
8:30am	G VAR Long Jump (Pit #2)	(3)
10:45am	B F/S Long Jump (Pit #1)	(2)
10:45am	G F/S Long Jump (Pit #2)	(2)

TRIPLE JUMP

1:00pm	G VAR Triple Jump (Pit #2)	(3)
1:00pm	B VAR Triple Jump (Pit #1)	(3)
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

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)

POLE VAULT

10:00am	G VAR Pole Vault	(1)
12:00pm	B VAR Pole Vault	(1)

For High Jump / Pole Vault:

Contested using "5 alive"
B VAR HJ opening height: 5'5"
G VAR HJ opening height: 4'6"
B F/S HJ opening height: 4'9"
G F/S HJ opening height: 4'0"
G VAR PV opening height: 8'3"
B VAR PV opening height: 10'6"