

INLAND EMPIRE

Championships

Where the best of San Bernardino & Riverside Counties compete

Time Schedule 2019

Time	Event	Heats:	Time	Event #	Event	Heats:
7:30am	1	G 3200 (OPEN)				(1)
7:45am	2	B 3200 (OPEN)				(2)
8:12am	3	G F/S 3200m (INVITE)				(1)
8:25am	4	B F/S 3200m (INVITE)				(1)
8:38am	5	G VAR 3200m (INVITE)				(1)
8:51am	6	B VAR 3200m (INVITE)				(1)
9:05am	7	G F/S 4x100m Relay				(2)
9:15am	8	B F/S 4x100m Relay				(3)
9:25am	9	G VAR 4x100m Relay				(3)
9:35am	10	B VAR 4x100m Relay				(3)
9:50am	11	G F/S 100m Hurdles				(6)
10:00am	12	G VAR 100m Hurdles				(6)
10:15am	13	B F/S 110m Hurdles				(6)
10:25am	14	B VAR 110m Hurdles				(6)
10:45am	15	G F/S 400m				(5)
10:55am	16	B F/S 400m				(5)
11:05am	17	G VAR 400m				(5)
11:15am	18	B VAR 400m				(6)
11:30am	19	G VAR 1600m				(3)
11:50am	20	B VAR 1600m				(4)
12:15pm	21	G F/S 1600m				(3)
12:35pm	22	B F/S 1600m				(4)
Both Sides of the Track						
1:05pm	23	G F/S 100 m				(9)
	24	B F/S 100 m				(9)
1:25pm	25	G VAR 100m				(9)
	26	B VAR 100m				(9)
100 INVITE HEATS						
1:45pm	27	G F/S 100 m				(2)
	28	B F/S 100 m				(2)
1:55pm	29	G VAR 100m				(2)
	30	B VAR 100m				(2)
2:10pm	31	G F/S 300m Hurdles				(4)
2:20pm	32	G VAR 300m Hurdles				(4)
2:30pm	33	B F/S 300m Hurdles				(4)
2:40pm	34	B VAR 300m Hurdles				(4)
2:50pm	35	G F/S 800m				(4)
3:05pm	36	B F/S 800m				(4)
3:20pm	37	G VAR 800m				(3)
3:30pm	38	B VAR 800m				(4)
3:45pm	39	G F/S 200m				(6)
4:00pm	40	B F/S 200m				(6)
4:15pm	41	G VAR 200m				(6)
4:30pm	42	B VAR 200m				(6)
4:45pm	43	G F/S 4x400m Relay				(2)
5:00pm	44	B F/S 4x400m Relay				(2)
5:10pm	45	G VAR 4x400m Relay				(2)
5:25pm	46	B VAR 4x400m Relay				(2)

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Event	Time	Event #	Division	Flight #	Pit :
LONG JUMP	8:30am	47	Girls F/S (3 Jumps)	1, 2, 3	Pit 1
	8:30am	48	Boys F/S (3 Jumps)	1, 2, 3	Pit 2
	12:30pm	49	Girls Varsity (4 Jumps)	1, 2, 3	Pit 1
	12:30pm	50	Boys Varsity (4 Jumps)	1, 2, 3	Pit 2
TRIPLE JUMP	10:45am	51	Girls F/S (3 Jumps)	1, 2	Pit 1
	10:45am	52	Boys F/S (3 Jumps)	1, 2	Pit 2
	3:00pm	53	Girls Varsity (4 Jumps)	1, 2, 3	Pit 1
	3:00pm	54	Boys Varsity (4 Jumps)	1, 2, 3	Pit 2
HIGH JUMP	9:00am	55	Girls F/S		
	10:30am	56	Boys F/S		
	12:30pm	57	Girls VAR		
	2:30pm	58	Boys VAR		
SHOT PUT	8:30am	59	Boys F/S (3 Throws)	1, 2, 3	
	10:30 am	60	Girls F/S (3 Throws)	1, 2, 3	
	12:30 pm	61	Boys VAR (4 Throws)	1, 2, 3	
	3:00 pm	62	Girls VAR (4 Throws)	1, 2, 3	
DISCUS	8:30 am	63	Girls F/S (3 Throws)	1, 2, 3	
	10:30 am	64	Boys F/S (3 Throws)	1, 2, 3	
	12:30 pm	65	Girls VAR (4 Throws)	1, 2, 3	
	3:00 pm	66	Boys VAR (4 Throws)	1, 2, 3	
POLE VAULT	8:30am	67	Girls F/S		
	10:00am	68	Girls VAR		
	12:30pm	69	Boys VAR		
	3:15pm	70	Boys F/S		



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