

ESCONDIDO INVITATIONAL TRACK TIME SCHEDULE

RACE	EVENT	HEAT	TIME	RACE	EVENT	HEAT	TIME
1	GIRLS 4X100	1	4:20	31	GIRLS 800M	1	6:56
2	GIRLS 4X100	2	4:25	32	GIRLS 800M	2	7:01
3	GIRLS 4X100	3	4:30	33	GIRLS 800M	3	7:06
4	BOYS 4X100	1	4:35	34	BOYS 800M	1	7:11
5	BOYS 4X100	2	4:40	35	BOYS 800M	2	7:16
6	BOYS 4X100	3	4:45	36	BOYS 800M	3	7:21
7	GIRLS 1600M	1	4:50	37	GIRLS 300LH	1	7:27
8	GIRLS 1600M	2	4:59	38	GIRLS 300LH	2	7:32
9	GIRLS 1600M	3	5:08	39	GIRLS 300LH	3	7:36
10	BOYS 1600M	1	5:17	40	BOYS 300IH	1	7:42
11	BOYS 1600M	2	5:26	41	BOYS 300IH	2	7:46
12	BOYS 1600M	3	5:35	42	BOYS 300IH	3	7:50
13	GIRLS 100IH	1	5:45	43	GIRLS 3200M	1	7:56
14	GIRLS 100IH	2	5:48	44	GIRLS 3200M	2	8:12
15	GIRLS 100IH	3	5:51	45	GIRLS 200M	1	8:30
16	BOYS 110HH	1	5:57	46	GIRLS 200M	2	8:33
17	BOYS 110HH	2	6:00	47	GIRLS 200M	3	8:36
18	BOYS 110HH	3	6:03	48	BOYS 200M	1	8:39
19	GIRLS 400M	1	6:09	49	BOYS 200M	2	8:42
20	GIRLS 400M	2	6:13	50	BOYS 200M	3	8:45
21	GIRLS 400M	3	6:17	51	BOYS 3200M	1	8:51
22	BOYS 400M	1	6:21	52	BOYS 3200M	2	9:07
23	BOYS 400M	2	6:25	53	GIRLS 4X400	1	9:23
24	BOYS 400M	3	6:29	54	GIRLS 4X400	2	9:29
25	GIRLS 100M	1	6:35	55	GIRLS 4X400	3	9:35
26	GIRLS 100M	2	6:38	56	BOYS 4X400	1	9:41
27	GIRLS 100M	3	6:41	57	BOYS 4X400	2	9:47
28	BOYS 100M	1	6:44	58	BOYS 4X400	3	9:53
29	BOYS 100M	2	6:47	59	WT. MANS		9:59
30	BOYS 100M	3	6:50				

OPEN DIVISIONS (HEAT 1 & 2) - MEDALS TO 6 IN THE 100,200,400,110HH,300IH

OPEN DIVISIONS (HEAT 1 & 2 COMBINED) MEDALS TO 6 IN THE 4X100,4X400

OPEN DIVISIONS (HEAT 1 & 2) - MEDALS TO 6 IN THE 800 AND 1600

OPEN DIVISIONS (HEAT 1) - MEDALS TO 10 IN THE 3200

INVITATIONAL DIVISIONS (HEAT 2) - MEDALS TO 10 IN THE 3200

INVITATIONAL DIVISION (HEAT 3) - MEDALS TO 6 IN ALL EVENTS

ESCONDIDO INVITATIONAL FIELD EVENT TIME SCHEDULE

SHOT PUT				LONG JUMP			
RING	TIME		FLIGHT	RUNWAY	Time		FLIGHT
EAST	3:30	BOYS	2	NORTH	4:00	BOYS	1
WEST	3:30	GIRLS	2	NORTH	5:00	BOYS	2
EAST	5:00	BOYS	1	NORTH	6:00	BOYS	3
WEST	5:00	GIRLS	1				
EAST	8:00	BOYS	3	LONG JUMP			
WEST	8:00	WEST	3	RUNWAY	TIME		FLIGHT
				SOUTH	4:00	GIRLS	1
				SOUTH	5:00	GIRLS	2
				SOUTH	6:00	GIRLS	3
DISCUS				TRIPLE JUMP			
RING	TIME		FLIGHT	RUNWAY	TIME		FLIGHT
NORTH	3:30	BOYS	1	NORTH	7:15	BOYS	1
SOUTH	3:30	GIRLS	1	NORTH	8:15	BOYS	2
NORTH	5:00	BOYS	3	NORTH	9:15	BOYS	3
SOUTH	5:00	GIRLS	2				
NORTH	6:30	GIRLS	3	TRIPLE JUMP			
SOUTH	6:30	BOYS	2	RUNWAY	TIME		FLIGHT
				SOUTH	7:15	GIRLS	1
				SOUTH	8:15	GIRLS	2
				SOUTH	9:15	GIRLS	3
HIGH JUMP				TRIPLE JUMP			
RING	TIME		FLIGHT	RUNWAY	TIME		FLIGHT
NORTH	4:00	GIRLS	1	SOUTH	7:15	GIRLS	1
SOUTH	4:00	BOYS	1	SOUTH	8:15	GIRLS	2
NORTH	6:00	GIRLS	3	SOUTH	9:15	GIRLS	3
SOUTH	6:00	BOYS	3				
NORTH	8:00	GIRLS	2	POLE VAULT			
SOUTH	8:00	BOYS	2	RUNWAY	TIME		FLIGHT
				SOUTH	3:30	GIRLS	2
				NORTH	3:30	BOYS	2
				SOUTH	6:30	GIRLS	1
				NORTH	6:30	BOYS	1

MEDALS TO 6 IN ALL INVITATIONAL EVENTS

MEDALS TO 6 IN ALL OPEN FIELD EVENTS

FIELD EVENT INSTRUCTIONS

SHOT PUT/DISCUS

1. 4 ATTEMPTS IN OPEN DIVISIONS (FLIGHTS 1 & 2) EACH DIV. MAX 20 ATHLETES = 2 FLIGHTS OF NO MORE THAN 10
2. 3 ATTEMPTS + 3 ADDITIONAL FOR TOP 6 IN INVITATIONAL DIVISION (FLIGHT 3)
3. COMPETITION WILL BE CONDUCTED IN FLEIGHTS OF 2X10 = 20

HIGH JUMP/POLE VAULT

1. COMPETITION WILL BE CONDUCTED 5 ALIVE
2. INVITATIONAL DIVISION (FLIGHT 2)

LONG JUMP/TRIPLE JUMP

1. 3 ATTEMPTS IN OPEN DIVISIONS (FLIGHTS 1 & 2)
2. 3 ATTEMPTS + 3 ADDITIONAL FOR TOP 6 IN INVITATIONAL DIVISION (FLIGHT 3)
3. COMPETITION WILL BE CONDUCTED IN FLEIGHTS OF 5-6

HIGH JUMP/POLE VAULT

1. COMPETITION WILL BE CONDUCTED 5 ALIVE
2. INVITATIONAL DIVISION (FLIGHT 1)