

# Beach Cities Invitational

## Marina High School

#	Start	Event	#	Start	Event
1	9:00 am	1600 Meters Girls f/s	33	3:00 pm	200 Meters Girls Varsity
2	9:07	1600 Meters Boys f/s	34	3:15	200 Meters Boys Varsity
3	9:14	1600 Meters Girls Varsity	35	3:35	Distance Med Girls Varsity
4	9:22	1600 Meters Boys Varsity	36	3:50	Distance Med Boys Varsity
5	9:30	100 Hurdles Girls f/s	37	4:05	4x400 Meters Girls f/s
6	9:40	100 Hurdles Girls Varsity	38	4:15	4x400 Meters Boys f/s
7	9:55	110 Hurdles Boys f/s	39	4:25	4x400 Meters Girls Varsity
8	10:05	110 Hurdles Boys Varsity	40	4:35	4x400 Meters Boys Varsity
9	10:15	4x100 Relay Girls f/s	41	8:00am	Pole Vault Girls f/s
10	10:20	4x100 Relay Boys f/s	42	8:00	Long Jump Boys f/s
11	10:25	4x100 Relay Girls Varsity	43	8:00	Triple Jump Girls f/s
12	10:30	4x100 Relay Boys Varsity	44	8:00	High Jump Girls f/s
13	10:35	400 Meters Girls f/s	45	8:00	High Jump Girls Varsity
14	10:50	400 Meters Boys f/s	46	8:00	Shot Put Girls f/s
15	11:05	400 Meters Girls Varsity	47	8:00	Discus Boys f/s
16	11:20	400 Meters Boys Varsity	48	10:30*	*Pole Vault Boys f/s
17	11:35	800 Meters Girls f/s	49	10:30 *	*Long Jump Boys Varsity
18	11:40	800 Meters Boys f/s	50	10:30*	*Triple Jump Girls Varsity
19	11:45	800 Meters Girls Varsity	51	10:30*	*High Jump Boys f/s
20	11:50	800 Meters Boys Varsity	52	10:30*	*High Jump Boys Varsity
21	12:00	100 Meters Girls f/s	53	10:30*	*Shot Put Boys f/s
22	12:15	100 Meters Boys f/s	54	10:30*	*Discus Girls f/s
23	12:30	100 Meters Girls Varsity	55	1:00pm*	*Pole Vault Girls Varsity
24	12:45	100 Meters Boys Varsity	56	1:00*	*Long Jump girls f/s
25	1:00 pm	Distance Med Girls f/s	57	1:00*	*Triple Jump boys f/s
26	1:15	Distance Med Boys f/s	58	1:00*	*Shot Put Boys Varsity
27	1:30	300 Hurdles Girls f/s	59	1:00*	*Discus Girls Varsity
28	1:45	300 Hurdles Girls Varsity	60	3:30pm*	*Pole Vault Boys Varsity
29	2:00	300 Hurdles Boys f/s	61	3:30*	*Long Jump Girls Varsity
30	2:15	300 Hurdles Boys Varsity	62	3:30*	*Triple Jump Boys Varsity
31	2:30	200 Meters Girls f/s	63	3:30*	*Shot Put Girls Varsity
32	2:45	200 Meters Boys f/s	64	3:30*	*Discus Boys Varsity

Frosh/Soph Long Jump/ Triple Jump/ Discus/ Shot Put Athletes will receive 4 attempts with no final. Top 8 will medal. Varsity Long Jump/ Triple Jump/ Discus/ Shot Put will receive 3 attempts with top 10 receiving 3 additional attempts in the final. Opening Bars in the vertical events are listed below:

Event	Opening Bar
High Jump Boys f/s	4-8
High Jump Girls f/s	4-2
High Jump Boys Varsity	5-6
High Jump Girls Varsity	4-6
Pole Vault Boys f/s	9-0
Pole Vault Girls f/s	8-0
Pole Vault Boys Varsity	11-0
Pole Vault Girls Varsity	9-0

\* Times are approximate. One level will follow the conclusion of the previous level please be aware of event progress