

Beach Cities Invitational

Marina High School

#	Start	Event	#	Start	Event
41	9:00 am	1600 Meters Girls f/s	73	3:00 pm	200 Meters Girls Varsity
42	9:07	1600 Meters Boys f/s	74	3:15	200 Meters Boys Varsity
43	9:14	1600 Meters Girls Varsity	75	3:35	Distance Med Girls Varsity
44	9:22	1600 Meters Boys Varsity	76	3:50	Distance Med Boys Varsity
45	9:30	100 Hurdles Girls f/s	77	4:05	4x400 Meters Girls f/s
46	9:40	100 Hurdles Girls Varsity	78	4:15	4x400 Meters Boys f/s
47	9:55	110 Hurdles Boys f/s	79	4:25	4x400 Meters Girls Varsity
48	10:05	110 Hurdles Boys Varsity	80	4:35	4x400 Meters Boys Varsity
49	10:15	4x100 Relay Girls f/s	81	8:30 am	Pole Vault Girls f/s
50	10:20	4x100 Relay Boys f/s	82	8:30 am	Long Jump Boys f/s
51	10:25	4x100 Relay Girls Varsity	83	8:30 am	Long Jump Girls f/s
52	10:30	4x100 Relay Boys Varsity	84	8:30 am	High Jump Boys Varsity
53	10:35	400 Meters Girls f/s	85	8:30 am	High Jump Girls Varsity
54	10:50	400 Meters Boys f/s	86	8:30 am	Discus Girls f/s
55	11:05	400 Meters Girls Varsity	87	8:30 am	Shot Put Boys f/s
56	11:20	400 Meters Boys Varsity	88	10:00 am	*Pole Vault Boys f/s
57	11:35	800 Meters Girls f/s	89	10:15 am	*Long Jump Boys Varsity
58	11:40	800 Meters Boys f/s	90	10:15 am	*Long Jump Girls Varsity
59	11:45	800 Meters Girls Varsity	91	10:30 am	*High Jump Boys f/s
60	11:50	800 Meters Boys Varsity	92	10:30 am	*High Jump Girls f/s
		(Heat 1)			
	11:55	800 Meters Boys Varsity	93	10:30 am	Discus Boys f/s
		(Heat 2)			
61	12:00	100 Meters Girls f/s	94	10:30 am	*Shot Put Girls f/s
62	12:15	100 Meters Boys f/s	95	12 noon	*Pole Vault Girls Varsity
63	12:30	100 Meters Girls Varsity	96	12:45 pm	*Triple Jump girls f/s
64	12:45	100 Meters Boys Varsity	97	12:45 pm	*Triple Jump boys f/s
65	1:00 pm	Distance Med Girls f/s	98	12:30 pm	*Shot Put Boys Varsity
66	1:15	Distance Med Boys f/s	99	12:30 pm	*Discus Girls Varsity
67	1:30	300 Hurdles Girls f/s	100	2:00pm*	*Pole Vault Boys Varsity
68	1:45	300 Hurdles Girls Varsity	101	2:00pm*	*Triple Jump Girls Varsity
69	2:00	300 Hurdles Boys f/s	102	2:00 pm	*Triple Jump Boys Varsity
70	2:15	300 Hurdles Boys Varsity	103	2:30 pm	*Shot Put Girls Varsity
71	2:30	200 Meters Girls f/s	104	2:30 pm	*Discus Boys Varsity
72	2:45	200 Meters Boys f/s			

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