

INLAND EMPIRE

Championships

Where the best of San Bernardino & Riverside Counties compete

Time Schedule 2022

Time	Event	Heats:	Time	Event #	Event	Heats:
8:00am	3	G F/S 3200m				
8:15am	4	B F/S 3200m				
8:30am	5	G VAR 3200m				
8:45am	6	B VAR 3200m				
9:10am	7	G F/S 4x100m Relay				
9:20am	8	B F/S 4x100m Relay				
9:30am	9	G VAR 4x100m Relay				
9:40am	10	B VAR 4x100m Relay				
9:50am	11	G F/S 100m Hurdles				
10:00am	12	G VAR 100m Hurdles				
10:10am	13	B F/S 110m Hurdles				
10:20am	14	B VAR 110m Hurdles				
10:35am	15	G F/S 400m				
10:47am	16	B F/S 400m				
11:00am	17	G VAR 400m				
11:12am	18	B VAR 400m				
11:25am	19	G F/S 1600m				
11:45pm	20	B F/S 1600m				
12:10pm	21	G VAR 1600m				
12:28pm	22	B VAR 1600m				
Both Sides of the Track						
1:00pm	23	G F/S 100 m				(9)
	24	B F/S 100 m				(9)
1:20pm	25	G VAR 100m				(9)
	26	B VAR 100m				(9)
100 INVITE HEATS						
1:40pm	27	G F/S 100 m				(2)
	28	B F/S 100 m				(2)
1:50pm	29	G VAR 100m				(2)
	30	B VAR 100m				(2)
2:05pm	31	G F/S 300m Hurdles				(4)
2:15pm	32	G VAR 300m Hurdles				(4)
2:25pm	33	B F/S 300m Hurdles				(4)
2:35pm	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				(4)
3:35pm	38	B VAR 800m				(4)
3:50pm	39	G F/S 200m				(5)
4:00pm	40	B F/S 200m				(5)
4:12pm	41	G VAR 200m				(5)
4:25pm	42	B VAR 200m				(5)
4:40pm	43	G F/S 4x400m Relay				(2)
4:55pm	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	Pit 1
	8:30am	48	Boys F/S (3 Jumps)	1, 2	Pit 2
	12:30pm	49	Girls Varsity (4 Jumps)	1, 2	Pit 1
	12:30pm	50	Boys Varsity (4 Jumps)	1, 2	Pit 2
TRIPLE JUMP	10:30am	51	Girls F/S (3 Jumps)	1, 2	Pit 1
	10:30am	52	Boys F/S (3 Jumps)	1, 2	Pit 2
	3:00pm	53	Girls Varsity (4 Jumps)	1, 2	Pit 1
	3:00pm	54	Boys Varsity (4 Jumps)	1, 2	Pit 2
HIGH JUMP	9:30am	55	Girls F/S		
	11:00am	56	Boys F/S		
	1:00pm	57	Girls VAR		
	3:00pm	58	Boys VAR		
SHOT PUT	8:45 am	59	Boys F/S (3 Throws)	1, 2, 3	
	10:45 am	60	Girls F/S (3 Throws)	1, 2, 3	
	12:45 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	
	2:45 pm	66	Boys VAR (4 Throws)	1, 2, 3	
POLE VAULT	8:00am	67	Girls F/S		
	9:30am	68	Girls VAR		
	12:00pm	69	Boys VAR		
	2:45pm	70	Boys F/S		



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