

2019 Tino/De Anza Invitational

Time Schedule

9:00 AM Field Events (Approximate times we may start 10-15 minutes early if possible)

9:00 VG Pole Vault

9:00 VG Long Jump (1 Flight)

9:00 VB Long Jump (3 Flights)

9:30 VB Pole Vault

10:00 VB Discus (2 Flights)

10:00 VG Shot Put (2 Flights)

10:30 VG Triple Jump (2 Flights)

11:00 VG High Jump (Starting Height 4'0")

12:30 VG Discus (2 Flights)

12:30 VB Shot Put (2 Flights)

12:30 VB Triple Jump (2 Flights)

1:00 VB High Jump (Starting Height 4'10")

11:00 AM Running events

11:00 VG 4x100

VB 4x100

FSG 4x100

FSB 4x100

11:15 VG 1600 (3 Heats)

11:40 VB 1600 (4 Heats)

12:10 VG 100H (3 Heats)

12:20 VB 110 HH (1-2 Heats)

12:25 VG 400 (2 Heats)

12:30 VB 400 (4 Heats)

12:40 FSG 800 SMR

12:45 FSB 800 SMR

12:50 VG 100 (5 Heats)

1:05 VB 100 (6 Heats)

1:20 VG 800 (3 Heats)

1:35 VB 800 (3 Heats)

1:45 VG 400 H

1:50 VB 400 H (2 Heats)

2:00 FSG DMR

2:15 FSB DMR

2:30 VG 200 (5 Heats)

2:40 VB 200 (5 Heats)

2:50 VG 3200

3:10 VB 3200

3:25 FSG 4x400

FSB 4x400

VG 4x400

VB 4x400