

# INLAND EMPIRE

## Championships

Where the best of San Bernardino & Riverside Counties compete

### Time Schedule 2016

Time	Event #	Event	Heats:	Time	Event #	Event	Heats:
8:00AM	1	G F/S 3200m (INVITE)	(1)	<b>100 INVITE HEATS</b>			
	2	B F/S 3200m (INVITE)	(1)	1:40pm	25	G F/S 100 m	(2)
8:30AM	3	G VAR 3200m(INVITE)	(1)		26	B F/S 100 m	(2)
	4	B VAR 3200m(INVITE)	(1)	1:50pm	27	G VAR 100m	(2)
9:00am	5	G F/S 4x100m Relay	(3)		28	B VAR 100m	(2)
	6	B F/S 4x100m Relay	(3)	2:00pm	29	G F/S 300m Hurdles	(4)
9:20am	7	G VAR 4x100m Relay	(4)		30	G VAR 300m Hurdles	(4)
	8	B VAR 4x100m Relay	(4)	2:25pm	31	B F/S 300m Hurdles	(4)
9:40am	9	G F/S 100m Hurdles	(6)		32	B VAR 300m Hurdles	(4)
	10	G VAR 100m Hurdles	(6)	2:50pm	33	G F/S 800m	(4)
10:05am	11	B F/S 110m Hurdles	(6)		34	B F/S 800m	(4)
	12	B VAR 110m Hurdles	(6)	3:05pm	34	B F/S 800m	(4)
10:30am	13	G F/S 400m	(4)	3:20pm	35	G VAR 800m	(4)
	14	B F/S 400m	(4)	3:40pm	36	B VAR 800m	(4)
10:55am	15	G VAR 400m	(4)	4:00pm	37	G F/S 200m	(6)
	16	B VAR 400m	(4)		38	B F/S 200m	(6)
11:15am	17	G F/S 1600m	(3)	4:25pm	39	G VAR 200m	(6)
11:35am	18	B F/S 1600m	(3)		40	B VAR 200m	(6)
11:55am	19	G VAR 1600m	(4)	4:50pm	41	Seeded 3200 V/F/S (Non-Scoring)	(1)
12:20pm	20	B VAR 1600m	(4)	5:05pm	42	Seeded 3200 V/F/S (Non-Scoring)	(1)
12:55pm	21	G F/S 100 m	(10)	5:20pm	43	G F/S 4x400m Relay	(2)
	22	B F/S 100 m	(10)		44	B F/S 4x400m Relay	(2)
1:20pm	23	G VAR 100m	(10)	5:45pm	45	G VAR 4x400m Relay	(3)
	24	B VAR 100m	(10)	6:00pm	46	B VAR 4x400m Relay	(3)



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Event	Time	Event #	Division	Flight #	Pit :
LONG JUMP	8:30am	47	Girls F/S (3 Jumps)	1, 2, 3	Pit 1
	8:30am	48	Boys F/S (3 Jumps)	1, 2, 3	Pit 2
	12:30pm	49	Girls Varsity (4 Jumps)	1, 2, 3	Pit 1
	12:30pm	50	Boys Varsity (4 Jumps)	1, 2, 3	Pit 2
TRIPLE JUMP	10:45am	51	Girls F/S (3 Jumps)	1, 2	Pit 1
	10:45am	52	Boys F/S (3 Jumps)	1, 2	Pit 2
	3:00pm	53	Girls Varsity (4 Jumps)	1, 2, 3	Pit 1
	3:00pm	54	Boys Varsity (4 Jumps)	1, 2, 3	Pit 2
HIGH JUMP	9:00am	55	Girls F/S		
	10:30am	56	Boys F/S		
	12:30pm	57	Girls VAR		
	2:30pm	58	Boys VAR		
SHOT PUT	8:30am	59	Boys F/S (3 Throws)	1, 2, 3, 4	
	10:15am	60	Girls F/S (3 Throws)	1, 2, 3, 4	
	12:30 pm	61	Boys VAR (4 Throws)	1, 2, 3, 4	
	2:45 pm	62	Girls VAR (4 Throws)	1, 2, 3, 4	
DISCUS	8:30am	63	Girls F/S (3 Throws)	1, 2, 3	
	10:15am	64	Boys F/S (3 Throws)	1, 2, 3	
	12:30pm	65	Girls VAR (4 Throws)	1, 2, 3, 4	
	2:45pm	66	Boys VAR (4 Throws)	1, 2, 3, 4	
POLE VAULT	8:30am	67	Girls F/S		
	10:00am	68	Girls VAR		
	12:30pm	69	Boys VAR		
	3:15pm	70	Boys F/S		

