2024 ASICS LAGUNA BEACH TROPHY INVITATIONAL MEET SCHEDULE

UPDATED 3/13

# Time Event Level Heats 1 7:30 AM Girl's 3200 F/S 1 2 7:45 AM Boy's 3200 F/S 1 7:58 AM National Anthem 3 8:00 AM Girl's 400 Relay F/S 2 4 Boy's 400 Relay F/S 2 5 Girl's 400 Relay V 2 6 Boy's 400 Relay V 2 7 8:25 AM Girl's Eric Hulst 3200 V 1 8 8:40 AM Boy's Eric Hulst 3200 V 1 9 9:00 AM Girl's 100 Low Hurdles F/S 4 10 Girl's 100 Low Hurdles F/S 3 11 Boy's 110 High Hurdles F/S 3 12 Boy's 110 High Hurdles V 4 13 9:45 AM Girl's 3200m - Open V 1 14 10:00 AM Boy's 3200m - Open V 1 15 10:15 AM Girl's 400 F/S 5 16 Boy's 400 F/S 5 17 Girl's 400 F/S 5 18 Boy's 400 F/S 5 19 11:15 AM Girl's 3200 Relay FS&V 1 19 11:15 AM Girl's 3200 Relay FS&V 1 20 11:30 AM Boy's 3200 Relay FS&V 1 21 11:45 AM Girl's 800 F/S 3 23 12:10 PM Girl's 800 F/S 3 23 12:10 PM Girl's 100 F/S 6 24 Boy's 100 F/S 6 25 Girl's 100 F/S 7 26 Boy's 300 Int. Hurdles F/S 3 28 Boy's 300 Int. Hurdles F/S 3 30 Girl's 300 Low Hurdles F/S 3 31 Boy's 300 Int. Hurdles F/S 3 32 Boy's 300 Int. Hurdles F/S 3 33 2:35 PM Girl's 100 F/S 6 34 Boy's 300 F/S 2 35 3:05 PM Girl's 100 F/S 6 36 Boy's 300 F/S 2 37 Girl's 200 F/S 6 38 Boy's 300 Int. Hurdles F/S 3 39 4:20 PM Girl's 1600 F/S 2 30 Girl's 1600 F/S 2 31 Girl's 200 F/S 6 32 Girl's 1600 F/S 2 33 105 PM Girl's 1600 F/S 2 34 Boy's 1600 F/S 2 35 105 PM Girl's 1600 F/S 2 36 Boy's 200 F/S 6 37 Girl's 1600 F/S 1 38 Boy's 1600 F/S 1 39 4:20 PM Girl's 1600 Relay F/S 1 40 Boy's 1600 Relay F/S 2 41 Boy's 1600 Relay F/S 1 42 Boy's 1600 Relay F/S 2 43 Girl's 1600 Relay F/S 1 44 Boy's 1600 Relay F/S 2 45 Girl's 1600 Relay F/S 2 46 Girl's 1600 Relay F/S 2 47 Girl's 1600 Relay F/S 2 48 Boy's 1600 Relay F/S 2 49 Girl's 1600 Relay F/S 2 40 Girl's 1600 Relay F/S 2 41 Boy's 1600 Relay F/S 2	Track Event Schedule (Laguna Beach HS)						
2 7:45 AM Boy's 3200 F/S 1 7:58 AM National Anthem 3 8:00 AM Girl's 400 Relay F/S 2 4 Boy's 400 Relay F/S 2 2 5 Girl's 400 Relay V 2 6 Boy's 400 Relay V 2 7 8:25 AM Girl's Eric Hulst 3200 V 1 8 8:40 AM Boy's Eric Hulst 3200 V 1 9 9:00 AM Girl's 100 Low Hurdles F/S 4 10 Girl's 100 Low Hurdles F/S 3 11 Boy's 110 High Hurdles F/S 3 12 Boy's 110 High Hurdles V 4 13 9:45 AM Girl's 3200m - Open V 1 14 10:00 AM Boy's 3200m - Open V 1 15 10:15 AM Girl's 400 F/S 5 16 Boy's 400 F/S 5 17 Girl's 400 V <th>#</th> <th>Time</th> <th>Event</th> <th>Level</th> <th>Heats</th>	#	Time	Event	Level	Heats		
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43 Girls' 1600 Relay V 1	42			F/S	2		
	43				1		
	44		,	V	2		

	Field Event Schedule (Friday) (Laguna Beach HS)						
#	Time	Event	Level	Additional Info			
53	2:00 PM	Boy's High Jump	V	Opening Height: 5-04			
54	to follow	Boy's High Jump	F/S	Opening Height: 5-00			
55	to follow	Girl's High Jump	V	Opening Height: 4-02			
56	to follow	Girl's High Jump	F/S	Opening Height: 4-00			
46	2:00 PM	Girl's Long Jump	V	V = 4 attempts F/S = 3 attempts 2 Pits: Boy's and Girl's (No Finals)			
45	to follow	Girl's Long Jump	F/S				
48	2:00 PM	Boy's Long Jump	V				
47	to follow	Boy's Long Jump	F/S				
50	to follow LJ	Girl's Triple Jump	V	V = 4 attempts F/S = 3 attempts			
49	to follow	Girl's Triple Jump	F/S				
52	to follow LJ	Boy's Triple Jump	V	2 Pits: Boy's and Girl's (No Finals)			
51	to follow	Boy's Triple Jump	F/S				

	Field Event Schedule (Friday) (Laguna Beach HS)						
#	Time	Event	Level	Additional Info			
62	2:00 PM	Boy's Discus	V				
63	to follow	Girl's Discus	V	3 attempts per athlete (Varsity finals only - Top 9)			
61	to follow	Boy's Discus	FS				
64	to follow	Girl's Discus	F/S				
67	2:00 PM	Girl's Shot Put	V				
65	to follow	Boy's Shot Put	V	3 attempts per athlete (Varsity finals only - Top 9)			
68	to follow	Girl's Shot Put	FS				
66	to follow	Boy's Shot Put	F/S				



THE MEET WILL STAY WITHIN 15 MINUTES OF THE POSTED SCHEDULE