

2024 ASICS LAGUNA BEACH TROPHY INVITATIONAL MEET SCHEDULE

UPDATED 3/13

Track Event Schedule (Laguna Beach HS)				
#	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	V	5
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	5
18		Boy's 400	V	6
19	11:15 AM	Girls 3200 Relay	FS&V	1
20	11:30 AM	Boys 3200 Relay	FS&V	1
21	11:45 AM	Girl's 800	F/S	2
22		Boy's 800	F/S	3
23	12:10 PM	Girl's 100	F/S	6
24		Boy's 100	F/S	7
25		Girl's 100	V	6
26		Boy's 100	V	8
27	1:10 PM	Girl's 800	V	3
28		Boy's 800	V	3
29	1:45 PM	Girl's 300 Low Hurdles	F/S	4
30		Girl's 300 Low Hurdles	V	5
31		Boy's 300 Int. Hurdles	F/S	3
32		Boy's 300 Int Hurdles	V	5
33	2:35 PM	Girl's 1600	F/S	2
34		Boy's 1600	F/S	2
35	3:05 PM	Girl's 200	F/S	6
36		Boy's 200	F/S	6
37		Girl's 200	V	6
38		Boy's 200	V	8
39	4:20 PM	Girl's 1600	V	3
40		Boy's 1600	V	3
41	5:00 PM	Girl's 1600 Relay	F/S	1
42		Boy's 1600 Relay	F/S	2
43		Girls' 1600 Relay	V	1
44		Boy's 1600 Relay	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 2 Pits: Boy's and Girl's (No Finals)	
49	to follow	Girl's Triple Jump	F/S		
52	to follow LJ	Boy's Triple Jump	V		
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	3 attempts per athlete (Varsity finals only - Top 9)	
63	to follow	Girl's Discus	V		
61	to follow	Boy's Discus	FS		
64	to follow	Girl's Discus	F/S		
67	2:00 PM	Girl's Shot Put	V	3 attempts per athlete (Varsity finals only - Top 9)	
65	to follow	Boy's Shot Put	V		
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