

Asics Laguna Beach Trophy Invitational 2019

#	Event	Level	Heats	Time
1	Boy's Open 3200	Varsity	1	7:40 AM
2	Girl's 400 Relay	Frosh/Soph	2	8:00 AM
3	Boy's 400 Relay	Frosh/Soph	3	8:06 AM
4	Girl's 400 Relay	Varsity	2	8:15 AM
5	Boy's 400 Relay	Varsity	3	8:21 AM

National Anthem Gabby Denny **8:35 AM**

6	Boy's 3200- Eric Hulst	Varsity	1	8:40 AM
7	Girl's 3200- Eric Hulst	Varsity	1	8:53 AM
8	Girl's 3200	Frosh/Soph	1	9:08 AM
9	Boy's 3200	Frosh/Soph	1	9:23 AM
10	Girl's 100 Low Hurdles	Frosh/Soph	4	9:38 AM
11	Girl's 100 Low Hurdles	Varsity	4	9:48 AM
12	Boy's 110 High Hurdles	Frosh/Soph	4	9:58 AM
13	Boy's 110 High Hurdles	Varsity	5	10:08 AM
14	Girl's 3200m - Open	Varsity	1	10:20 AM
15	Boy's 3200m - Open	Varsity	1	10:35 AM
16	Girl's 400	Frosh/Soph	5	10:50 AM
17	Boy's 400	Frosh/Soph	6	11:05 AM
18	Girl's 400	Varsity	5	11:23 AM
19	Boy's 400	Varsity	6	11:38 AM
20	Girl's 800	Frosh/Soph	3	11:56 AM
21	Boy's 800	Frosh/Soph	3	12:11 PM
22	Girl's 100	Frosh/Soph	8	12:26 PM
23	Boy's 100	Frosh/Soph	8	12:42 PM
24	Girl's 100	Varsity	8	12:58 PM
25	Boy's 100	Varsity	8	1:14 PM
26	Girl's 800	Varsity	3	1:30 PM
27	Boy's 800	Varsity	3	1:45 PM
28	Girl's 300 Low Hurdles	Frosh/Soph	5	2:00 PM
29	Girl's 300 Low Hurdles	Varsity	4	2:15 PM
30	Boy's 300 Int. Hurdles	Frosh/Soph	4	2:27 PM
31	Boy's 300 Int Hurdles	Varsity	6	2:39 PM
32	Girl's 1600	Frosh/Soph	2	2:57 PM
33	Boy's 1600	Frosh/Soph	2	3:12 PM
34	Girl's 200	Frosh/Soph	7	3:27 PM
35	Boy's 200	Frosh/Soph	8	3:45 PM
36	Girl's 200	Varsity	7	4:05 PM
37	Boy's 200	Varsity	8	4:23 PM
38	Girl's 1600	Varsity	3	4:43 PM
39	Boy's 1600	Varsity	3	5:04 PM
40	Girl's 1600 Relay	Frosh/Soph	2	5:25 PM
41	Boy's 1600 Relay	Frosh/Soph	2	5:37 PM
42	Girls' 1600 Relay	Varsity	2	5:49 PM
43	Boy's 1600 Relay	Varsity	2	6:00 PM

#	Event	Division	Time
55	Pole Vault	F/S Girls	8:00 AM
56	Opening Heights	Var Girls	to follow
57	FS Girls 7-0 / Boys 8-0	F/S Boys	to follow
58	VAR Girls 8-0 / Boys 10-0	Var Boys	to follow
53	High Jump	F/S Boys	8:00 AM
54	Opening Heights	Var Boys	to follow
51	FS Girls 4-0 / Boys 5-0	F/S Girls	to follow
52	VAR Girls 4-2 / Boys 5-4	Var Girls	to follow
46	Long Jump (2 pits B & G)	Var Boy	8:00 AM
44	3 attempts F/S	Var Girls	8:00 AM
45	Varsity 4	F/S Boys	to follow
43	no finals	F/S Girls	to follow
50	Triple Jump (2 pits B & G)	Var Boy	12:30 PM
48	3 attempts F/S	Var Girls	12:30 PM
49	Varsity 4	F/S Boys	to follow
47	no finals	F/S Girls	to follow
61	Shot Put	Var Girls	8:00 AM
62	3 attempts per athlete	F/S Girls	to follow
60	Varsity Finals	Var Boys	to follow
59		F/S Boys	to follow
63	Discus	Var Boys	8:00 AM
64	3 attempts per athlete	F/S Boys	to follow
65	Varsity Finals	Var Girls	to follow
66		F/S Girls	to follow

*The meet will run ahead of schedule whenever possible.
Will not run more than 20 minutes ahead.*

Revised 3/14/2019