

Palos Verdes Distance Day

Time Schedule

12:45pm – Open Mile

1:00pm – BFS 3200m – 1 heat

1:18pm – G 3200m – 1 heat

1:37pm – BV 3200m – 1 heat

1:55pm – BFS 800m – 3 heats

2:09pm – G 800m – 4 heats

2:27pm – BV 800m – 3 heats

2:42pm – BFS 1600m – 4 heats

3:12pm – G 1600m – 5 heats

3:55pm – BV 1600m – 4 heats

4:30pm – BFS 4x400m – 1 heat

4:38pm – g 4x400m – 1heat

4:45pm – BV 4x400m – 1 heat

5:00pm – Open Mile