

Final 2009 Meet of Champions Distance

Classic Time Schedule

Time	Division	Event	Estimated Heats
8:30	Girls (Races 2, 3, 4 & 5)	3200	4
9:40	Boys Frosh-soph	800	7
10:05	Girls	800	11
10:50	Boys Varsity	800	5
11:10	Boys Frosh-soph (Races 2 & 3 & 4)	3200	3
12:00	Boys Frosh-soph	400	3
12:05	Girls	400	3
12:10	Boys Varsity	400	3
12:15	Boys Varsity (Races 2 & 3 & 4)	3200	3
12:55	Boys Frosh-Soph (Except for F/S Inv Heat)	1600	20
3:00	Boys Frosh-Soph Inv. 1600	1600	1
3:10	Girls Varsity Inv. 1600	1600	1
3:20	Boys Varsity Inv. 1600	1600	1
3:30	Girls Varsity	1600	27
7:00	Boys Varsity	1600	15
8:55	Boys Frosh-Soph Invitational	3200	1
9:05	Girls Varsity Invitational	3200	1
9:20	Boys Varsity Invitational	3200	1

Friendly Reminder:

1. The fastest heat (Invitational section) of the boys varsity, girls and boys frosh-soph 1600s will be run in a block from 3:00 to 3:20! This will also give the top runners a great opportunity at doubling the 1600 and the 3200, while still allowing those who want to do the 800 and 1600 also a great chance to double.
2. All the athletes in the 1600s and the 3200s have been assigned a specific heat. This should make warming up and reporting a lot easier for all of your kids in the 1600 and 3200. If there are scratches on meet day, runners will not be moved up from the next heat—everyone will run in the heat they have been assigned.
3. All heats (except for the girls varsity 3200 and the invitational 1600 and 3200 sections) are run from fastest to slowest, so if an athlete misses his or heat, he cannot be placed in a slower heat.

Note: We still will seed the 400s and 800s at the clerk of the course to insure all heats are full!