

2005 VS Athletics

Meet Of Champions Distance Invitational Order Of Events & Time Schedule

Time	Division	Event	Estimated Heats
10:00	Girls (Races 2, 3, and 4 if necessary).....	3200	----- 2/3
10:50	Boys Frosh-soph	800	----- 7
11:15	Girls.....	800	----- 9
12:00	Boys Varsity	800	----- 7
12:30	Boys Frosh-soph (Races 2 & 3 & 4 if nec.)	3200	----- 2/3
1:10	Boys Frosh-soph	400	----- 7
1:25	Girls.....	400	----- 9
1:45	Boys Varsity	400	----- 6
2:00	Boys Varsity (Races 2 & 3 & 4 if necessary).....	3200	----- 2/3
2:30	Boys Frosh-Soph.....	1600	----- 18
4:10	Girls Varsity	1600	----- 20
7:00	Boys Varsity	1600	----- 15
8:45	Boys Frosh-Soph Invitational	3200	----- 1
	(All athletes entered under 10:40)		
9:00	Girls Varsity Invitational.....	3200	----- 1
	(All athletes entered under 11:50)		
9:15	Boys Varsity Invitational.....	3200	----- 1
	(All athletes entered under 9:45)		

- √ This time schedule is **approximate!** We will move faster if possible. Coaches and athletes are responsible for keeping track of how the meet is progressing and adjust accordingly.
- √ Athletes should know the official entry time they were entered by their coach. This will help athletes to know approximately when their heats will be called at the clerk of the course.
- √ All runners who are likely to be in the first few heats should report to the Clerk of the Course at least 30 minutes prior to the scheduled start of the first heat of their event.
- √ Athletes will be able to warm-up, stretch and do strides after checking in at the clerk near the high jump apron on the middle of the field.