

2024 Washington Distance Carnival
FINALIZED TIME SCHEDULE | UPDATED 3.25.24

THURSDAY, March 28th

8:10pm	Women's Steeple (Section 2)
8:25pm	Men's Steeple (Section 2)
8:40pm	Women's 5k (Section 7)
9pm	Men's 5k (Section 10)
9:20pm	Women's 10k (Section 2)
10pm	Men's 10k (Section 4)

Friday, March 29th - Running Finals

- All runners check in with the clerk at the starting line no later than 10 min prior to your race.
- SLOW TO FAST
- We will stay on schedule and will NOT run ahead of schedule if weather permits

12:10pm	Men's 10k (Section 1)
1pm	Women's 10k (Section 1)
1:55pm	Men's 5k (Section 1)
2:20pm	Men's 5k (Section 2)
2:45pm	Women's 5k (Section 1)
3:10pm	Men's 5k (section 3)
3:33pm	Men's 5k (Section 4)
3:55pm	Women's 5k (Section 2)
4:20pm	Men's 5k (Section 5)
4:45pm	Women's 5k (Section 3)
5:10pm	Women's 5k (Section 4)
5:33pm	Men's 5k (Section 6)
5:55pm	Men's 5k (Section 7)
6:17pm	Women's 5k (Section 5)
6:40pm	Men's 5k section (Section 8)
7pm	Men's 10k (Section 2)
7:35pm	Women's 800 (Section 1)
	Women's 800 (Section 2)
7:45pm	Men's 800 (Section 1)
	Men's 800 (Section 2)
	Men's 800 (Section 3)
	Men's 800 (Section 4)
8:05pm	Men's 1500 (Section 1)
	Men's 1500 (Section 2)
8:20pm	Women's 1500 (Section 1)
	Women's 1500 (Section 2)
8:40pm	Women's Steeple (Section 1)
9pm	Men's Steeple (Section 1)
9:20pm	Men's 5k (Section 9)
9:40pm	Women's 5k (Section 6)
10pm	Men's 10k (Section 3)