

THURSDAY, March 26 | 10k & Steeple Sections

10k Time Standards see below

Steeple Time standards see below

5:15pm	Women's 10k (Section 1)
6:00pm	Women's Steeple (Section 1)
6:15pm	Women's Steeple (Section 2)
6:30pm	Women's Steeple (Section 3)
6:50pm	Men's Steeple (Section 1)
7:05pm	Men's Steeple (Section 2)
7:20pm	Men's Steeple (Section 3)
7:35pm	Men's 10k (Section 1)
8:10pm	Men's 10k (Section 2)
8:45pm	Men's 10k (Section 3)
9:20pm	Women's 10k (Section 2)

Friday, March 27 | 5k, 1500 & 800 sections

- All runners will check in with the clerk & shoe verification, which will be located in the shed at the Southwest corner of the track adjacent to the throws.
- No one is allowed to race without getting shoes verified. Verification forms were emailed out, we also have extra available at the meet.
- Please submit your shoe verification form 1 hour prior to your race at the shoe check table located at midfield.
- HEATS WILL RUN SLOW TO FAST
- We will stay on schedule and will NOT run ahead of schedule as long as weather permits.

5k Time Standards see below

1500 Time Standards see below

800 Time Standards see below

3:45pm	Men's 5k (Section 1)
4:10pm	Men's 5k (Section 2)
4:30pm	Women's 5k (Section 1)
4:55pm	Men's 5k (Section 3)
5:15pm	Men's 5k (Section 4)
5:35pm	Women's 5k (Section 2)
6:00pm	Men's 5k section (Section 5)
6:20pm	Women's 5k (Section 3)
6:45pm	Men's 5k (Section 6)
7:05pm	Men's 800 (Section 1)
	Men's 800 (Section 2)
	Men's 800 (Section 3)
7:20pm	Women's 800 (Section 1)
	Women's 800 (Section 2)
	Women's 800 (Section 3)
7:35pm	Women's 1500 (Section 1)
	Women's 1500 (Section 2)
	Women's 1500 (Section 3)
	Women's 1500 (Section 4)
8:05pm	Men's 1500 (Section 1)
	Men's 1500 (Section 2)
	Men's 1500 (Section 3)
	Men's 1500 (Section 4)
8:30pm	Women's 5k (Section 4)
8:50pm	Men's 5k (Section 7)
9:10pm	Women's 5k (Section 5)
9:30pm	Men's 5k (Section 8)