

Session 1

7:45am Site opens

9:00am 5K Male (Masters, Open, 15-16, 17-18)

9:05am 5K Female (Masters, Open, 15-16, 17-18)

5K Male 15/16, 17/18, Open/Masters

Alley 1 15-16

Alley 2 17-18

Alley 3 Open/Masters

5K Female 15/16, 17/18, Open/Masters

Alley 1 15-16-

Alley 2 17-18

Alley 3 Open/Masters

Female race starts 5 minutes after the Male race starts

Session 2

Site access 9:30am

10:30am 2K Boys/Girls 8 & Under

Boys 8 & Under 2K

Alley 1 all entrants

Girls 8 & Under 2K

no entrants

Session 3

Site Access 10:30

11:15am 3K Boys 9-10

11:20am 3K Girls 9-10

Boys 9-10 3K

Alley 1 all entrant

Girls 9-10 3K

Alley 1 - all entrants

Girls race starts 5 minutes after the Boys race starts

Session 4

Site Access 11:30am

12:15pm 3K Boys 11-12

12:20pm 3K Girls 11-12

Boys 11-12 3K

Alley 1 all entrant

Girls 11-12 3K

Alley 1 - all entrants

Girls race starts 5 minutes after the Boys race starts

Session 5

Site access 12:30pm

1:15pm 4K Boys 13-14

1:45pm 4K Girls 13-14

Boys 13-14 4K

Alley 1 Badger TC, Merton Area, Tri J Jets

Alley 2 Shockwave, Unattached

Girls 13-14 3K

Alley 1 - all entrants

RACE START PROCEDURES: Athletes should be check in with officials 10-20 minutes prior to the start of their race in the staging area in the "Athletes Only" field. Athletes will be sent to the starting line from the countdown clock in the "Athletes Only" field.

Each starting alley is 30 meters wide with red dots on every meter of the starting line in an alley.

Runners may choose to stand behind any red dot in their alley when they are sent to the starting line. Competitors will run the first 400 meters in coned alleys.

Athletes may not bring any extra clothing or bottles to the starting line.

Starting Commands: The announcer will give calls of “5 minutes” “3 minutes” **(SWEATS OFF COMMAND)** , “2 minutes” **((Runners will be sent to the starting line)** and “1 minute” then “On Your Marks” The Starter will raise his flag at the “on your marks” command. When the competitors are motionless and set he will drop the flag and fire the starting cannon. **All races will be started with the historic Parkside cannon.**

Athletes will safely be given water by meet management at the completion of their race.