

# Tech-Titan Distance Classic

## Time Schedule

### RUNNING EVENTS:

<u>Time</u>	<u>Division</u>	<u>Event</u>	<u>Estimated Heats</u>
5:00	Girls Frosh-Soph	800	---- 2
5:10	Boys Frosh-Soph	800	---- 2
5:20	Girls Varsity	800	---- 2
5:30	Boys Varsity	800	---- 2
5:40	Girls Frosh-Soph	3200	---- 2
6:10	Boys Frosh-Soph	3200	---- 2
6:40	Girls Varsity	3200	---- 2
7:10	Boys Varsity	3200	---- 2
7:40	Girls Frosh-Soph (Top 4 Entries Only)	400	---- 2 or 3
7:50	Boys Frosh-Soph (Top 4 Entries Only)	400	---- 2 or 3
8:00	Girls Varsity (Top 4 Entries Only)	400	---- 2 or 3
8:10	Boys Varsity (Top 4 Entries Only)	400	---- 2 or 3
8:20	Girls Frosh-Soph	1600	---- 2
8:35	Boys Frosh-Soph	1600	---- 2
8:50	Girls Varsity	1600	---- 2
9:05	Boys Varsity	1600	---- 2
9:20	Girls Frosh-Soph 1600 M Relay	4 X 400	---- 1 heat
9:25	Boys Frosh-Soph 1600 M Relay	4 X 400	---- 1 heat
9:30	Girls Varsity 1600 M Relay	4 X 400	---- 1 heat
9:35	Boys Varsity 1600 M Relay	4 X 400	---- 1 heat

### FIELD EVENTS:

5:00	Girls Frosh-Soph Shot Put Relay
6:00	Boys Frosh-Soph Shot Put Relay
7:00	Girls Varsity Shot Put Relay
8:00	Boys Varsity Shot Put Relay

### **Please note:**

- 1. In the 3200's, 1600's, and the 800's, all "faster" athletes run in the 1<sup>st</sup> Heat.**
- 2. Coaches must submit only their 4 fastest 400 athletes in order to insure all Heats are full.**
- 3. Shot Put Relay consists of the top throws added together from 3 shot putters per division.**
- 4. This is a tentative schedule, so therefore we will move forward as time permits.**
- 5. All races are stand up. No starting blocks will be used.**