

2019 Arroyo HS/APU Meet of Champions Distance

FINAL Time Schedule

(UPDATED)

<http://www.mocdistanceclassic.com/>

Time	Division	Event	Number of Heats
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Open Day Divisions

(Invitational and Rated Sections of each event are in the evening)

7:30	Girls {Heats 4, 3, 2, & 1} (Heat 4 will be run first at 7:30 AM)	3200	4
8:22	Boys Frosh-soph	800	6
8:42	Girls	800	12
9:30	Boys Varsity	800	7
9:51	Boys Frosh-soph	3200	2
10:16	Boys Varsity	3200	3
10:49	Boys Frosh-Soph 1600	1600	21
12:51	Girls Varsity	1600	27
3:55	Boys Frosh-Soph "Invitational Double"	1600	1
4:01	Girls Varsity "Invitational Double"	1600	1
4:08	Boys Varsity "Invitational Double"	1600	1
4:15	Boys Varsity	1600	22

Rated & Invitationals Divisions

6:30	Boys Frosh-Soph 800 – Rated	800	1
6:36	Boys Frosh-Soph Inv 800 - Invitational	800	1
6:42	Girls Inv 800 - Rated	800	1
6:48	Girls Inv 800 - Invitational	800	1
6:54	Boys Varsity 800 - Rated	800	1
7:00	Boys Varsity 800 - Invitational	800	1
7:06	Boys Frosh-Soph 1600 - Rated	1600	1
7:14	Boys Frosh-Soph 1600 - Invitational	1600	1
7:22	Girls 1600 - Rated	1600	1
7:32	Girls "Jim Ryun Running Camp" Invitational Mile	Mile	1
7:40	Boys Varsity 1600 - Rated	1600	1
7:50	Boys Varsity "Jim Ryun Watch List" Invitational Mile	Mile	1
7:58	Boys Frosh-Soph – Rated	3200	1
8:12	Boys Frosh-Soph Invitational	3200	1
8:25	Girls Varsity 3200 – Rated	3200	1
8:40	Girls Varsity - Invitational	3200	1
8:55	Boys Varsity – Rated	3200	1
9:10	Boys Varsity - Invitational	3200	1