

AOC Distance Night

Tuesday, March 29, 2022

Assumption Green (start time 6pm)

AOC Distance Night is a distance only meet that provides an opportunity for each athlete to run a fast early season time in a fun, festive event setting. While hosted at the Assumption Green, this meet is a result of the collaborative efforts of Assumption and Oldham County HSs.

Entries: entry submission is through Milesplit. Teams accepted into the meet can get a meet entry password from Coach Barry Haworth (bmhaworth@louisville.edu). We do have a group of teams who've accepted an invitation to compete, and we have room to add a few more. The meet will close when we hit capacity.

Entry fees: there is no team entry fee

Entries: all athletes should be entered in their respective race (one race per athlete), the 800, 1600 or 3200. Once entered, Milesplit should list that athlete in terms of the athlete's personal best performance in that event. After the meet's entry deadline passes, we will seed all athletes into sections on the basis of each athlete's personal best performance in that event. Sections will run slow to fast, with the fastest races of the night run at the end of the meet.

Coaches are also strongly advised to check that the performances listed for their athletes by Milesplit are correct and reflective of what each athlete is capable of running.

Entry deadline: Saturday, March 26, at 11:59pm

Pre-Meet communication: Coaches are **strongly advised** to check their email regularly in the days leading up to the meet so that they are aware of any announcements regarding the meet. We will do our best to also post announcements at Milesplit, but the primary means of communicating meet information will be via email to coaches.

Gate Admission: \$4 adults, \$2 seniors, kids of HS age and below are free

Please note that admission is being charged to cover the cost of our meet timer and starter, and that tickets will be sold through an online ticket service (a purchasing link is forthcoming).

Awards: there are no extrinsic awards, but the intrinsic awards will be numerous

Questions: please direct questions to Coach Barry Haworth (bmhaworth@louisville.edu).

Preliminary Meet schedule

Note that this schedule may change, depending upon entries but that a final schedule will be put out once the meet is seeded.

Time	Event	Expected Max # Competitors
5:45	Coaches Meeting	
6:00	Star Spangled Banner	
6:15	800m Open Girls - section 1	(TBA)
6:20	800m Open Boys - section 1	(TBA)
6:25	800m Open Girls – section 2	(TBA)
6:30	800m Open Boys – section 2	(TBA)
6:35	1600m Girls – section 1	(TBA)
6:45	1600m Boys – section 1	(TBA)
7:05	800m Girls – (fast) section 3	16
7:15	800m Boys – (fast) section 3	16
7:25	3200m Girls	16
7:45	3200m Boys	16
8:05	1600m Girls – (fast) section 2	16
8:15	1600m Boys – (fast) section 2	16

AOC DISTANCE NIGHT MEET RECORDS

Girls 800 meter run	2:17.83	Madalyn O'Dea (Christian Academy), 2018
Girls 1600 meter run	5:01.80	Tula Fawbush (Oldham County), 2021
Girls 3200 meter run	11:50.43	Hannah Jemley (Assumption), 2021
Boys 800 meter run	2:02.42	Canon Weaver (Oldham County), 2021
Boys 1600 meter run	4:33.41	Steven Ott (Christian Academy), 2018
Boys 3200 meter run	9:25.29	Connor Hayes (Lexington Christian), 2021