

Entry submission process:

Prior to entering athletes, coaches should note that entries must be submitted through Milesplit. Any questions over the entry process can be submitted to Coach Haworth. If the question relates to the operation of the Milesplit website, then your question will be forwarded to the Milesplit webmaster, Chris Hawboldt.

Entries.

All athletes should be entered in one of the 4 division races: Junior 800, Junior 1600, Senior 800 or Senior 1600. *Once the entry deadline passes (6pm on Monday, April 11), we will seed all athletes into their actual races using the criteria below.*

Junior Division Championship 800 and Championship 1600: the Jr Division championship races will consist of the Junior (5th-6th) athletes with the 16 fastest seed times who've been entered in the Junior Division 800 or Junior Division 1600 respectively.

Senior Division Championship 800 and Championship 1600: the Sr Division championship races will consist of the Senior (7th-8th) athletes with the 16 fastest seed times who've been entered in the Senior Division 800 or Senior Division 1600 respectively.

Open 1600: open races will consist of athletes from either division. There will be 1 race of Open 1600 (1 boys race, 1 girls race) with each race consisting of up to 20 athletes, athletes who do not qualify for their division's Championship 1600. Any athletes who do not qualify for the Championship or Open 1600 will be moved to the Open 800.

Open 800: all athletes who do not qualify for their division's Championship 800 will be entered in the Open 800. This will also include any athlete who does not make their division's Championship 1600 or the Open 1600.

Entry Times

Each athlete should have their seed times generated by Milesplit on the basis of the athlete's personal best in that event. If any of your athletes has a personal best performance in their event that is faster than the listed event, then please contact Coach Barry Haworth. You'll be expected to provide evidence of the athlete's better performance from published results at Milesplit or Athletic.net.

- **Missing performances:** unless an athlete's Milesplit profile has been merged across the various teams that the athlete has competed for (e.g. school team, club team, etc), the athlete's profile could be missing some performances achieved in events where the athlete did not compete for their school team.
- **NT performances:** if an athlete does not have a performance in a specific event (i.e. listed as NT), then that athlete is unlikely to qualify for one of our Championship races.
- **Converting Mile times to 1600m times:** if you wish to enter an athlete in the 1600 and your athlete has a better mile performance than 1600 performance, but the system does not convert the mile performance into a 1600 performance, then please contact Coach Barry Haworth.

Entry guidelines: below, we've provided coaches some approximate cutoff times for the Championship races. Note that, in any given year, the actual cutoff times may vary from what's provided below, and that athletes will ultimately be placed in races on the basis of where they rank relative to the other entries, not on the basis of hitting one of these cutoff times.

Past Performance Cutoffs	Girls	Boys
Junior Division 800m run	3:10	3:05
Junior Division 1600m run	7:00	6:45
Senior Division 800m run	2:55	2:50
Senior Division 1600m run	6:20	6:00

Please note that once the Championship races are seeded, we will not reseed that race unless we have scratches provided to us by the Coaches of the scratched athlete.