

AOC Distance Night

Wednesday, March 27, 2024

Assumption Green (start time 6pm)

AOC Distance Night is a distance only meet that provides an opportunity for athletes to run a fast early season time in a fun, festive event setting. We don't advocate taxing the rich, but we are all in on the goal of running fast. While hosted at the Assumption Green, this meet is a result of the collaborative efforts of Assumption and Oldham County HSs.

Entry submission: entry submission is through Athletic.net. The meet will close when we hit capacity or when we hit our entry deadline (3/24 at 9pm), whichever comes first.

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. After the meets entry deadline passes, we will seed all athletes into sections on the basis of each athletes 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 Athletic.net are correct and reflective of what each athlete is capable of running. E.g., if you have an athlete who has run 5:30 in the 1600, and that athlete is returning from injury, perhaps only in 6:00 shape for a 1600, then that athlete's seed time should reflect their current fitness.

Entry deadline: Sunday, March 24, at 9:00pm

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 post announcements at both Athletic.net and Milesplit, but the primary means of communicating meet information will be via email to coaches.

Awards: there are no extrinsic awards, but the intrinsic awards will be numerous, and we'll have the PR bell set up for each kid who drops a PR that evening!

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

More complete meet information (e.g. meet schedule) is forthcoming, but the basic plan is to start with what will be open races (800, then 1600) with athletes who didn't make the fast heat in their event, and then run the main Varsity races last - in this order: 800, 3200, 1600.