

AOC Distance Night

Wednesday, March 27, 2024

Assumption Green (start time 6pm)

Expected Meet schedule

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

Time	Event
5:45	Coaches Meeting
6:00	Star Spangled Banner
6:15	800m Open Girls - section 1
6:20	800m Open Boys - section 1
6:25	800m Open Girls – section 2
6:30	800m Open Boys – section 2
6:35	1600m Open Girls – section 1
6:45	1600m Open Boys – section 1
6:55	1600m Open Girls – section 2
7:25	800m Girls – (fast) section 3
7:35	800m Boys – (fast) section 3
7:45	3200m Girls
8:00	3200m Boys
8:15	1600m Girls – (fast) section 3
8:30	1600m Boys – (fast) section 2