



Meet Schedule

5/24/2023

Event	Time
Track opens for warmups & Check-Ins	6:30
Race shop opens	6:30
Opening ceremonies & pacer introductions	7:00
Women's Community 5k	7:15
Men's Community 5k	7:45
High School Girl's 5k	
Heat 1	8:10
Heat 2	8:40
High School Boy's 5k	
Heat 1	9:05
Heat 2	9:30
Elite High School Girls	9:55
Elite High School Boys	10:15

Heats will be run slow to fast. Tentative schedule—will be adjusted as necessary to accommodate more or less heats.