

**ALL ATHLETES NEED TO ARRIVE AT LEAST 2 HOURS PRIOR TO THEIR ESTIMATED RACE TIME. ALL ATHLETES NEED TO CHECK-IN AT LEAST 4 HEATS PRIOR TO THEIR EVENT. THERE WILL BE NO CALLS TO CHECK-IN – YOU MUST PAY ATTENTION TO WHAT EVENT IS HAPPENING!**

| <b><u>Time</u></b> | <b><u>Event</u></b> | <b><u>Athlete(s)</u></b>                              | <b><u>Warm-up</u></b>   |
|--------------------|---------------------|---|---|
| 8:33               | Girls 1600 Heat 4   | Brunckhorst   | 7:48  |
| 8:56               | Heat 7              | Furtado   | Girls 1600 Heat 1   |
| 9:11               | Heat 9              | Wix   | Girls 1600 Heat 3   |
| 9:18               | Heat 10             | Kim   | Girls 1600 Heat 4   |
| 9:34               | Heat 12             | Prenton   | Girls 1600 Heat 6   |
| 9:41               | Heat 13             | Enriquez & Morehead                                   | Girls 1600 Heat 7   |
| 10:04              | Boys 1600 Heat 1    | Garcia, Kim & Valle                                   | Girls 1600 Heat 10  |
| 10:10              | Heat 2              | Mentink   |   |
| 10:23              | Heat 4              | Dang  | Girls 1600 Heat 12  |
| 10:37              | Heat 6              | Prenton   | Girls 1600 Heat 14  |
| 10:43              | Heat 7              | Savellano   | Girls 1600 Heat 15  |
| 11:03              | Heat 10             | Chen  | Boys 1600 Heat 3  |
| 11:55              | Heat 18             | Shangle   | Boys 1600 Heat 11   |
| 12:01              | Heat 19             | Heinbaugh, Lee, Patterson & Scomparin                 | Boys 1600 Heat 12   |
| 12:08              | Heat 20             | Koay  | Boys 1600 Heat 13   |
| 12:14              | Heat 21             | Zamboanga   | Boys 1600 Heat 14   |
| 12:40              | Girls 800 Heat 1    | Nielson   | Boys 1600 Heat 18   |
| 12:48              | Heat 3              | Burks   | See Coach Scarpelli   |
| 12:51              | Heat 4              | Aiyub, Bostic, C. Haubert, K. Haubert, Rocchi & Sykes | Sprinters see Coach Scarpelli<br>Hauberts – Boys 1600 Heat 23 |
| 12:59              | Heat 6              | David, Pena & Trolan                                  | Trolan – Boys 1600 Heat 21                                    |
| 1:02               | Heat 7              | Chia, Chu, Eslampour, Masaki & Minasyan               | Sprinters see Coach Scarpelli<br>Masaki – Boys 1600 Heat 23   |
| 1:06               | Heat 8              | Tontiwattananan                                       | See Coach Scarpelli   |
| 1:10               | Heat 9              | Hung & Katunaric                                      |   |
| 1:13               | Heat 10             | Brandon   | Girls 800 Heat 1  |

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|-------------|-----------------|---------------------------------|---|
| 1:24        | Heat 13         | Acuna Bravo, Mendiola & Spooner | Sprinters see Coach Scarpelli<br>Mendiola – Girls 800 Heat 4  |
| 1:28        | Heat 14         | Amante, Nijjar & Williams       | Girls 800 Heat 5  |
| 1:32        | Heat 15         | Feng & Tragesser                | Sprinters see Coach Scarpelli<br>Tragesser – Girls 800 Heat 7 |
| 1:36        | Heat 16         | Leca                            | See Coach Scarpelli   |
| 1:39        | Heat 17         | Bouchard & Lorenzana            | Sprinters see Coach Scarpelli<br>Lorenzana – Girls 800 Heat 8 |
| 1:43        | Heat 18         | Ma                              | See Coach Scarpelli   |
| 1:47        | Heat 19         | Chin                            |   |
| 1:50        | Heat 20         | Huang                           | Girls 800 Heat 7  |
| 1:58        | Boys 800 Heat 1 | Koppanathi                      | Girls 800 Heat 10   |
| 2:01        | Heat 2          | Vaidyanathan                    |   |
| 2:10        | Heat 5          | Hwang & Ikegami                 | See Coach Scarpelli   |
| 2:13        | Heat 6          | Guan                            | Girls 800 Heat 18   |
| 2:16        | Heat 7          | Ngo                             | See Coach Scarpelli   |
| 2:23        | Heat 9          | Rajan & Roe                     | Sprinters see Coach Scarpelli<br>Rajan – Girls 800 Heat 20    |
| 2:26        | Heat 10         | Garcia & Moon                   | Girls 800 Heat 21   |
| 2:29        | Heat 11         | Mujakovic                       | Boys 800 Heat 1   |
| 2:41        | Heat 15         | Barcnas                         | Boys 800 Heat 5   |
| 2:44        | Heat 16         | Luu & Omo                       | Boys 800 Heat 6   |
| 2:47        | Heat 17         | Finau & Lampi                   | Lampi – Boys 800 Heat 2<br>Finau – Boys 800 Heat 7            |
| 2:57        | Heat 20         | Tran                            | See Coach Scarpelli   |
| 3:00        | Heat 21         | Moodie                          |   |
| 3:06        | Heat 23         | Grant & Shaw                    | Sprinters see Coach Scarpelli<br>Shaw – Boys 800 Heat 13      |

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|--------------------|---------------------|---|---|
| 3:09               | Heat 24             | Ureta   | Boys 800 Heat 14  |
| 3:12               | Heat 25             | Brown   | Boys 800 Heat 15  |
| 3:19               | Heat 27             | Durst   | See Coach Scarpelli   |
| 3:25               | Heat 29             | Chapman   | Boys 800 Heat 14  |
| 3:28               | Heat 30             | Colwell   | See Coach Scarpelli   |
| 3:34               | Girls 3200 Heat 1   | Chen, Matheny & Xu  | Boys 800 Heat 17  |
| 3:50               | Heat 2              | Beri, Goldfarb, Poegaro, Remolina & Verzosa               | Boys 800 Heat 22  |
| 4:05               | Heat 3              | Gurusiddaiah  | Boys 800 Heat 27  |
| 4:20               | Heat 4              | Bouchard  | Girls 3200 Heat 1   |
| 4:51               | Heat 6              | Gamboa  | Girls 3200 Heat 3   |
| 5:21               | Boys 3200 Heat 1    | Louis, Nguyen & Santhosh Kumar                            | Girls 3200 Heat 5   |
| 5:34               | Heat 2              | Jiang & Lin   | Girls 3200 Heat 6   |
| 5:46               | Heat 3              | Casasos & Shah  | Girls 3200 Heat 6 Lap 5                                       |
| 5:59               | Heat 4              | Anderson, Dhillon, Kumar, Mathur, Pajetta, Shaikh & Yasar | Girls 3200 Heat 7 Lap 5                                       |
| 6:11               | Heat 5              | Bajwa   | Boys 3200 Heat 1  |
| 6:24               | Heat 6              | Goldfarb & Morrison                                       | Boys 3200 Heat 2  |
| 6:37               | Heat 7              | Colunga & Trolan  | Boys 3200 Heat 3  |
| 6:49               | Heat 8              | Gamboa  | Bous 3200 Heat 4  |
| 7:39               | Heat 12             | Phanse & Schroeder  | Boys 3200 Heat 8  |
| 8:04               | Heat 14             | Surapaneni  | Boys 3200 Heat 10   |
| 8:17               | Girls DMR           | Huang-Bouchard-Morehead-Prenton (Kim & Ma)                | Distance – Boys 3200 Heat 11<br>Sprinters see Coach Scarpelli |
| 8:47               | Boys DMR Heat 2     | Lee-Colwell-Zamboanga-Koay (Chapman & Durst)              | Distance – Boys 3200 Heat 14<br>Sprinters see Coach Scarpelli |

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