

Rustin Invite Track Time Schedule 4/5/23

This is just a guideline.

2:00 100h	5 heats
2:05 110h	7 heats
2:15 G Nov 100	17 heats-no blocks
2:25 B Nov 100	29 heats-no blocks
2:50 G 100m	11 heats
3:05 B 100m	15 heats
3:20: G Nov 1600	2 heat
3:35 B Nov 1600	3 heats
4:00 National Anthem and States Recognition	
4:10 G 4 x 8	1 heat
4:20 B 4 x 8	1 heat
4:35 100h/110h F	2 heats
4:40 100m F	2 heats
4:50 G 1600m	2 heats
5:00 B 1600m	4 heats
5:25 G 4 x 100	3 heats
5:35 B 4 x 100	3 heats
5:45 G 400m	5 heats-1st 2 waterfall, last 3 in lanes
5:55 B 400m	7 heats-1st 4 waterfall, last 3 in lanes
6:10 G 300h	5 heats
6:20 B 300h	8 heats
6:35 G 800m	5 heats
6:50 B 800m	8 heats
7:20 G 200m	9 heats
7:30 B 200m	12 heats
7:45 B & G 3200	1 heat
8:00 G 4 x 4	2 heats-heat 1 waterfall, last in lanes
8:00 B 4 x 4	3 heats-heat 2 waterfall, last in lanes

QR Code for Results/Heat Sheets



