

# **BOX ASSIGNMENTS / STARTING POSITIONS**

## **POST A PR LAST CHANCE RACE / TUESDAY, OCTOBER 30, 2018**

We will have room on the line for all runners to get a fair start!

**THERE ARE NO SCHOOL BOX ASSIGNMENTS!**

We will place runners on the start line based upon best times!

**Please review carefully below:**

**PLEASE ASK YOUR ATHLETES TO FOLLOW THE DIRECTIONS OF OUR OFFICIALS  
AND KNOW THEIR CURRENT PR TIME AND STARTING POSITION AND RACE ASSIGNMENT.**

**PLEASE BE PATIENT AS WE ARRANGE STARTING POSITIONS!**

**Ask athletes to get to the starting line early to establish their starting posts.**

**3:00 pm - MEN'S RACE #1 - "MERCURIAL" DIVISION (132 runners)**

**The only runners in this race should be those with a current PR BELOW 18:00**

WE SHOULD BE ABLE TO GET ALL RUNNERS ON THE START LINE FOR THIS RACE

**3:25 pm - WOMEN'S RACE #1 - "MERCURIAL" DIVISION (115 runners)**

**The only runners in this race should be those with a current PR BELOW 22:00**

WE SHOULD BE ABLE TO GET ALL RUNNERS ON THE START LINE FOR THIS RACE

**3:50 pm - MEN'S RACE #2 - "WINGED FOOT" DIVISION (150 runners)**

**The only runners in this race should be those with a current PR BETWEEN 18:00 – 19:15**

WE SHOULD BE ABLE TO GET ALL RUNNERS ON THE START LINE FOR THIS RACE

**BEWARE! This race will be the most challenging of the day for us as we have 150 young men racing that have a PR with 75 seconds of each other.**

**4:15 pm - WOMEN'S RACE #2 - "WINGED FOOT" DIVISION (123 runners)**

**The only runners in this race should be those with a current PR BETWEEN 22:00 – 24:15**

WE SHOULD BE ABLE TO GET ALL RUNNERS ON THE START LINE FOR THIS RACE

**4:40 pm - MEN'S RACE #3 - "FLEET FOOT" DIVISION (347 runners)**

**The only runners in this race should be those with a current PR ABOVE 19:15**

FRONT ROW - ATHLETES WITH PR SEASON TIMES BETWEEN 19:15 – 20:30

SECOND ROW - ATHLETES WITH PR SEASON TIMES ABOVE 20:30

**NOTE: WE ANTICIPATE A 15-20% DROP OUT RATE FOR THIS RACE SO WE REALLY THINK  
THERE WILL ONLY BE ABOUT 275 RUNNERS COMPETE.**

**5:10 pm - WOMEN'S RACE #3 - "FLEET FOOT" DIVISION (182 runners)**

**The only runners in this race should be those with a current PR ABOVE 24:15**

WE SHOULD BE ABLE TO GET ALL RUNNERS ON THE START LINE FOR THIS RACE