

Coaches:

We are seeding heats for our tri-meet at 1:00 PM on Wednesday, April 14th. This means all entries for events need to be made in Runnercard (runnercard.com) before 1:00 PM on Wednesday. Any athlete that scratches an event will result in an empty lane. Please be careful to enter only those that are running to avoid empty lanes. We will have heat sheets printed so all coaches and officials will know who runs which lane and heat. This means there will be no add-ons after 1:00 PM.

We will be using a Finish Lynx camera & timing system, which will allow us to make results from the meet available to internet users IMMEDIATELY.