

## **AOC Distance Night**

Wednesday, March 27, 2024

Assumption Green (start time 6pm)

*AOC Distance Night is a distance only meet that provides an opportunity for each athlete to run a fast early season time in a fun, festive event setting. While hosted at the Assumption Green, this meet is a result of the collaborative efforts of Assumption and Oldham County HSs.*

**Entries:** entry submission is through Athletic.net (link below)

<https://www.athletic.net/TrackAndField/meet/522997/register>

*Note that to enter this meet, you must have a (free) Athletic.net team account. Contact Coach Barry Haworth if you have questions regarding how to set up an account.*

**Entry fees:** there is no team entry fee

**Entries:** all athletes should be entered in their respective race (one race per athlete), the 800, 1600 or 3200. Once entered, Milesplit should list that athlete in terms of the athlete's personal best performance in that event. After the meet's entry deadline passes, we will seed all athletes into sections on the basis of each athlete's personal best performance in that event. Sections will run slow to fast, with the fastest races of the night run at the end of the meet.

*Coaches are also strongly advised to check that the performances listed for their athletes by Milesplit are correct and reflective of what each athlete is capable of running.*

**Entry deadline:** Saturday, March 23, at 11:59pm

**Pre-Meet communication:** Coaches are **strongly advised** to check their email regularly in the days leading up to the meet so that they are aware of any announcements regarding the meet.

We will do our best to also post announcements at Milesplit, but the primary means of communicating meet information will be via email to coaches.

**Gate Admission:** \$5 adults, kids of HS age and below are free

Please note that admission is being charged to cover the cost of our meet timer and starter, and that tickets will be sold through an online ticket service (a purchasing link is forthcoming).

**Awards:** there are no extrinsic awards, but the intrinsic awards will be numerous

**Questions:** please direct questions to Coach Barry Haworth (bmhaworth@louisville.edu).

### **Expected Meet schedule**

*Note that this schedule may change, depending upon entries but that a final schedule will be put out once the meet is seeded.*

<b>Time</b>	<b>Event</b>
5:45	Coaches Meeting
6:00	Star Spangled Banner
6:15	800m Open Girls - section 1
6:20	800m Open Boys - section 1
6:25	800m Open Girls – section 2
6:30	800m Open Boys – section 2
6:35	1600m Open Girls – section 1
6:45	1600m Open Boys – section 1
6:55	1600m Open Girls – section 2
7:25	800m Girls – (fast) section 3
7:35	800m Boys – (fast) section 3
7:45	3200m Girls
8:00	3200m Boys
8:15	1600m Girls – (fast) section 3
8:30	1600m Boys – (fast) section 2

***AOC DISTANCE NIGHT MEET RECORDS***

Girls 800 meter run	2:17.83	Madalyn O’Dea (Christian Academy), 2018
Girls 1600 meter run	4:53.98	Tula Fawbush (Oldham County), 2023
Girls 3200 meter run	11:11.75	Bailee Montgomery (Dupont Manual), 2023
Boys 800 meter run	2:00.06	Ian Hobbs (unattached), 2023
Boys 1600 meter run	4:32.69	Matthew Whitlock (Oldham County), 2023
Boys 3200 meter run	9:25.29	Connor Hayes (Lexington Christian), 2021