

# Mid-Season Mania 1600m Heat Schedule

Thursday, October 10, 2019 – Campolindo High School, Moraga CA

Start Time / Heat # / Pace Goal / Splits: 200m, 400m, 800m, 1200m

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5:45pm - Heat **1** / 7:10 / 53.5, 1:48, 3:35, 5:22

5:57pm - Heat **2** / 6:45 / 50.5, 1:41.5, 3:22, 5:04

6:07pm - Heat **3** / 6:25 / 48, 1:36.5, 3:12, 4:48

6:16pm - Heat **4** / 6:10 / 46, 1:33, 3:05, 4:37

6:25pm - Heat **5** / 5:54 / 44, 1:29, 2:56.5, 4:24

6:34pm - Heat **6** / 5:44 / 43, 86, 2:51.5, 4:17

6:43pm - Heat **7** / 5:40 / 42.5, 85, 2:50, 4:15

6:52pm - Heat **8** / 5:32 / 41.5, 83, 2:46, 4:09

7:01pm - Heat **9** / 5:24 / 40.5, 81, 2:42, 4:02.5

7:10pm - Heat **10** / 5:10 / 38.5, 77, 2:35, 3:52

7:19pm - Heat **11** / 4:58 / 37, 74, 2:28, 3:42

7:28pm - Heat **12** / 4:48 / 36, 72, 2:24, 3:36

7:37pm - Heat **13** / 4:38 / 34.5, 69, 2:19, 3:28