

## **AOC Distance Night**

Wednesday, March 26, 2025

Assumption Green

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

<https://www.athletic.net/TrackAndField/meet/572541/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 compete in one event, the 800, 1600 or 3200. Once entered, athletes should be listed in terms of the athlete's personal best performance in that event.

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

**Over-entering athletes:** as we approach the entry deadline of this meet, we will be communicating with coaches regarding any athletes they have who've been entered in more than one event. In the days leading up to the meet, we will send out an email that asks coaches to communicate with us regarding their entry preferences on any over-entered athlete. This information must be provided by a specific deadline which will be provided in the email. Note that the deadline will occur just after the entry deadline, since coaches can delete over-entered athletes from a second event on their own before the entry deadline.

If we do not receive directions from any coach about how to address their over-entered athletes before this deadline, then here is how we will adjust these entries.

1. If an athlete is entered in 2 events, and makes the fast heat in both events, then we will keep the athlete in the longer event, and delete the athlete from the shorter event.
2. If an athlete is entered in 2 events, and does not make the fast heat in either event, then we will keep the athlete in the longer event, and delete the athlete from the shorter event.
3. If an athlete is entered in 2 events, and only makes the fast heat in one event, then we will keep the athlete in the fast heat event, and delete the athlete from the non-fast heat event.

**Entry deadline:** Sunday, March 23, at 6:00pm