

SEEDING PROCEDURE -

ALLEY 1: LANE 1 - 8 (SLOWEST 2/3 OF THE FIELD) Runner #9 - #24

ALLEY 2: LANE 5 - 8 (FASTEST 1/3 OF THE FIELD) Runner #1 - #8

#1 is the fastest qualifying time.

#24 is the slowest qualifying time.

RUNNERS ARE REQUIRED TO STAY IN THEIR ALLEY AROUND THE FIRST CURVE AND THEN CUT FOR THE POLE.

RUNNERS MAY MOVE TO THE INSIDE OF THEIR RESPECTIVE ALLEYS AS SOON AS THEY CAN DO SO WITHOUT INTERFERING WITH THE PROGRESS OF OTHER RUNNERS.

1600M RUN AND 3200M RUN

