

Time Trial Schedule – Thursday, September 17, 2020

6:10 - Orange Pod, report to “West” end zone (nearest finish line), warm-up leaves and comes back in through back gate (nearest visitor bleachers).

6:30 - Red Pod, report to “East” end zone (nearest scoreboard), warm-up leaves and comes back through “water gate.”

6:40 - Blue Pod, report to nearest practice field. Warm-up + drills + strides will happen outside the stadium.

7:00 - ***Orange Pod races***

7:20 - Red Pod, report to 100m start to get ready to race.

7:25 - ***Red Pod races***

7:30 - Orange pod departs field for cool-down via “water gate”; Blue Pod enters back gate.

7:40 - Blue Pod report to NW corner (finish line) to get ready to race.

7:45 - 1 Minute of Silence

7:47 - ***Blue Pod races***, Red can cool down at distance on the infield. Blue can cool down in stadium at race conclusion – red should do hips and exit out the Watergate at the conclusion of the Blue race.