

Seed Time Instructions

Please enter a Manual seed time for each athlete. Do the best you can to estimate:

1. F/S athletes: the athlete's time for a **flat fast 2-mile** course All we are using the seed times for is to put athletes in the correct heat for the meet. We do not want athletes to be lapped on this 1 mile loop course.
2. Varsity / JV athletes: : the athlete's time for a **flat fast 5k** . All we are using the seed times for is to put athletes in the correct heat for the meet. We do not want athletes to be lapped on this 1 mile loop course.

Register Athletes Attendance Status: Confirmed

Mens Races Participating? ☐

All 37 Frosh/Soph Boys 2 Miles 17
Varsity/JV Boys 5,000 Meters 20

Find Athlete

☒ Benjamin Avakian 12 Varsity/JV Boys HK
20:00.00

☒ Mason Avakian 10 Frosh/Soph Boys HK
13:00.00

☐ Varsity/JV Boys HK

Womens Races Participating? ☐

All 35 Frosh/Soph Girls 2 Miles 19
Varsity/JV Girls 5,000 Meters 16

Find Athlete

☒ Brynn Andreadakis 11 Varsity/JV Girls HK
25:00.00

☒ Anna Baland 9 Frosh/Soph Girls HK
16:00.00

☐ Frosh/Soph Girls HK

See example above!