

## 2020 Lincoln Mile Heats

Heat	Wave A	Wave B	Start Time Wave A	Start Time Wave B
W	WCH	N/A	7:55	N/A
1	M50-99	F50-99	8:00	8:02
2	M40-49	F40-49	8:15	8:17
3	M30-39	F30-39	8:30	8:32
4	M/F16-29	N/A	8:45	N/A
5	M11-15	F11-15	9:00	9:02
6	M9-10	F9-10	9:15	9:17
7	M6-8	N/A	9:30	N/A
8	F6-8	N/A	9:45	N/A
9	M/F1-5	N/A	10:00	N/A
10	ELITF	N/A	10:15	N/A
11	ELITM	N/A	10:30	N/A

Each heat will have waves of no more than 24 runners. Due to the sizes of some heats we likely will not be able to accommodate heat or wave changes; however we will permit parents who wish to run with their younger children to run in their assigned heat, then remove their race number and run with their child in the later heat (heat 7, 8 or 9). Parents who are not registered may run with their younger child in the later heat. We ask that parents and children line up toward the back of the chute when running with your child. We have a special heat for our children aged 5 and younger (heat 9) as we anticipate parents may want to run with them.

We will start heats on time, even if that means starting another heat while the previous heat is finishing. Please be ready to stage for your heat (while maintaining appropriate social distancing) at least 5 minutes prior to your scheduled heat time. Please listen for announcements related to your heat during the race.