

The 8th Annual John Hay Memorial Pennsylvania Distance Festival

Presented by The Chester County Running Store

When: Tuesday, June 2, 2015

Where: Henderson High School in West Chester.

Entry Information: Enter through Pamilesplit. Entries close at 9PM on Monday, June 1.

Race entry fee due on check in. Event assignments will be posted by 9AM on June 2 at www.runcrs.com.

What: A post-season opportunity for elementary, middle school, high school, college and open distance runners to compete on a lightning fast track. In the last 5 years, we've had dozens of National and Olympic Trials Qualifiers.

New this year: Special Meet of Champs Sections for High School athletes in the 800, Mile and 5000 meters.

Cost: \$10.00 per athlete for an unlimited number of events.

Concessions will be sold at the meet. Admission-\$5

Order of Events: Heets will be co-ed based on seed time. Slow heet 1st.

5:45PM-The Matt Plevelich Open 400m

6:00PM-The Lefebure Family-Open 800 meters

6:25PM- Chester County Running Store 200 meters

6:35PM- The Dub C 4 Miler Open Mile

ELITE Races-

7:25PM-Red, White and Zoo Elite women's 1500m(non-elite 1500m runners will be placed in the open mile)

7:35PM-Hoey Investments Elite men's 1500

7:45PM-High School Meet of Champions Boys Mile

7:55PM-John Hay Scholarship Presentation

8:00PM-James D. Hay Jr. Family-Fastest Girl in West Chester-400m(elementary students only)

8:05PM-Bonnie and Ted Saddic-Fastest Boy in West Chester-400m(elementary students only)

8:10PM-High School Meet of Champions Boy's 800 Meters

8:20PM-Lefebure Family-Elite Women's 800 meters(non-elite 800m runners will be placed in the open 800)

8:30PM- Joe Plevelich Elite men's 800 meters

8:40PM-Go Fastr- system based training- Mixed 5000 meters.

9:00PM-High School Meet of Champions Boys' 5000 meters

Meet of Champions Selection Criteria

800m:

Auto Qualifiers (provided a 1:54.00 min. qualifying time)

PTFCA Indoor State Champion 800m

PTFCA Indoor Mile State Champion

PIAA AAA 800m State Champion

PIAA AA 800m State Champion

PIAA AAA 1600m State Champion

PIAA AA 1600m State Champion

Delaware/Maryland State 800 and 1600 Champions

At Large Qualifiers

The next fastest entries will be used to fill the field. Meet officials will verify all seed times for authenticity.

Mile:

Auto Qualifiers (provided a 4:17.00 min. qualifying time, all 1600m will be converted to mile marks using mile split calculators)

PTFCA Indoor State Champion Mile

PTFCA Indoor State Champion 800m

PTFCA Indoor State Champion 3000m

PIAA AAA 3200m State Champion

PIAA AA 3200m State Champion

PIAA AAA 1600m State Champion

PIAA AA 1600m State Champion

PIAA AAA 800m State Champion

PIAA AA 800m State Champion

Delaware and Maryland State 800, 1600 and 3200 champions.

At Large Qualifiers

The next fastest entries will be used to fill the field size of 20. Meet officials will verify all seed times for authenticity.

Please enter seed times as 1600m marks.

5000m:

Auto Qualifiers (provided a 9:25.00 min 3200m qualifying time)

PIAA AAA Cross Country State Champion

PIAA AA Cross Country State Champion

PIAA A Cross Country State Champion

PIAA AAA 3200m State Champion

PIAA AA 3200m State Champion

PTFCA 3000m State Champion

Delaware and Maryland State XC and Track Champions

At Large Qualifiers

The next fastest entries will be used to fill the field. Meet officials will verify all seed times for authenticity. Please enter seed times as 3200m marks.

All times submitted must be from the 2015 Indoor or Outdoor seasons.

Note: Meet officials will have final discretion on who is placed in the championship heats described above. Under certain circumstances, individuals with outstanding marks at relevant distances or outstanding performances in important meets can be elevated above their seed time.

Please e-mail Kevin Kelly at kkelly1@wcasd.net for questions about the meet. All meet details will be updated at www.runccrs.com.

There will be a limited amount of race night registrations. Registration for all will close at 5:30PM.