

Irvine Distance Carnival Info – From the Race Director

This weekend we will should have some great races. I have attached the following documents for you to look over:

1. Updated Entry fees based on scratches
2. Updated Confirmed School Entries
3. Meet Program with heat and lane assignments
4. Facility Map
5. **Spectator QR CODE**
6. Checks Made payable to **IRVINE HIGH SCHOOL ATHLETIC BOOSTERS** (Receipts will be available if needed)

On Saturday there will be no athletes allowed in the stands, only Spectators and Coaches. Please look over the attached facility map before you arrive on Saturday morning. All teams will be on the warm up area next to the stadium. Canopies will be allowed on the warm up field. Athletes can warm up on the field or at Heritage field next to the pool complex. Every athlete/spectator/coach must complete a temperature check prior to entering the stadium. After the temperature check, you will be given a wristband which will allow you enter the stadium. **For all spectators planning on coming to watch, I have attached a QR CODE for entry. There will be no CASH at the ADMISSION GATE. Please send this out prior to Saturday if possible. Everyone entering the stadium must have a mask on at all times unless actively eating or drinking. There will NO SNACK BAR.** Finally, each event will have a call time for athletes to enter the field for check-in. Please make sure your athletes listen for their call times and know their heat as goal is limit the number of athletes on the field and **NO COACHES WILL BE ALLOWED ON THE FIELD!** After each race, athletes will be escorted out of the stadium. The stadium will open at by 7:00 am for entry.

EVENT CALL TIMES:

Girls 3200M—7:30 AM

Boys 3200M—8:30 AM

Girls 800M—9:45 AM

Boys OPEN 800M—10:30 AM

Boys F/S 800M—11:15 AM

Girls 400M—11:45 AM

Boys 400M—12:15 PM

Girls OPEN 1600M—12:50 PM

Girls F/S 1600M—1:30 PM

Boys OPEN 1600M (HEATS 1-6)—2:15 PM

Boys OPEN 1600M (HEATS 7-11)—2:50 PM

Boy F/S 1600M (HEATS 1-6)—3:30 PM

Boys F/S 1600M (HEATS 7-11)—4:05 PM

All Parents/Spectators

You must use the QRCode to purchase your tickets. No tickets will be available at the meet of Saturday.



All Distance Athletes competing at IDC from Coach Chai

This will be an extremely busy weekend for the coaches with 3 invites. Please read carefully. Confirm your race with me tomorrow. Some of you are entered in multiple races to optimize what may be your best option. You should already know which race that is for you. Please confirm after we have doped out each individual heat.

All 400/800/1600 distance athletes, practice is scheduled after the final race which is scheduled at 4:35 pm. This meet is notorious for running late. Practice will be at ET. My best estimate is 5:45 pm. Practice will take appx 90 min. This will be important as we are down to two weekends where we can get in some real race specific work. This Saturday and next Saturday.

Those of you in the 3200, do a long cool down of 35 min with 4x 30" pickups on a 3-minute cycle. You are done for the day.

This will be your second to last chance at a PR for most of you. Do not waste the opportunity. Study your splits from previous races and map out a race plan. Although some of you will be going for a win or top 3 finishes, it will still be best to run an optimally paced race. Find a proper pack and go for a ride. Goal is to run fast at this meet. Remember, every distance race above the 800m, the world records were set with negative splits (2nd half faster than the 1st).

\$15 will be charged to anyone not showing up for the meet!!

Once again, NO SNACK BAR!!

IRVINE DISTANCE CARNIVAL 2021

HEAT BY HEAT

Event 1 – Girls 3200m Open – 8:00 a.m.

8:00 a.m.	Heat 1	Girls 3200m Open
8:20 a.m.	Heat 2	Girls 3200m Open

Event 2 – Girls 3200m F/S – 8:40 a.m.

8:40 a.m.	Heat 1	Girls 3200m F/S
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Event 3 – Boys 3200m Open– 9:00 a.m.

9:00 a.m.	Heat 1	Boys 3200m Open
9:20 a.m.	Heat 2	Boys 3200m Open
9:35 a.m.	Heat 3	Boys 3200m Open

Event 4 – Boys 3200m F/S – 9:50 a.m.

9:50 a.m.	Heat 1	Boys 3200m F/S
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Event 5 – Girls 800m Open – 10:05 a.m.

10:15 a.m.	Heat 1	Girls 800m Open
10:19 a.m.	Heat 2	Girls 800m Open
10:23 a.m.	Heat 3	Girls 800m Open
10:27 a.m.	Heat 4	Girls 800m Open

Event 6 – Girls 800m F/S – 10:40 a.m.

10:35 a.m.	Heat 1	Girls 800m F/S
10:39 a.m.	Heat 2	Girls 800m F/S
10:43 a.m.	Heat 3	Girls 800m F/S
10:48 a.m.	Heat 4	Girls 800m F/S
10:52 a.m.	Heat 5	Girls 800m F/S

Event 7– Boys 800m Open – 11:15 a.m.

11:00 a.m.	Heat 1	Boys 800m Open
11:04 a.m.	Heat 2	Boys 800m Open
11:08 a.m.	Heat 3	Boys 800m Open
11:12 a.m.	Heat 4	Boys 800m Open
11:16 a.m.	Heat 5	Boys 800m Open
11:20 a.m.	Heat 6	Boys 800m Open
11:24 a.m.	Heat 7	Boys 800m Open
11:28 a.m.	Heat 8	Boys 800m Open

Event 8 –Boys 800m F/S - 11:50 a.m.

11:35 a.m.	Heat 1	Boys 800m F/S
11:39 a.m.	Heat 2	Boys 800m F/S
11:43 a.m.	Heat 3	Boys 800m F/S
11:47 p.m.	Heat 4	Boys 800m F/S
11:51 p.m.	Heat 5	Boys 800m F/S
11:55 p.m.	Heat 6	Boys 800m F/S

Event 9- Girls 400m Open – 12:15 p.m.

12:05 p.m.	Heat 1	Girls 400m Open
12:08 p.m.	Heat 2	Girls 400m Open
12:11 p.m.	Heat 3	Girls 400m Open
12:14 p.m.	Heat 4	Girls 400m Open
12:17 p.m.	Heat 5	Girls 400m Open

Event 10– Girls 400m F/S – 12:30 p.m.

12:20 p.m.	Heat 1	Girls 400m F/S
12:23 p.m.	Heat 2	Girls 400m F/S
12:26 p.m.	Heat 3	Girls 400m F/S
12:29 p.m.	Heat 4	Girls 400m F/S
12:32 p.m.	Heat 5	Girls 400m F/S
12:35 p.m.	Heat 6	Girls 400m F/S

Event 11 – Boys 400m Open – 12:48 p.m.

12:38 p.m.	Heat 1	Boys 400m Open
12:41 p.m.	Heat 2	Boys 400m Open
12:44 p.m.	Heat 3	Boys 400m Open
12:47 p.m.	Heat 4	Boys 400m Open
12:50 p.m.	Heat 5	Boys 400m Open
12:53 p.m.	Heat 5	Boys 400m Open
12:56 p.m.	Heat 6	Boys 400m Open
12:59 p.m.	Heat 7	Boys 400m Open
1:02 p.m.	Heat 8	Boys 400m Open

Event 12 – Boys 400m F/S – 1:15 p.m.

1:05 p.m.	Heat 1	Boys 400m F/S
1:08 p.m.	Heat 2	Boys 400m F/S
1:11 p.m.	Heat 3	Boys 400m F/S
1:14 p.m.	Heat 4	Boys 400m F/S
1:17 p.m.	Heat 5	Boys 400m F/S

Event 13- Girls 1600m Open– 1:30 p.m.

1:20 p.m.	Heat 1	Girls 1600m Open
1:28 p.m.	Heat 2	Girls 1600m Open
1:36 p.m.	Heat 3	Girls 1600m Open
1:44 p.m.	Heat 4	Girls 1600m Open
1:52 p.m.	Heat 5	Girls 1600m Open

Event 14 – Girls 1600m F/S – 2:05 p.m.

2:00 p.m.	Heat 1	Girls 1600m F/S
2:08 p.m.	Heat 2	Girls 1600m F/S
2:15 p.m.	Heat 3	Girls 1600m F/S
2:22 p.m.	Heat 4	Girls 1600m F/S
2:29 p.m.	Heat 5	Girls 1600m F/S

Event 15 – Boys 1600m Open – 2:50 p.m.

2:40 p.m.	Heat 1	Boys 1600m Open
2:46 p.m.	Heat 2	Boys 1600m Open
2:52 p.m.	Heat 3	Boys 1600m Open
2:58 p.m.	Heat 4	Boys 1600m Open
3:05 p.m.	Heat 5	Boys 1600m Open
3:12 p.m.	Heat 6	Boys 1600m Open
3:19 p.m.	Heat 7	Boys 1600m Open
3:26 p.m.	Heat 8	Boys 1600m Open
3:33 p.m.	Heat 9	Boys 1600m Open
3:40 p.m.	Heat 10	Boys 1600m Open
3:47 p.m.	Heat 11	Boys 1600m Open

Event 16 – Boys 1600m F/S– 4:00 p.m.

3:55 p.m.	Heat 1	Boys 1600m F/S
4:01 p.m.	Heat 2	Boys 1600m F/S
4:07 p.m.	Heat 3	Boys 1600m F/S
4:14 p.m.	Heat 4	Boys 1600m F/S
4:21 p.m.	Heat 5	Boys 1600m F/S
4:28 p.m.	Heat 6	Boys 1600m F/S
4:35 p.m.	Heat 7	Boys 1600m F/S
4:42 p.m.	Heat 8	Boys 1600m F/S
4:49p.m.	Heat 9	Boys 1600m F/S
4:56 p.m.	Heat 10	Boys 1600m F/S
5:04 p.m.	Heat 11	Boys 1600m F/S

Irvine / Asics Distance Carnival 2021 - 5/8/2021**School Entries - Irvine/Asics Distance Carnival 2021**

El Toro High School (Ss) (ELTH)

1. Ajaj, Hamzah - Male - Comp#: - Ind/Rel: 1 / 0
#16
2. Alvarez, Brooke - Female - Comp#: - Ind/Rel: 1 / 0
#14
3. Barrera, Shae - Female - Comp#: - Ind/Rel: 1 / 0
#14
4. Biedebach, Matthew - Male - Comp#: - Ind/Rel: 1 / 0
#16
5. Burkholder, Aiden - Male - Comp#: - Ind/Rel: 1 / 0
#16
6. Cho, Janice - Female - Comp#: - Ind/Rel: 1 / 0
#14
7. Dillon, Eric - Male - Comp#: - Ind/Rel: 2 / 0
#15 #16
8. Doherty, Braedan - Male - Comp#: - Ind/Rel: 2 / 0
#4 #16
9. Doherty, Ryan - Male - Comp#: - Ind/Rel: 1 / 0
#11
10. Dominguez, Paulette - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
11. Duesund, Alexander - Male - Comp#: - Ind/Rel: 1 / 0
#12
12. Escamilla, Luisa - Female - Comp#: - Ind/Rel: 1 / 0
#13
13. Evans, Riley - Male - Comp#: - Ind/Rel: 1 / 0
#15
14. Fishburn, Tanner - Male - Comp#: - Ind/Rel: 1 / 0
#15
15. Gomez, David - Male - Comp#: - Ind/Rel: 1 / 0
#7
16. Gonzalez, Evelyn - Female - Comp#: - Ind/Rel: 1 / 0
#6
17. Grant, Grayson - Male - Comp#: - Ind/Rel: 1 / 0
#12
18. Greene, Madison - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
19. Guzman, Daniel - Male - Comp#: - Ind/Rel: 2 / 0
#3 #15
20. Hartline, Garrett - Male - Comp#: - Ind/Rel: 1 / 0
#4
21. Kennen, Anthony - Male - Comp#: - Ind/Rel: 2 / 0
#3 #15
22. Lynd, Kasey - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
23. Mascola, Ryan - Male - Comp#: - Ind/Rel: 1 / 0
#16
24. Mead, Ian - Male - Comp#: - Ind/Rel: 2 / 0
#3 #15
25. Medina, Darla - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
26. Miller, Carly - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
27. Nguyen, Jessica - Female - Comp#: - Ind/Rel: 1 / 0
#14

Irvine / Asics Distance Carnival 2021 - 5/8/2021**School Entries - Irvine/Asics Distance Carnival 2021**

El Toro High School (Ss) (ELTH)

28. O'Brien, Connor - Male - Comp#: - Ind/Rel: 1 / 0
#15
29. Oquendo, Leandro - Male - Comp#: - Ind/Rel: 1 / 0
#15
30. Patis, Jayke - Male - Comp#: - Ind/Rel: 2 / 0
#3 #15
31. Reid, Karter - Male - Comp#: - Ind/Rel: 1 / 0
#15
32. Renner, Natalie - Female - Comp#: - Ind/Rel: 2 / 0
#10 #14
33. Renteria, Tyler - Male - Comp#: - Ind/Rel: 1 / 0
#15
34. Sanchez, Santiago - Male - Comp#: - Ind/Rel: 2 / 0
#7 #15
35. Smith, Evan - Male - Comp#: - Ind/Rel: 1 / 0
#16
36. Templeman, Madison - Female - Comp#: - Ind/Rel: 2 / 0
#1 #13
37. Torres, Susana - Female - Comp#: - Ind/Rel: 2 / 0
#5 #13
38. Varela, Nate - Male - Comp#: - Ind/Rel: 1 / 0
#16
39. Villasenor, Lianna - Female - Comp#: - Ind/Rel: 1 / 0
#6
40. You, Richard - Male - Comp#: - Ind/Rel: 1 / 0
#15

El Toro High School (Ss) Total Individual Entries: 55 - Total Relays: 0