



THE TEN - Presented by HOKA, SOUND RUNNING & JSERRA CATHOLIC HS

Meet Information

Welcome to THE TEN, home to the world's fastest 10k race every year! We are excited to have high school athletes competing on the same track as some of the best distance runners in the world. The Ten is a distance meet offering the 800m, 1600m, & 3200m races for the high school athletes as well as the 1500m and 10,000m races for the professional athletes. The meet will be broken up into 2 sections, the day and the evening sessions. All entries will be accepted and we will run as many heats as necessary to give all athletes a chance to compete. All athletes that compete at THE TEN will have a FREE entry into the evening session to watch the fastest high school runners and some of the best professional distance runners from around the world compete. Each athlete's ticket into the evening session will be their racing bib and wristband. Each race will be seeded by time and every heat in the day and night session will be running chasing the wave light to promote as many PR's as possible throughout the event. Wave light paces per heat will be sent out before the meet to all Head Coaches. The day session will conclude at 4:30pm with the evening session starting the first race at 6:00pm. We look forward to having all the teams to JSerra Catholic High School for this special event.

Entries / Scratch Window

The entry deadline is Sunday, March 22nd at 3:00pm. Scratch deadline is Tuesday March 24th at 2:00pm. Final heats will be sent out and posted Wednesday March 25th.

Coaches

All teams will be given 2 coaching wristbands. Coaches will be allowed on the track for the day session but WILL NOT be allowed on the track for the evening session races.

Meet Fees

The meet fee is \$20.00 per athlete with an entry cap of \$400.00 per gender. All entry fees must be paid online at athletic.net. You will not receive your packet with bibs, wristbands, and coaches wristbands if your fee is not paid.

Spectator Tickets

Tickets can be purchased online: [The Ten](http://TheTen)

Tickets will also be available to purchase at the main gate.

Wave Light

We will be using the WAVE LIGHTS for ALL sessions during the day & evening track sessions. The pace lights will be set slightly faster than each of the fastest individuals in the day meet heats. For the evening session races we will have two paces set being shown by 2 separate colors promoting PRs for all athletes in the fields.

Event Check in

All athletes must check in at the clerk of the course NO LATER than 15 mins before the scheduled race time. The clerk of the course will be located at the south end of the track near the 100m start line. Athletes will be staged and let onto the infield 10 mins before the start of their race.

Team Camps / Warmup Area

High school team camps and team tents will be allowed to be set up on the warmup field (See Map). There will be NO canopies allowed in the stadium or on the track.

Evening Session - High School Night Meet

The evening session will have the fastest heats of the meet. There will be 1 heat of the boys & girls 800m, 1 heat of the boys & girls 3200m and 2 heats of the boys & girls 1600m.

DAY Session: (Start time to be determined based on how many heats)

Boys & Girls 3200m Heats

Boys & Girls 800m Heats

Boys & Girls 1600m Heats

Boys 3200m (SECTION 2)

Girls 3200m (SECTION 2)

Boys 800m (SECTION 2)

Girls 800m (SECTION 2)

Boys 1600m (SECTION 3)

Girls 1600m (SECTION 3)

EVENING SESSION: Schedule link: [The TEN - World's Fastest 10,000m — Sound Running](#)

6:00pm - HOKA Boy's 1600m (SECTION 2)

6:08pm - HOKA Girl's 1600m (SECTION 2)

6:20pm - HOKA Boy's 800m (SECTION 1)

6:25pm - HOKA Girl's 800m (SECTION 1)

6:30pm - ZICO Women's 1500m

6:40pm - ZICO Men's 1500m

6:50pm - HOKA Boy's 3200m (SECTION 1)

7:05pm - HOKA Girl's 3200m (SECTION 1)

7:20pm - Women's 10,000m

8:00pm - Men's 10,000m

8:38pm - HOKA Boy's 1600m (SECTION 1)

8:45pm - HOKA Girl's 1600m (SECTION 1)

8:55pm - HOKA Women's 10,000m

9:35pm - HOKA Men's 10,000m