

## IRVINE DISTANCE CARNIVAL 2026 HEAT BY HEAT

### Event 1 – Girls 3200m Varsity – 7:45 a.m.

7:45 a.m.	Heat 1	Girls 3200m Varsity
8:00 a.m.	Heat 2	Girls 3200m Varsity
8:15 a.m.	Heat 3	Girls 3200m Varsity
8:30 a.m.	Heat 4	Girls 3200m Varsity

### Event 2 – Girls 3200m F/S – 8:45 a.m.

8:45 a.m.	Heat 1	Girls 3200m F/S
9:00 a.m.	Heat 2	Girls 3200m F/S

### Event 3 – Boys 3200m Varsity– 9:15 a.m.

9:15 a.m.	Heat 1	Boys 3200m Varsity
9:30 a.m.	Heat 2	Boys 3200m Varsity
9:45 a.m.	Heat 3	Boys 3200m Varsity
10:00 a.m.	Heat 4	Boys 3200m Varsity
10:15 a.m.	Heat 5	Boys 3200m Varsity

### Event 4 – Boys 3200m F/S – 10:30 a.m.

10:30 a.m.	Heat 1	Boys 3200m F/S
10:45 a.m.	Heat 2	Boys 3200m F/S
11:00 a.m.	Heat 3	Boys 3200m F/S
11:15 a.m.	Heat 4	Boys 3200m F/S
11:30 a.m.	Heat 5	Boys 3200m F/S

### Event 5 – Girls 4x800m Relay – 11:45 a.m.

11:45 a.m.	Heat 1	Girls 4x800m Open
------------	--------	-------------------

### Event 6 – Boys 4x800m Relay – 12:00 p.m.

12:00 p.m.	Heat 1	Boys 4x800m Open
------------	--------	------------------

### Event 7 – Girls 800 Varsity – 12:10 p.m.

12:10 p.m.	Heat 1	Girls 800m Varsity
12:14 p.m.	Heat 2	Girls 800m Varsity
12:18 p.m.	Heat 3	Girls 800m Varsity
12:22 p.m.	Heat 4	Girls 800m Varsity
12:26 p.m.	Heat 3	Girls 800m Varsity
12:30 p.m.	Heat 4	Girls 800m Varsity

### Event 8 – Girls 800 F/S – 12:35 p.m.

12:35p.m.	Heat 1	Girls 800m F/S
12:39p.m.	Heat 2	Girls 800m F/S
12:43 p.m.	Heat 3	Girls 800m F/S
12:47 p.m.	Heat 4	Girls 800m F/S
12:52 p.m.	Heat 5	Girls 800m F/S
12:57 p.m.	Heat 6	Girls 800m F/S
1:02 p.m.	Heat 7	Girls 800m F/S
1:07 p.m.	Heat 8	Girls 800m F/S

### Event 9 – Boys 800m Varsity – 1:12 p.m.

1:12 p.m.	Heat 1	Boys 800m Varsity
1:16 p.m.	Heat 2	Boys 800m Varsity
1:20 p.m.	Heat 3	Boys 800m Varsity
1:24 p.m.	Heat 4	Boys 800m Varsity
1:28 p.m.	Heat 5	Boys 800m Varsity

1:32 p.m.	Heat 6	Boys 800m Varsity
1:36 p.m.	Heat 7	Boys 800m Varsity
1:40 p.m.	Heat 8	Boys 800m Varsity
1:44 p.m.	Heat 9	Boys 800m Varsity
1:48 p.m.	Heat 10	Boys 800m Varsity
1:52 p.m.	Heat 11	Boys 800m Varsity
1:56 p.m.	Heat 12	Boys 800m Varsity

### Event 10 – Boys 800m F/S – 2:00 p.m.

2:00 p.m.	Heat 1	Boys 800m F/S
2:04 p.m.	Heat 2	Boys 800m F/S
2:08 p.m.	Heat 3	Boys 800m F/S
2:12 p.m.	Heat 4	Boys 800m F/S
2:16 p.m.	Heat 5	Boys 800m F/S
2:20 p.m.	Heat 6	Boys 800m F/S
2:24 p.m.	Heat 7	Boys 800m F/S
2:28 p.m.	Heat 8	Boys 800m F/S
2:32 p.m.	Heat 9	Boys 800m F/S
2:36 p.m.	Heat 10	Boys 800m F/S
2:32 p.m.	Heat 11	Boys 800m F/S
2:36 p.m.	Heat 12	Boys 800m F/S

### Event 11 – Girls 400 Varsity – 2:40 p.m.

2:40 p.m.	Heat 1	Girls 400m Varsity
2:43 p.m.	Heat 2	Girls 400m Varsity
2:46 p.m.	Heat 3	Girls 400m Varsity
2:49 p.m.	Heat 4	Girls 400m Varsity

### Event 12 – Girls 400 F/S – 2:52 p.m.

2:53 p.m.	Heat 1	Girls 400m F/S
2:56 p.m.	Heat 2	Girls 400m F/S
2:59 p.m.	Heat 3	Girls 400m F/S
3:02 p.m.	Heat 4	Girls 400m F/S
3:05 p.m.	Heat 5	Girls 400m F/S

### Event 13 – Boys 400 Varsity – 3:05 p.m.

3:08 p.m.	Heat 1	Boys 400m Varsity
3:11 p.m.	Heat 2	Boys 400m Varsity
3:14 p.m.	Heat 3	Boys 400m Varsity
3:17 p.m.	Heat 4	Boys 400m Varsity
3:20 p.m.	Heat 5	Boys 400m Varsity
3:23 p.m.	Heat 6	Boys 400m Varsity
3:30 p.m.	Heat 7	Boys 400m Varsity
3:33 p.m.	Heat 8	Boys 400m Varsity
3:36 p.m.	Heat 9	Boys 400m Varsity

### Event 14 – Boys 400 F/S – 3:40 p.m.

3:40 p.m.	Heat 1	Boys 400m F/S
3:43 p.m.	Heat 2	Boys 400m F/S
3:46 p.m.	Heat 3	Boys 400m F/S
3:49 p.m.	Heat 4	Boys 400m F/S

## IRVINE DISTANCE CARNIVAL 2026 HEAT BY HEAT

3:52 p.m.	Heat 5	Boys 400m F/S
3:55 p.m.	Heat 6	Boys 400m F/S
3:58 p.m.	Heat 7	Boys 400m F/S
4:01 p.m.	Heat 8	Boys 400m F/S
4:04 p.m.	Heat 9	Boys 400m F/S

### **Event 15 – Girls 1600 Varsity – 4:10 p.m.**

4:10 p.m.	Heat 1	Girls 1600m Varsity
4:17 p.m.	Heat 2	Girls 1600m Varsity
4:24 p.m.	Heat 3	Girls 1600m Varsity
4:31 p.m.	Heat 4	Girls 1600m Varsity
4:38 p.m.	Heat 5	Girls 1600m Varsity
4:45 p.m.	Heat 6	Girls 1600m Varsity

### **Event 16 – Girls 1600 F/S – 4:45 p.m.**

4:52 p.m.	Heat 1	Girls 1600m Varsity
4:59 p.m.	Heat 2	Girls 1600m Varsity
5:06 p.m.	Heat 3	Girls 1600m Varsity
5:13 p.m.	Heat 4	Girls 1600m Varsity
5:20 p.m.	Heat 5	Girls 1600m Varsity
5:27 p.m.	Heat 6	Girls 1600m Varsity
5:34 p.m.	Heat 7	Girls 1600m Varsity

### **Event 17 – Boyd 1600m Varsity 5:40 p.m.**

5:40 p.m.	Heat 1	Boys 1600m Varsity
5:46 p.m.	Heat 2	Boys 1600m Varsity
5:52 p.m.	Heat 3	Boys 1600m Varsity
5:58 p.m.	Heat 4	Boys 1600m Varsity
6:04 p.m.	Heat 5	Boys 1600m Varsity
6:10 p.m.	Heat 6	Boys 1600m Varsity
6:16 p.m.	Heat 7	Boys 1600m Varsity
6:22 p.m.	Heat 8	Boys 1600m Varsity
6:28 p.m.	Heat 9	Boys 1600m Varsity
6:34 p.m.	Heat 10	Boys 1600m Varsity

### **Event 16 – Boys 1600 F/S – 6:40 p.m.**

6:40 p.m.	Heat 1	Boys 1600m F/S
6:46 p.m.	Heat 2	Boys 1600m F/S
6:52 p.m.	Heat 3	Boys 1600m F/S
6:58 p.m.	Heat 4	Boys 1600m F/S
7:04 p.m.	Heat 5	Boys 1600m F/S
7:10 p.m.	Heat 6	Boys 1600m F/S
7:16 p.m.	Heat 7	Boys 1600m F/S
7:22 p.m.	Heat 8	Boys 1600m F/S
7:28 p.m.	Heat 9	Boys 1600m F/S
7:34 p.m.	Heat 10	Boys 1600m F/S