

# Welcome to the 6th Annual Connecticut Distance Festival



*Hall High School*  
*Friday, April 19, 2024*

Meet Directors: Jeff Billing & Chris Stonier

## Tentative Meet Schedule



**The times below are estimates.** Heats run slow to fast, and we will be rolling from one heat right into the next. If this gets us a few minutes ahead of schedule, **we will start heats early.** That said, we will not start a heat more than 10 minutes early. To ensure you don't miss your heat, make sure that when the previous heat begins, you are in the hurdled-off bullpen near the starting line.

4:00 - Boys Mile Heat 1

**4:10 - Girls Mile Heat 1**

4:21 - Boys Mile Heat 2

4:29 - Boys Mile Heat 3

**4:37 - Girls Mile Heat 2**

4:46 - Boys Mile Heat 4

4:53 - Boys Mile Heat 5

**5:00 - Girls Mile Heat 3**

5:08 - Boys Mile Heat 6

5:15 - Boys Mile Heat 7

**5:22 - Girls Mile Heat 4**

5:30 - Boys Mile Heat 8

5:37 - Boys Mile Heat 9

**5:44 - Girls Mile Heat 5**

5:52 - Boys Mile Heat 10

5:59 - Boys Mile Heat 11

**6:06 - Girls Mile Heat 6**

6:14 - Boys Mile Heat 12

6:21 - Boys Mile Heat 13

**6:28 - Girls Mile Heat 7**

6:36 - Boys Mile Heat 14

**6:42 - Girls Mile Heat 8**

6:49 - Boys Mile Heat 15

6:55 - Boys Mile Heat 16

**7:01 - Girls Mile Heat 9**

7:08 - Boys Mile Heat 17

**7:14 - Girls Mile Heat 10**

7:21 - Boys Mile Heat 18

**7:27 - Girls Mile Heat 11**

*7:34 - Introductions*

**7:37 - Girls Championship Mile**

*7:44 - Introductions*

7:47 - Tom Butterfield Boys Championship Mile

*7:54 - Introductions*

7:58 - **Girls Championship 5k**

*8:20 - Introductions*

**8:24 - Robert Michalski Boys Championship 5k**

8:41 - Boys Seeded 5k

*9:00 - Meet Ends. Great Job everyone!*

Boys Mile -4:13.64\* Gavin Sherry, Conard HS, 2021

Girls Mile - 4:56.30 Tess Sherry, Conard HS, 2023

Boys 5000m - 14:39.94, Michael Bohlke, Newington HS 2022

Girls 5000m - 17:05.18, Claire Daniels, New Milford HS, 2021

\*Converted from 1600.