

3200 Madness!

Friday, September 6, 2024 @ Monta Vista High School

It takes a while for new runners to understand that the whole idea is not to beat the other fellow. The real competition is against the little voice inside your head that wants you to quit. -George Sheehan

FINISH IN LANE 4

TRANSPORTATION

Whoa! Walk out to our track. So easy.

3200 MADNESS...WHAT...WHY...

We are going to run a series of 3200m heats with athletes from Lynbrook and Santa Clara. Why? Because De La Salle is three weeks after Lagoon Valley this year (usually it is two weeks), and that seems like too long of a gap between competition. The coaches from Lynbrook and Santa Clara agreed, and 3200 Madness! was born.

Also, we applied and were accepted as a Hoka Postal Meet

<https://www.hokaonepostalnationals.com>, so our results will be posted nationally. Cool! (Coach Flatow ran a postal meet with his team in 1976; we ran a 3-mile race on the track!

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/1976/mp3res.htm#Varsity%20Boys>

RACE SCHEDULE

Come out to the track and get your bib. Give yourself time to warm up. Heats will run slow to fast. If you miss your heat, you can go in the next (faster) heat if there is room.

HEAT	START TIME	MAX RUNNERS	
Boys Heat 5	4:50pm	35	Derek, Yibo, Srihdar, Vikram, Darren Hsu, Darren Do, Abhi
Boys Heat 4	5:10pm	30	Aaron, Jonah, James, Isaac, Brandon, Booker, Oliver, Calvin
Girls Heat 2	5:25pm	35	Aletheia, Anna, Elina, Hemani, Juliana, Medha, Myra, Nick, Siran
Boys Heat 3	5:45pm	30	Andrew, Cam, Rishi, Aiden, Simha, Jeffrey
Boys Heat 2	6:00pm	30	Riu, Tarun, Contantine, Ashwanth, Aidan, Sam, Justin
Boys Heat 1	6:15pm	25	Tanay, Ryan, Soham, Kento, Ethan
Girls Heat 1	6:30pm	25	Anika, Miranda, Suhani, Katie, Manasi, Melinda, Naomi

FINISH IN LANE 4