



## Jones Distance Open

Saturday, June 5, 2021

Jones Track, 2301 S Federal St, Chicago, IL 60616

**Weather:** Warm, Mid-to-High-70's at race time

### Schedule

(Schedule is ALWAYS approximate)

**7:50 a.m. – All 1600m runners be at the track by**

**8:20 a.m. – All 800m runners be at the track by**

**9:00 a.m. – 1600m (Heat 1)**

*Tolentino, Soman, Ostry, Schwan, Robles, Gill, Wallace*

**9:15 a.m. – 1600m (Heat 2)**

*Sommese, Menninger, Nelson, Rizk, Dassani, San Juan, Dixon, Lazar, D. Leonard, Reyes, DeSantis, Medina, Berlinghof, Winitzer, Scalise, Mortensen, A. Leonard*

9:30 a.m. – 400m (Heat 1)

9:34 a.m. – 400m (Heat 2)

9:38 a.m. – 400m (Heat 3)

9:42 a.m. – 400m (Heat 4)

9:46 a.m. – 400m (Heat 5)

**9:55 a.m. – 800m (Heat 1)**

*Bilaver, Chen, Fonseca, Varela, Kochanski, Lewis*

**10:05 a.m. – 800m (Heat 2)**

*Niser, Benes, Quinn*

(Will possibly have a couple guys from the mile come back to help pace some spots)

**10:15 a.m. – 1600m Relay**

**There will be 1-2 heats that are waterfall started and one 'seeded' heat (the final heat) that will only have 4 teams starting in lanes)**

*(Seeded Heat, Team "Phresh Men," in order: Dixon, A. Leonard, Tolentino, Nelson)*

*(Seeded Heat, Team "(Soph)More Faster than the Freshmen?," in order: Mortensen, Winitzer, Reyes, Medina)*

*'Waterfall' Heats:*

*(Team "Phresher Men," in order: Berlinghof, Fonseca, Lewis, Chen)*

*(Team "Tiny Anchor," in order: Lazar, Quinn, Bilaver, Scalise)*

*(Team "Someone remind Gill and Soman what time this race starts," in order: Gill, Ostry, Robles, Soman)*

\*MD/Dist. begin warm-up for first event 35 minutes before race time; For your 2<sup>nd</sup>/3<sup>rd</sup> event(s), shakeout (5 min) 15 minutes beforehand  
\*\*MD/Distance: cool-downs of 10-12 min are to be done within 5 minutes of finishing your last race; 7-8 minute cool-downs after other races

**Goals/Focus:** Racing aggressive and taking a chance (*put yourself in position through ¾ of the race and let the final 20-25% be the deciding factor!*)

-Competing with/pushing each other (*challenge the 'status quo'; 'don't yield to the field' or your teammates!*)

**Other Notes:** -You must follow all **COVID protocols** and complete the **health screener** before arriving at the meet

- **Spectators are allowed.** They should stand in the corner of the track and the asphalt areas

-Just like practice, remember that there is only one porta-potty out there. Plan accordingly.

-For warm-ups, use the park or streets since there will be a lot of stuff going on at the track

-**Once you finish the race, stand along the fence in the order you finished** (just like during our time trials) until I have your name/time recorded

-**We are hosting this meet and will stick exactly to this schedule.** I have allowed enough time between races to collect names/times, etc.

-**NEW:** starting now & for the foreseeable future, we will be doing a **full 1 mile team cool-down** at the end of meets to address the problem of certain people still not cooling down right. **The cool-down is non-negotiable.** Not everyone has to do long cool-downs but team policy is that everyone does at least a mile. It is **VITAL.** Period.

-**NEW:** starting now & for the foreseeable future, you will be required to **sign out before leaving meets** to address the problem of certain people leaving early (without excusal) and leaving without checking out

*Do you want to be safe and good, or do you want to take a chance and be great?" – Jimmy Johnson, Hall of Fame NFL Coach*

*"Why hold back? You're just gonna get tired anyway." – Al Howie, Ultramarathon Runner/World Record Holder*