

New Balance / Super Jock 'n Jill
2017 Winter Grand Prix
Two-Mile Series Race #5
Nathan Hale HS • Sat Feb 4

With our increased entries this year, our heat designations are:

Heat	Sign up by:	Clerk by:	Start time:	For seed times:
Heat 1	8:40 a.m.	8:50 a.m.	9:00 a.m.	Under 10:46
Heat 2	9:00 a.m.	9:10 a.m.	9:20 a.m.	10:46-11:45
Heat 3	9:20 a.m.	9:30 a.m.	9:40 a.m.	11:46-13:00
Heat 4	9:40 a.m.	9:50 a.m.	10:00 a.m.	13:01-15:00
Heat 5	10:00 a.m.	10:10 a.m.	10:20 a.m.	15:01-17:00
Heat 6	10:25 a.m.	10:35 a.m.	10:45 a.m.	17:01-up

Please sign up for your race in plenty of time! Listen for the call for your heat. We might start heats a few minutes early if everybody who is signed up for that heat is ready to go!

Day of race runners are welcome!

Sign up for the appropriate heat for your desired pace!

Remember our heats are designed to prevent an inordinate amount of lap counting. Please don't sign up for a heat in which you are not competitive! If you are lapped more than once in heats 1 to 5, you will not be scored.

If you have **three or more** scoring races after today, you will be provided with a start time for our **February 18 finale** at Magnuson Park. The first runner (**slowest seed**) will start running at 8:50 or so, and we will work our way up the list to our #1 seed and unseeded / day of race runners last. Start lists for the 18th should be posted by early in the week.

**Thank you for being a part of our series this year
 – one of the largest turnouts in series history!**