

Welcome to the 6th Annual Connecticut Distance Festival



Hall High School

Friday, April 19, 2024

Meet Directors: Jeff Billing & Chris Stonier

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 Unseeded Mile Heat 1

4:10 - Girls Unseeded Mile Heat 1

4:21 - Boys Unseeded Mile Heat 2

4:29 - Boys Unseeded Mile Heat 3

4:37 - Girls Unseeded Mile Heat 2

4:46 - Boys Unseeded Mile Heat 4

4:53 - Boys Unseeded Mile Heat 5

5:00 - Girls Unseeded Mile Heat 3

5:08 - Boys Unseeded Mile Heat 6

5:15 - Boys Unseeded Mile Heat 7

5:22 - Girls Unseeded Mile Heat 4

5:30 - Boys Unseeded Mile Heat 8

5:37 - Boys Unseeded Mile Heat 9

5:44 - Girls Unseeded Mile Heat 5

5:52 - Boys Unseeded Mile Heat 10

5:59 - Boys Unseeded Mile Heat 11

6:06 - Girls Unseeded Mile Heat 6

6:14 - Boys Unseeded Mile Heat 12

6:21 - Boys Unseeded Mile Heat 13

6:28 - Girls Unseeded Mile Heat 7

6:36 - Boys Unseeded Mile Heat 14

6:42 - Unseeded Girls Mile Heat 8

6:49 - Boys Seeded Mile Heat 1

6:55 - Boys Seeded Mile Heat 2

7:01 - Girls Seeded Mile Heat 1

7:08 - Boys Seeded Mile Heat 3

7:14 - Girls Seeded Mile Heat 2

7:21 - Boys Seeded Mile Heat 4

7:27 - Girls Seeded Mile Heat 3

7:34 - Introductions

**7:37 - Girls Championship Mile
(Heat 4)**

7:44 - Introductions

7:47 - Tom Butterfield Boys Championship Mile
(Heat 5)

7:54 - Introductions

7:58 - Girls Championship 5k

8:20 - Introductions

8:24 - Robert Michalski Boys Championship 5k

8:41 - Boys Seeded 5k Heat 2

9:00 - Meet Ends. Great Job everyone!

Meet Records

- **Girls Mile** - 4:56.30 Tess Sherry, Conard HS, 2023
- **Boys Mile** - 4:13.64* Gavin Sherry, Conard HS, 2021 *Converted from 1600m
- **Boys 5000m** - 14:39.94, Michael Bohlke, Newington High School, 2022
- **Girls 5000m** - 17:05.18, Claire Daniels, New Milford HS, 2021