

HS Girls

Each box is 12 feet wide to accommodate runners. Every other box will be empty to allow spacing of 12 feet between teams. Coaches may stand in empty boxes to make sure their teams start at the proper time and are following distancing protocols.

Starting line

Delay

0:00	1 Fayetteville	2 HarBer	3 Jonesboro	4 Springdale	5 West	6 Farmington	7 Harrison	8 Waldron								
+1:00		9 Alma Elkins Gentry	10 Gravette Haas	11 Kingston NWACA	12 Ozark	13 Praire Grove	14 Provide nce	15 St Paul					16 New School Shiloh Pottsville			
+2:00	17		18		19		20		21		22		23		24	
+3:00		25		26		27		28		29		30		31		32

Each wave will have a maximum of 8 teams, which will be seeded to have similar level teams competing against each other. We will start in one minute intervals. After the first wave starts, the remaining teams all move forward one box and so on. All teams must be staged in their box prior to the start of the first wave.

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Starting line

Delay

0:00	1 Fayetteville - 18	2 Farmington Blue Springs	3 Harber - 13	4 Harber - 20	5 Jonesboro	6 Farmington	7 West	8 Springdale - 23
+1:00	9 Alma Elkins St Paul	10 Ar. Arts Eureka	11 Gentry Gravette	12 Haas Haas Bent	13 Kingston Life Way	14 Nwaca Pottsville	15 Ozark Catholic Provide nce	16 Praire Grove Shiloh
+2:00	17	18	19	20	21	22	23	24
+3:00	25	26	27	28	29	30	31	32

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Delay

0:00	1 Central - 20		2 Central - 20		3 Central - 10 Fayettev ille - 10		4 Fullbrigh t - 19		5 Grimsle y - 20		6 Woodla nd - 13 Grimsle y - 11		7 Woodla nd - 20		8 Woodla nd - 20	
+1:00		9 Lakeside - 24		10 Southw est		11 Don Tyson		12 Elkins		13 Farming ton		14 George		15 Harrison		16 West
+2:00	17 Eureka		18 Gravette		19 Haas Bent Life Way		20 NWACA		21 Provide nce		22 Shiloh		23 Pottsvill e		24 St Paul St Vincent	
+3:00		25		26		27		28		29		30		31		32

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Delay

0:00	1 Central - 20		2 Central - 20		3 Central - 15		4 Fayettev ille - 20		5 Fayettev ille - 11		6 Lakeside -18		7 Southw est - 20		8 Southwe st - 6 West - 7	
+1:00		9 Woodla nd - 33		10 Fulbrigh t -16		11 Fullbrigh t - 20		12 George - 20		13 George - 7 Grimsle y - 13		14 Grimsley - 20		15 Ramay - 20		16 Ramay - 17
+2:00	17 Life Way New School NWACA		18 Don Tyson		19 Elkins Eureka Ar. Arts		20 Haas Bent Gravette		21 Pottsvill e		22 Provide nce		23 Shiloh St Paul St Vincent		24 Farmingt on	
+3:00		25		26		27		28		29		30		31		32

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