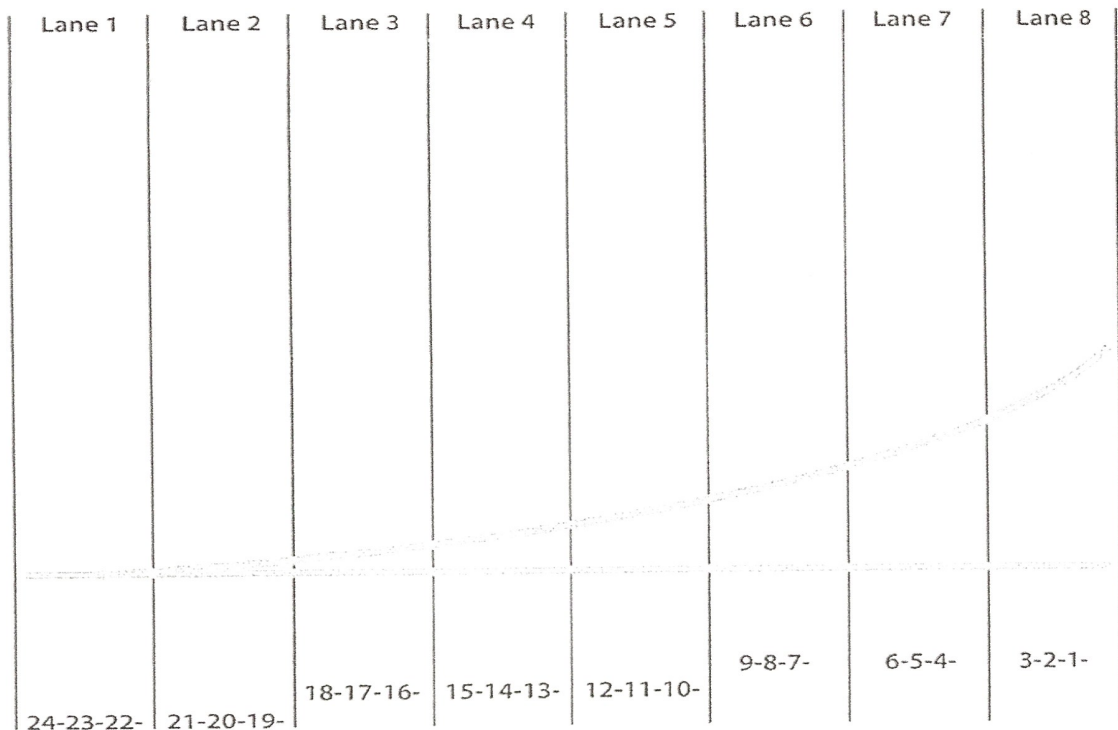


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The 1600 and 3200 Meter Runs will be conducted as a final at the sectional meets. At the state meet, only the 3200 will be conducted as a final. Beginning in 2016 both the 1600 and 3200 will be started from the International Start Line (waterfall) AND NOT FROM ALLEYS. Beginning in 2016, both events will be seeded with the fastest time seeded at the top outside point of the arc (just as in an alley start). Competitors will then be seeded by next best time to the left of the number 1 seed, working toward the inside of the track.

In the 3200 Meter Run, if necessary, two (2) sections are run. The field will be split into two sections. The break points used to split the field into two sections are determined by the natural breaks in the reported entry times. They do not necessarily create an even split of the runners participating. If less than 6 competitors report for the first section, that section will not be run and the competitors will be assigned to the second section.



International Waterfall Start



Place the best time in position one, lane eight

Place the second best time in position two, lane eight, etc.