

Laguna Hills Cross Country Invitational

HEAT INDEX RACE SCHEDULE BY NUMBER

Time	Race	Division	Class	Gender
7:45	1	3	Frosh	Girls
7:55	2	2	Frosh	Boys
8:00	3	1	Frosh	Girls
8:10	4	3	Frosh	Boys
8:15	5	2	Frosh	Girls
8:25	6	1	Frosh	Boys
8:30	7	3	Soph	Girls
8:40	8	2	Soph	Boys
8:45	9	1	Soph	Girls
8:55	10	3	Soph	Boys
9:00	11	2	Soph	Girls
9:10	12	1	Soph	Boys
9:15	13	3	Junior	Girls
9:25	14	2	Junior	Boys
9:30	15	1	Junior	Girls
9:40	16	3	Junior	Boys
9:45	17	2	Junior	Girls
9:55	18	1	Junior	Boys
10:00	19	3	Senior	Girls
10:10	20	2	Senior	Boys
10:15	21	1	Senior	Girls
10:25	22	3	Senior	Boys
10:30	23	2	Senior	Girls
10:40	24	1	Senior	Boys

HEAT INDEX RACE SCHEDULE BY DIVISION

Division 1			Division 2			Division 3		
Frosh	Girls	8:00	Frosh	Boys	7:55	Frosh	Girls	7:45
Frosh	Boys	8:25	Frosh	Girls	8:15	Frosh	Boys	8:10
Soph	Girls	8:45	Soph	Boys	8:40	Soph	Girls	8:30
Soph	Boys	9:10	Soph	Girls	9:00	Soph	Boys	8:55
Junior	Girls	9:30	Junior	Boys	9:25	Junior	Girls	9:15
Junior	Boys	9:55	Junior	Girls	9:45	Junior	Boys	9:40
Senior	Girls	10:15	Senior	Boys	10:10	Senior	Girls	10:00
Senior	Boys	10:40	Senior	Girls	10:30	Senior	Boys	10:25