

College-

Note: teams will submit times for their runners to seed the teams between Gold, Brown and White

- 10:00am JV/Open College Races on a staggered start
- 10:00am JV/Open College Womens 6K Race (unlimited)
- 10:10am JV/Open College Mens 8K Race (unlimited)

All unattached, club and additional collegians may compete in the JV/Open races. There will be no team scoring or awards in the JV/Open races.

- 11:00am Men's College Gold 8K Race (10 runners)
- 11:45am Women's College Gold 6K Race (10 runners)
- 12:15pm Men's College Brown 8K Race (10 runners)
- 1:00pm Women's College Brown 6K Race (10 runners)
- 1:45pm Men's College White 8K Race (10 runners)
- 2:30pm Women's College White 6K Race (10 runners)

High School-

Note: teams will submit times for their runners to seed the teams between Brown and White

- 3:15pm Boy's HS Brown 5K Race (10 runners)
- 3:45pm Girl's HS Brown 5K Race (10 runners)
- 4:15pm Boy's HS White 5K Race (10 runners)
- 4:45pm Girl's HS White 5K Race (10 runners)

All HS teams may enter a maximum of 10 runners in the varsity races.

- 5:15pm Boy's HS JV 5K Race (All teams- remaining runners)
- 5:45pm Girl's HS JV 5K Race (All teams- remaining runners)