



# RACE HEAT SCHEDULE

May 6, 2023

\*Participants NOT running with a Kids of STEEL Team or a school district listed may join Heat 4, 8, 12 or 15\*

## Wave 1 - 9:30 AM

### **Heat 1 (9:30 AM)**

Keystone Oaks, Montour

### **Heat 2 (9:35 AM)**

Pine Richland, Shaler Area,  
South Fayette

### **Heat 3 (9:40 AM)**

Chartiers Valley,  
Kentucky Avenue School,  
McGuffey,  
Plum Borough

### **Heat 4 (9:45 AM) \***

Bethel Park, Brownsville Area,  
Provident Charter

## Wave 2 - 9:55 AM

### **Heat 5 (9:55 AM)**

Franklin Regional, South Park,  
Upper St. Clair, Winchester Thurston

### **Heat 6 (10:00 AM)**

Deer Lakes, Seneca Valley,  
Steel Valley, Gateway

### **Heat 7 (10:05 AM)**

Avonworth, Brentwood, North Hills,  
Penn-Trafford

### **Heat 8 (10:10 AM) \***

Baldwin-Whitehall, Hopewell Area,  
Peters Township,

## Wave 3 - 10:20 AM

### **Heat 9 (10:20 AM)**

Diocese of Pittsburgh, Mt. Lebanon,  
The Ellis School, The Open Door

### **Heat 10 (10:25 AM)**

Fox Chapel, McKeesport Area,  
North Allegheny, Private Schools,  
Temple Emanuel of the South Hills

### **Heat 11 (10:30 AM)**

Moon Area, Shady Side Academy,  
West Jefferson Hills

### **Heat 12 (10:35 AM) \***

Hampton, Mars Area,  
Mushroom Family Learning Center

## Wave 4 - 10:45 AM

### **Heat 13 (10:45 AM)**

Bellwood-Antis, Canon-McMillan,  
Golden Eagle Running Club, Northgate

### **Heat 14 (10:50 AM)**

Belle Vernon, Blackhawk, Butler, Elizabeth Forward,  
Fort Cherry, Greater Latrobe, New Brighton,  
Norwin, Pittsburgh Public Schools, West Allegheny

### **Heat 15 (10:55 AM) \***

Allegheny Valley, Ambridge, Carlynton, Charleroi,  
Chartiers-Houston, Kiski Area, Miracle League of  
South Hills, Monessen, Mt. Pleasant, Williamsburg

**Sensory Inclusive Heat (11:00):** During the start of this heat, the music volume will be lowered, activities will be reduced, and personal space is increased for participants. This heat is for participants with sensory sensitivities or other individualized needs making this event accessible to all. This heat is open to any interested participants.