



RACE HEAT SCHEDULE

May 4, 2024

* Participants NOT running with a Kids of STEEL Team or a school district listed may join Heat 5, 10, 11, 16, or 19*

Wave 1 - 9:30 AM

Heat 1 (9:30 AM)

Elizabeth Forward, Bethel Park

Heat 2 (9:35 AM)

Keystone Oaks, North Hills,
The Ellis School

Heat 3 (9:40 AM)

McKeesport, Montour

Heat 4 (9:45 AM)

Ambridge Area, Eden Christian
Academy, McKees Rocks,
South Fayette

Heat 5 (9:50 AM)*

Canon-McMillan, Central Valley,
Gateway, South Side Area SD

Wave 2 - 10:00 AM

Heat 6 (10:00 AM)

Greater Works Christian School, New Brighton,
Pittsburgh Public Schools, Shady Side Academy

Heat 7 (10:05 AM)

Catalyst Sports, Diocese of Pittsburgh,
Freedom Area, Mt. Lebanon, Mt. Pleasant
Church, , Steel Valley

Heat 8 (10:10 AM)

Chartiers Valley, Pine Richland, Shaler Area

Heat 9 (10:15 AM)

Carlynton, McGuffey, North Allegheny,
Norwin, Provident Charter School

Heat 10 (10:20 AM)*

Hampton, Kiski Area, Oxford Athletic
Club, Upper St. Clair

Wave 3 - 10:30 AM

Heat 11 (10:30 AM)*

Clairton, Deer Lakes, Fox Chapel, Monessen City,
Peters Township, West Allegheny

Heat 12 (10:35 AM)

Allegheny Valley, Clarion Area, Greensburg Salem,
Latrobe, West Jefferson Hills, West Mifflin

Heat 13 (10:40 AM)

Fort Cherry, Jefferson-Morgan, Kentucky Avenue
School, , Plum, Temple Emmanuel of South Hills

Heat 14 (10:45 AM)

Baldwin, Charleroi, Hopewell, Northgate, Penn
Hills, Providence Heights, Redeemer Lutheran
School, Winchester Thurston School

Heat 15 (10:50 AM)

Franklin Regional, Quaker Valley

Wave 4 - 11:00 AM

Heat 16 (11:00 AM)*

Blackhawk, Portersville Christian, River Valley,
Seneca Valley, St. Edmunds Academy

Heat 17 (11:05 AM)

Burrell, Butler, Harrison Hills, Indiana Area, Mars
Area, Williamsburg

Heat 18 (11:10 AM)

Avonworth, Falk School, Penn-Trafford,
Sewickley Academy

Heat 19 (11:15 AM)*

Belle Vernon, Bellwood Antis, Freeport Area, Kane
Area, Riverside Beaver County, Somerset Area

Sensory Inclusive Heat (11:20): 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.