

## Time and performance index for all-comer heats

800 meters	limit index difference to 500 or 600. Almost no lapping.
1500/1600/mile	limit difference to 200. Lapping unlikely except in slowest heat.
3000/3200/2 mile	lapping is inevitable: no lapping within difference of 100 When possible, limit difference in a heat to 200.
5000	lapping unlikely within difference of 50

Slow heats may have wider ranges, and more lapping.

Time	Index	Time	Index	Time	Index	Time	Index
<b>1:45</b>	0	<b>8:30</b>	1342	<b>15:15</b>	1838	<b>22:00</b>	2149
<b>2:00</b>	113	<b>8:45</b>	1366	<b>15:30</b>	1852	<b>22:30</b>	2168
<b>2:15</b>	213	<b>9:00</b>	1390	<b>15:45</b>	1865	<b>23:00</b>	2187
<b>2:30</b>	303	<b>9:15</b>	1414	<b>16:00</b>	1879	<b>23:30</b>	2205
<b>2:45</b>	384	<b>9:30</b>	1436	<b>16:15</b>	1892	<b>24:00</b>	2223
<b>3:00</b>	458	<b>9:45</b>	1458	<b>16:30</b>	1905	<b>24:30</b>	2241
<b>3:15</b>	526	<b>10:00</b>	1480	<b>16:45</b>	1918	<b>25:00</b>	2258
<b>3:30</b>	588	<b>10:15</b>	1501	<b>17:00</b>	1930	<b>25:30</b>	2275
<b>3:45</b>	647	<b>10:30</b>	1521	<b>17:15</b>	1943	<b>26:00</b>	2291
<b>4:00</b>	702	<b>10:45</b>	1541	<b>17:30</b>	1955	<b>26:30</b>	2307
<b>4:15</b>	753	<b>11:00</b>	1561	<b>17:45</b>	1967	<b>27:00</b>	2323
<b>4:30</b>	802	<b>11:15</b>	1580	<b>18:00</b>	1979	<b>27:30</b>	2339
<b>4:45</b>	848	<b>11:30</b>	1598	<b>18:15</b>	1991	<b>28:00</b>	2354
<b>5:00</b>	891	<b>11:45</b>	1617	<b>18:30</b>	2002	<b>28:30</b>	2369
<b>5:15</b>	933	<b>12:00</b>	1635	<b>18:45</b>	2014	<b>29:00</b>	2384
<b>5:30</b>	972	<b>12:15</b>	1652	<b>19:00</b>	2025	<b>29:30</b>	2398
<b>5:45</b>	1010	<b>12:30</b>	1669	<b>19:15</b>	2036	<b>30:00</b>	2413
<b>6:00</b>	1046	<b>12:45</b>	1686	<b>19:30</b>	2047	<b>30:30</b>	2427
<b>6:15</b>	1081	<b>13:00</b>	1703	<b>19:45</b>	2058	<b>31:00</b>	2440
<b>6:30</b>	1114	<b>13:15</b>	1719	<b>20:00</b>	2068	<b>31:30</b>	2454
<b>6:45</b>	1146	<b>13:30</b>	1735	<b>20:15</b>	2079	<b>32:00</b>	2467
<b>7:00</b>	1177	<b>13:45</b>	1750	<b>20:30</b>	2089	<b>32:30</b>	2481
<b>7:15</b>	1207	<b>14:00</b>	1765	<b>20:45</b>	2100	<b>33:00</b>	2493
<b>7:30</b>	1236	<b>14:15</b>	1781	<b>21:00</b>	2110	<b>33:30</b>	2506
<b>7:45</b>	1263	<b>14:30</b>	1795	<b>21:15</b>	2120	<b>34:00</b>	2519
<b>8:00</b>	1290	<b>14:45</b>	1810	<b>21:30</b>	2130	<b>34:30</b>	2531
<b>8:15</b>	1316	<b>15:00</b>	1824	<b>21:45</b>	2140	<b>35:00</b>	2543

Index is on a log scale:  $\log(\text{time} / 1:45) / \log(1.125)$

L. Smithline Princeton A. C. July 2012