

**CHECK YOUR E-TICKET TO FIND YOUR CURRENT START TIME ALLOCATION AND LOG ON TO
my.runningevents.co.nz TO MAKE CHANGES.**

RUN THE POINT START WAVES

START TIME	RACE	WAVE	TYPE	TARGET	PEN	APPROX PACE (km/min)
GROUP ONE / 15KM & 10KM						
ENTER PENS 15 MINS PRIOR TO START TIME SAFETY BRIEFING AT START LINE						
8:00 AM	15K / 10K	Wave 1	RUN	FASTER RUNNERS	A	< 5'20"
8:03 AM	15K / 10K	Wave 2	RUN	STEADY RUNNERS	B	5'20" +
8:06 AM	15K / 10K	Wave 3	RUN	SLOWER RUNNERS	C	6'00" +
8:09 AM	15K / 10K	Wave 4	RUN	JOGGERS & JOG WALK	D	7'00" +
8:12 AM	10K	Wave 5	WALK	COMPETITIVE WALK ONLY	E	-
GROUP TWO / 15KM & 10KM						
ENTER PENS 15 MINS PRIOR TO START TIME SAFETY BRIEFING AT START LINE						
8:15 AM	15K / 10K	Wave 6	RUN	OPEN	A	any
8:18 AM	15K / 10K	Wave 7	RUN	OPEN	B	any
-	15K / 10K	Wave 8	-	Reserved	C	-
-	15K / 10K	Wave 9	-	Reserved	D	-
-	15K / 10K	Wave 10	-	Reserved	E	-
GROUP THREE / 5KM						
ENTER PENS 15 MINS PRIOR TO START TIME SAFETY BRIEFING AT START LINE						
9:00 AM	5KM	Wave 11	RUN	FAST RUNNERS	A	< 6'00"
9:03 AM	5KM	Wave 12	RUN	STEADY RUNNERS	B	6'00" +
9:06 AM	5KM	Wave 13	RUN	SLOWER RUNNERS	C	7'10" +
9:09 AM	5KM	Wave 14	RUN	OPEN	D	any
9:12 AM	5KM	Wave 15	WALK	COMPETITIVE WALK ONLY	E	-
KIDS DASH GROUP						
SAFETY BRIEFING AT START LINE 5 MINUTES BEFORE START						
9:30 AM	2K	Wave 16	ALL	ALL 2K PARTICIPANTS & PARENTS	-	-