

## 2022 RUN ALBANY / START WAVES

START TIME	RACE	WAVE	TYPE	TARGET	PEN	ENTER PEN FROM	APPROX PACE PER KM
<b>15KM (SIX LAPS) &amp; 10KM (FOUR LAPS)</b>							
ENTER PENS FROM 7:45 AM   SAFETY BRIEFING 7:55 AM SHARP							
8:00 AM	15K / 10K	Wave 1	RUN	FASTER RUNNERS	A	7:45 AM	< 5'30"
8:03 AM	15K / 10K	Wave 2	RUN	STEADY RUNNERS	B	7:45 AM	< 6'30"
8:06 AM	15K / 10K	Wave 3	RUN	SLOWER RUNNERS	C	7:45 AM	> 6'30"
8:09 AM	15K / 10K	Wave 4	RUN	OPEN	D	7:45 AM	-
8:12 AM	10K	Wave 5	WALK	COMPETITIVE WALK ONLY	E	7:45 AM	-
<b>5KM (TWO LAPS)</b>							
ENTER PENS FROM 8:15 AM   SAFETY BRIEFING 8:25 AM SHARP							
8:30 AM	5K	Wave 1	RUN	FASTER RUNNERS	A	8:15 AM	< 6'00"
8:33 AM	5K	Wave 2	RUN	SLOWER RUNNERS	B	8:15 AM	> 6'00"
8:36 AM	5K	Wave 3	RUN	OPEN	C	8:15 AM	-
8:39 AM	5K	Wave 4	WALK	COMPETITIVE WALK ONLY	D	8:15 AM	-
<b>KIDS DASH GROUP</b>							
ASSEMBLE AT KIDS START FROM 9:15 AM   SAFETY BRIEFING 9:25 AM SHARP							
9:30 AM	2K	Wave 1	DASH	ALL 2K PARTICIPANTS & PARENTS	KIDS START	9:15 AM	-